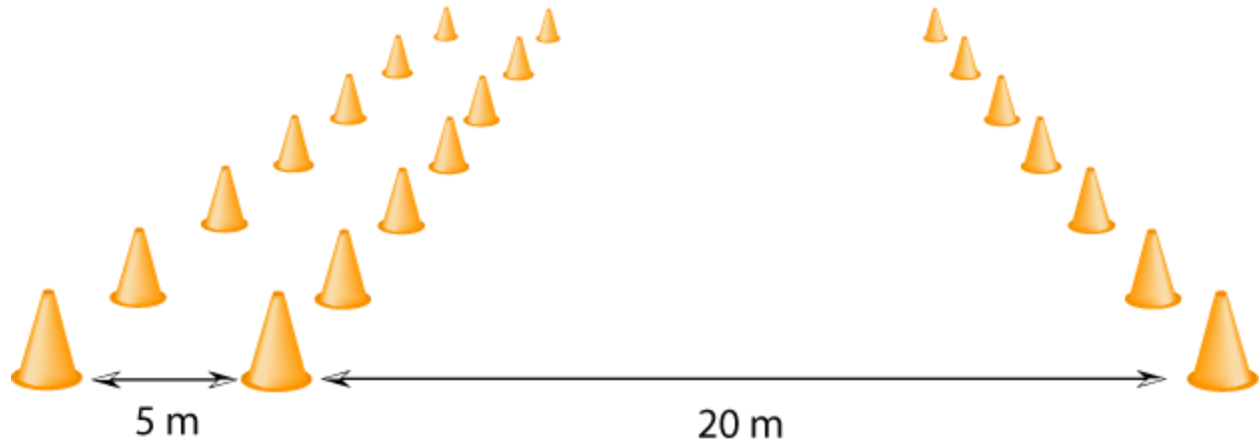


Nike Sparq Yo-Yo Intermittent Recovery Test Level 1 (YYIR1)

AUDIO: [AUDIO - NIKE SPARQ YOYO INTERMITTENT RECOVERY TEST LEVEL 1.mp3](#)

SET-UP:



PROCEDURE:

The Nike Sparq Yo-Yo Intermittent Recovery Test Level 1 (YYIR1) is a fitness test designed to measure an individual's ability to perform repeated high-intensity exercise with active recovery periods. It involves running back and forth on a 20-meter course, with a 10-second active break after each 40-meter run, and the speed increases at set intervals.

The participant starts at the 20-meter mark and runs to the opposite line, then returns to the starting point.

After completing each 40-meter run, a 10-second active recovery period follows, where the participant walks or jogs to the next line and back.

The running speed increases at regular intervals, and the test continues until the participant is unable to maintain the required pace or makes two infractions (i.e. not reaching the line before the signal).

SCORES:

level	speed level	shuttles (2 x 20m)	speed (km/hr)	accumulated dist. (m)
1	5	1	10.0	40
2	9	1	12.0	80
3	11	1	13.0	120
4	11	2	13.0	160
5	12	1	13.5	200
6	12	2	13.5	240
7	12	3	13.5	280
8	13	1	14.0	320
9	13	2	14.0	360
10	13	3	14.0	400
11	13	4	14.0	440
12	14	1	14.5	480
13	14	2	14.5	520
14	14	3	14.5	560
15	14	4	14.5	600
16	14	5	14.5	640
17	14	6	14.5	680
18	14	7	14.5	720
19	14	8	14.5	760
20	15	1	15.0	800
21	15	2	15.0	840

22	15	3	15.0	880
23	15	4	15.0	920
24	15	5	15.0	960
25	15	6	15.0	1000
26	15	7	15.0	1040
27	15	8	15.0	1080
28	16	1	15.5	1120
29	16	2	15.5	1160
30	16	3	15.5	1200
31	16	4	15.5	1240
32	16	5	15.5	1280
33	16	6	15.5	1320
34	16	7	15.5	1360
35	16	8	15.5	1400
36	17	1	16.0	1440
37	17	2	16.0	1480
38	17	3	16.0	1520
39	17	4	16.0	1560
40	17	5	16.0	1600
41	17	6	16.0	1640
42	17	7	16.0	1680
43	17	8	16.0	1720
44	18	1	16.5	1760

45	18	2	16.5	1800
46	18	3	16.5	1840
47	18	4	16.5	1880
48	18	5	16.5	1920
49	18	6	16.5	1960
50	18	7	16.5	2000
51	18	8	16.5	2040
52	19	1	17.0	2080
53	19	2	17.0	2120
54	19	3	17.0	2160
55	19	4	17.0	2200
56	19	5	17.0	2240
57	19	6	17.0	2280
58	19	7	17.0	2320
59	19	8	17.0	2360
60	20	1	17.5	2400