

Table: Yo-Yo Intermittent Recovery Test Level 1 norms for adult men and women

	males		females	
rating	meters	level	meters	level
elite	> 2400	> 20.1	> 1600	> 17.5
excellent	2000-2400	18.7-20.1	1320-1600	16.6-17.5
good	1520-1960	17.3-18.6	1000-1280	15.6-16.5
average	1040-1480	15.7-17.2	680-960	14.6-15.5
below average	520-1000	14.2-15.6	320-640	13.1-14.5
very poor	< 520	< 14.2	< 320	< 13.1

Yo-Yo Intermittent Recovery Test Level 1 (YYIRTL1)

Below are the levels, speeds and accumulated distances for the Yo-Yo Intermittent Recovery Test 1. The results can be given as the total distance covered, level number achieved, or speed level (such as 16.3, which would mean level 30 or 1200 meters). The results normally report the speed level plus number of shuttles.

level	speed stage	speed LEVEL	shuttle	speed (km/hr)	accumulated dist. (m)
1	1	5	1	10.0	40
2	2	8	1	11.5 *	80
3	3	11	1	13.0	120
4	3	11	2	13.0	160
5	4	12	1	13.5	200
6	4	12	2	13.5	240
7	4	12	3	13.5	280
8	5	13	1	14.0	320
9	5	13	2	14.0	360
10	5	13	3	14.0	400
11	5	13	4	14.0	440
12	6	14	1	14.5	480

13	6	14	2	14.5	520
14	6	14	3	14.5	560
15	6	14	4	14.5	600
16	6	14	5	14.5	640
17	6	14	6	14.5	680
18	6	14	7	14.5	720
19	6	14	8	14.5	760
20	7	15	1	15.0	800
21	7	15	2	15.0	840
22	7	15	3	15.0	880
23	7	15	4	15.0	920
24	7	15	5	15.0	960
25	7	15	6	15.0	1000
26	7	15	7	15.0	1040

27	7	15	8	15.0	1080
28	8	16	1	15.5	1120
29	8	16	2	15.5	1160
30	8	16	3	15.5	1200
31	8	16	4	15.5	1240
32	8	16	5	15.5	1280 -
33	8	16	6	15.5	1320
34	8	16	7	15.5	1360
35	8	16	8	15.5	1400
36	9	17	1	16.0	1440
37	9	17	2	16.0	1480
38	9	17	3	16.0	1520
39	9	17	4	16.0	1560
40	9	17	5	16.0	1600

41	9	17	6	16.0	1640
42	9	17	7	16.0	1680
43	9	17	8	16.0	1720
44	10	18	1	16.5	1760 - Mashoko
45	10	18	2	16.5	1800
46	10	18	3	16.5	1840
47	10	18	4	16.5	1880
48	10	18	5	16.5	1920
49	10	18	6	16.5	1960
50	10	18	7	16.5	2000
51	10	18	8	16.5	2040
52	11	19	1	17.0	2080
53	11	19	2	17.0	2120
54	11	19	3	17.0	2160

55	11	19	4	17.0	2200
56	11	19	5	17.0	2240
57	11	19	6	17.0	2280
58	11	19	7	17.0	2320
59	11	19	8	17.0	2360
60	12	20	1	17.5	2400
61	12	20	2	17.5	2440
62	12	20	3	17.5	2480
63	12	20	4	17.5	2520
64	12	20	5	17.5	2560
65	12	20	6	17.5	2600
66	12	20	7	17.5	2640
67	12	20	8	17.5	2680
68	13	21	1	18.0	2720

69	13	21	2	18.0	2760
70	13	21	3	18.0	2800
71	13	21	4	18.0	2840
72	13	21	5	18.0	2880
73	13	21	6	18.0	2920
74	13	21	7	18.0	2960
75	13	21	8	18.0	3000
76	14	22	1	18.5	3040
77	14	22	2	18.5	3080
78	14	22	3	18.5	3120
79	14	22	4	18.5	3160
80	14	22	5	18.5	3200
81	14	22	6	18.5	3240
82	14	22	7	18.5	3280

83	14	22	8	18.5	3320
84	15	23	1	19.0	3360
85	15	23	2	19.0	3400
86	15	23	3	19.0	3440
87	15	23	4	19.0	3480
88	15	23	5	19.0	3520
89	15	23	6	19.0	3560
90	15	23	7	19.0	3600
91	15	23	8	19.0	3640

* The data above was adapted from the journal paper: "The Yo-Yo Intermittent Recovery Test A Useful Tool for Evaluation of Physical Performance in Intermittent Sports", by Jens Bangsbo F. Marcello Iaia and Peter Krstrup, Sports Med 2008; 38 (1): 37-51. In the paper by Castagna et al. (2006), the speed listed for stage 2 was 12 km/hr, all other speeds were the same as above. Castagna, C., Impellizzeri, F. M., Chamari, K., Carlomagno, D., & Rampinini, E. (2006). Aerobic fitness and yo-yo continuous and intermittent tests performances in soccer players: a correlation study. The Journal of Strength & Conditioning Research, 20(2), 320-325.