

TAKE THE RUNNING TEST!

from the

Intercity Sports Review Training Guide

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running test point scoring

	1 1/2 MILES (6X440 Yards)	2400 METERS (6x400 Meters)	V O2 (ml/kg)	FITNESS POINTS
1.-	17:59-15:00	17:54-14:56	21	210
2.-	14:59-12:00	14:55-11:56	28	280
3.-	11:59-09:46	11:55-09:43	35	350
4.-	09:45-09:01	09:42-08:58	42	420
5.-	09:00-08:13	08:57-08:11	55	550
6.-	08:12-07:31	08:10-07:29	61	610
7.-	07:30-06:56	07:28-06:54	67	670
8.-	06:55-06:26	06:53-06:24	73	730
9.-	06:25-06:01	06:23-05:59	79	790
10.-	<= 06:00	<= 05:58	>79	> 790

fitness exercise & running test point scoring

(points per repetition of each exercise and/or time of aerobics fitness run)

FITNESS LEVEL	EXERCISE POINTS	RUNNING POINTS	TOTAL POINTS
1.- JHS (Jr HS)	290 (430)*	210 (350)*	500
2.- JHSV (Jr HS Varsity)	420 (560)*	280 (420)*	700
3.- HSJV (HS Jr Varsity)	550 (690)*	350 (550)*	900
4.- HSV (HS Varsity)	780 (920)*	420 (610)*	1200
5.- COLJV (College Jr Varsity)	1050 (1250)*	550 (670)*	1600
6.- COLV (College Varsity)	1390 (1580)*	610 (730)*	2000
7.- UNV (D1 University Varsity)	1530 (1650)*	670 (790)*	2200

- **NOTE - Both the fitness exercise and running tests should be taken and scored if feasible.**
- **Otherwise use the numbers in (parentheses) if only a single test is given.**

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For fitness logs and score sheets contact your fitness instructor  
or visit the Members and Subscribers Section of our Web site at

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