Manchester United Runs

*Run repeat 100 yards, and jog back. There is 1 rep every minute. To complete the entire test you will run 22 - 100 yard sprints in 22 minutes.

100 yard sprint in 25 seconds, 35 seconds to get back (10 Sets)

After initial set of 10, each round will be run 1 time

100 yard sprint in 24 seconds, 36 seconds to jog back

100 yard sprint in 23 seconds, 37 seconds to jog back

100 yard sprint in 22 seconds, 38 seconds to jog back

100 yard sprint in 21 seconds, 39 seconds to jog back

100 yard sprint in 20 seconds, 40 seconds to jog back

100 yard sprint in 19 seconds, 41 seconds to jog back

100 yard sprint in 18 seconds, 42 seconds to jog back

100 yard sprint in 17 seconds, 43 seconds to jog back

100 yard sprint in 16 seconds, 44 seconds to jog back

100 yard sprint in 15 seconds, 45 seconds to get back

(test is maxed out if can complete 3 sets of this round)

Your level is the last SPRINT TIME that you managed (for example---you failed to make the 22 second sprint so you are at Level 12)