## **SHUTTLE RUN TEST**

**Name:**

Test:

The Shuttle Run Test is developed for testing your condition and your ability to persist. The longer you can continue the test, the better your condition is. It is a climax test, meaning that you try to continue as far as you can, but you must stop as soon as you start to feel dizzy or sick.

What to do:

Make pairs, one runs, the other makes notes.

You have to run 20 meters from one side to the other side. You must have reached the other side before the beep sounds. After each minute, the time-interval of the beeps reduces, resulting in a higher distance to run within a minute.

After each interval, you will hear via the speakers at which interval (step) the runners are arrived.

Rules:

* You have to touch the turning point with one foot only.
* You have to run in a straight line. At the turning point, you must make your turn as small as possible.
* When you reach the line before the beep, you have to wait for the beep before turning and continuing your run.

The test is ended when:

* you stop;
* when you are three times too late reaching the line;
* when you do not touch the line;
* when you are not in the area in front of the line, when the beep sounds.

Note: when you are in the 3 meter area, you will have to touch the line and reduce your backlog. You can do this twice, when it happens a third time, the test is ended. The last step or half step which is announced during your walk is counted as your result.

**SCORE** (highlight your result.)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| School year | Group | Date test | Age on test day | My score is step | Mark |
|  |  |  | ….years and . ..months |  |  |
| My condition is top / excellent / very good / good / sufficient / weak / precarious |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| School year | Group | Date test | Age on test day | My score is step | Mark |
|  |  |  | ….years and . ..months |  |  |
| My condition is top / excellent / very good / good / sufficient / weak / precarious |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
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| My condition is top / excellent / very good / good / sufficient / weak / precarious |