

40m walk immediately followed by a 80m run, followed by a 40m walk immediately followed by a 80m run: **This Equals One Lap**

A minimum of Ten (10) laps (2.4km) must be completed within 21minutes & 30 seconds.

Immediately at the conclusion of the minimum ten (10) laps. Sprint from the top corner of one penalty box to the corner of the other penalty box. 40m walk (no longer than 20 seconds). Repeat with one more sprint.

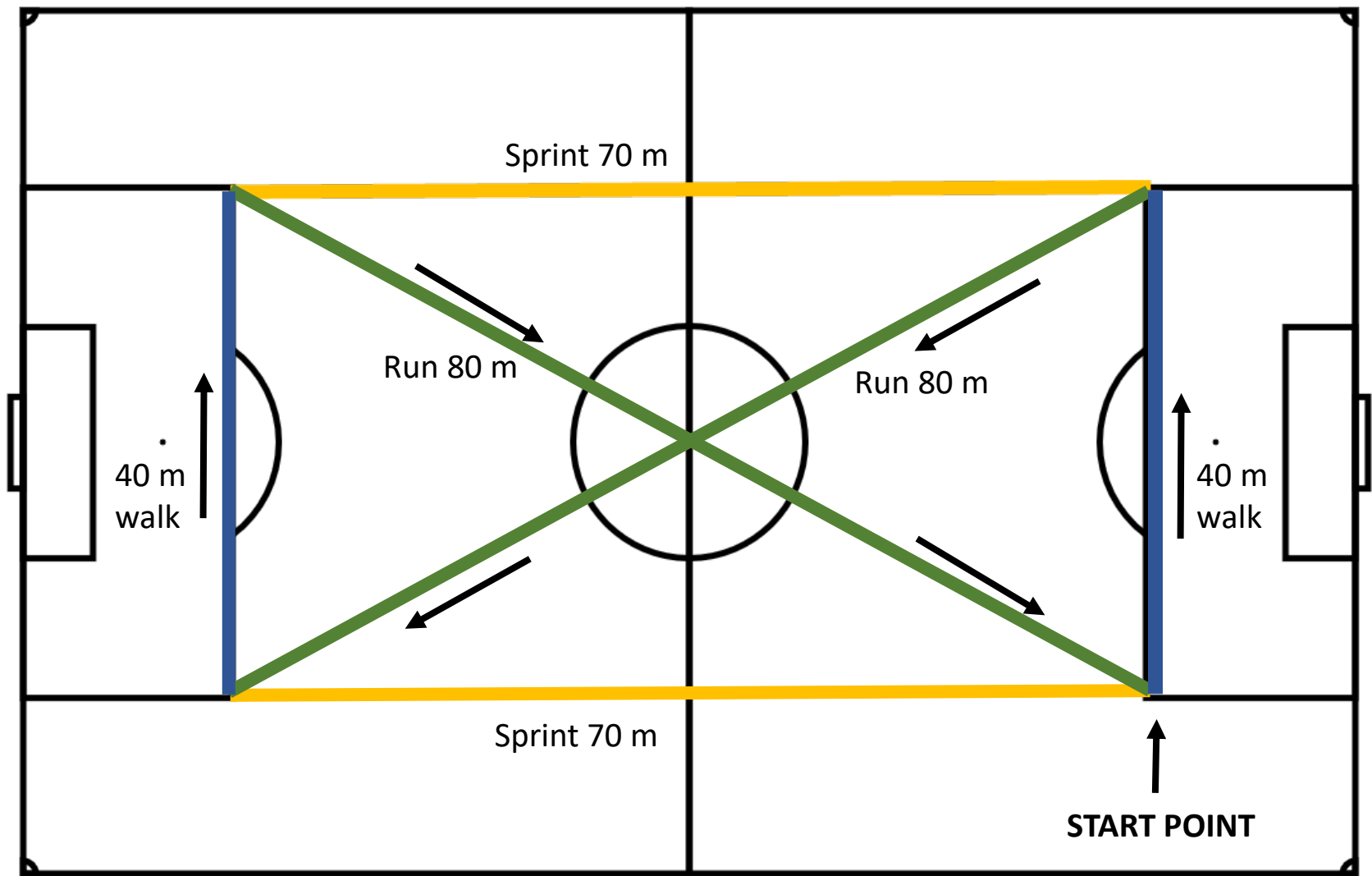
This Test can be conducted on any Standard Size Football Pitch

Minimum Requirement

20 x Run legs

22 x Walk legs

2 x Sprint legs Total = 2.62 km



TIME

Minimum 19 min 20 sec

Maximum 21 min 30 sec

IF YOU HAVE COMPLETED THE MINIMUM REQUIREMENT **BEFORE** 19 min 20 sec YOU MUST CONTINUE WITH ANOTHER LAP UNTIL YOU ARE IN THE TIME ZONE