AIA- Modulo per la Preparazione Atletica

YO-YO INTERMITTENT RECOVERY TEST LIVELLO 1

Data _____ Ora _____ Superficie _____

Arbitro	N°	Ammonizione	Livello Stop	Distanza Totale

Velocità (Km/h)		LIVELLI PERCORRENZA							
Km/h	Liv.								
10	5	1 14 s (40)							
12	9	1 36 s (80)							
13	11	1 (120)	2 1:19 s (160)						
13.5	12	1 (200)	2 (240)	3 2:20 s (280)					
14	13	1 (320)	2 (360)	3 (400)	4 3:41 s (440)				
14.5	14	1 (480)	2 (520)	3 (560)	4 5:01 s (600)	5 (640)	6 (680)	7 (720)	8 6:21 s (760)
15	15	1 (800)	2 (840)	3 (880)	4 7:39 s (920)	5 (960)	6 (1000)	7 (1040)	8 8:57 s (1080)
15.5	16	1 (1120)	2 (1160)	3 (1200)	4 10:15s (1240)	5 (1280)	6 (1320)	7 (1360)	8 11:32s (1400)
16	17	1 (1440)	2 (1480)	3 (1520)	4 12:48s (1560)	5 (1600)	6 (1640)	7 (1680)	8 14:04s (1720)
16.5	18	1 (1760)	2 14:41s (1800)	3 (1840)	4 15:19s (1880)	5 (1920)	6 15:56s (1960)	7 (2000)	8 16:34s (2040)
17	19	1 (2080)	2 17:10s (2120)	3 (2160)	4 17:47s (2200)	5 (2240)	6 18:24s (2280)	7 (2320)	8 19:01s (2360)
17.5	20	1 (2400)	2 19:38s (2440)	3 (2480)	4 20:14s (2520)	5 (2560)	6 20:51s (2600)	7 (2640)	8 21:27s (2680)
18	21	1 (2720)	2 22:03s (2760)	3 (2800)	4 22:39s (2840)	5 (2880)	6 23:15s (2920)	7 (2960)	8 23:51s (3000)
18.5	22	1 (3040)	2 24:27s (3080)	3 (3120)	4 25:02s (3160)	5 (3200)	6 25:38s (3240)	7 (3280)	8 26:14s (3320)
19	23	1 (3360)	2 26:49s (3400)	3 (3440)	4 27:24s (3480)	5 (3520)	6 27:59s (3560)	7 (3600)	8 28:34s (3640)