

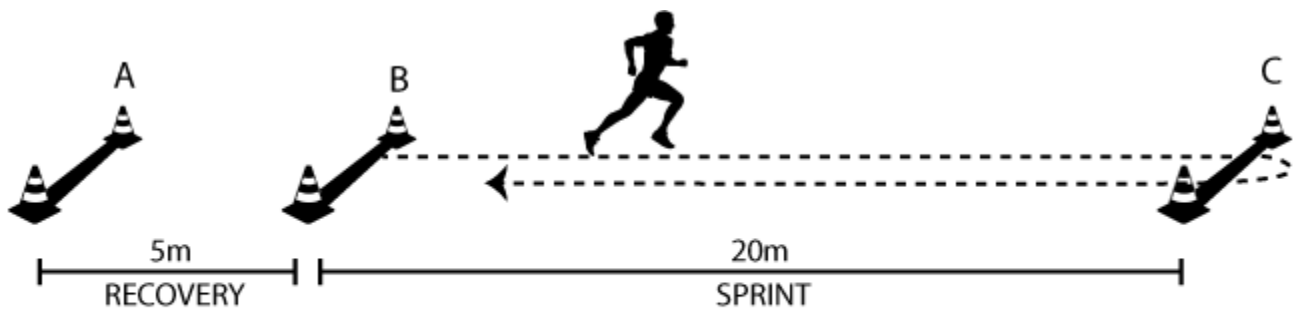
The Yo-Yo Intermittent Recovery Test Level 1

The *Yo-Yo Intermittent Recovery Test Level 1* is [one of six official versions](#) of the yo-yo test, and is **the most commonly used version**. You might find it also referred to as the *YYIR1*, *YYIRL1* or just *the Yo-Yo test*. There is also a [Level 2 Yo-Yo Intermittent Recovery Test](#). The level 1 test was originally designed for recreational level athletes, while the level 2 test was designed for highly-trained athletes, though most sports tend to use the level one test for athletes of all fitness levels.

You can read the [general procedure for conducting the yo-yo test](#), below are details specific to this version.

Equipment Required: flat non-slip surface, marking cones, measuring tape, cd or mp3 player with good speakers, [audio file or cd](#), [recording sheets](#). See more details about the required [Yo-Yo Test Equipment](#).

Course layout: Cones or tape is used to mark out three parallel lines, 5 and 20 meters apart, as shown in the diagram.



Yo-Yo Intermittent Recovery Test

www.theyoyotest.com

Preparations: Make sure the participants are adequately prepared: well-rested, hydrated and fueled, and familiar with the test procedure and motivated to perform maximally. (see [preparing for the yo-yo test](#) for more details). Give clear and standardized instructions about the test and what is expected of them (see an [example instruction](#)), including the importance of keeping in time to the recording and completing the full 20m run.

Starting the Test: All participants should line up along the starting line. The athletes start with a foot behind the middle line (cone B), and begin running when instructed by the audio recording. The athlete turns when signaled by the recorded audio beep (at cone C), and returns to the starting point. The athlete must not start running early, must run the complete distance, and reach each line before or in time with the recording.

During the test: There is an active recovery period of 10 seconds between every 40 meters run, during which the subject must walk or jog to the next line (cone A) and return to the starting point. At regular intervals, the running speed will increase. The starting speed for the Level 1 Intermittent Recovery Test is 10.0km/hr, and increases to 12km/hr, 13km/hr, then increasing by 0.5 km/hr thereafter. For more details see the [table of speeds and distances for the YYIR1](#).

Finishing the test: The participants must continue for as long as they can. Some of the athletes will choose to stop when they have reached their physical limit. For others, you will need to give a warning as they drop behind the required pace or make one of the errors listed below. On the second infraction you pull them out of the test.

You give a warning when the participant ...

- does not come to a complete stop before starting the next 40m run.
- starts the run before the audio signal.
- does not reach either line before the audio signal.
- turns at the 20m mark without touching or going over the line (therefore running short).