

Football/Soccer Session (Difficult): Stanford Soccer Fitness Test



Am-Club: Santa Rosa United Soccer Club
Andy Farrant, Adult Member

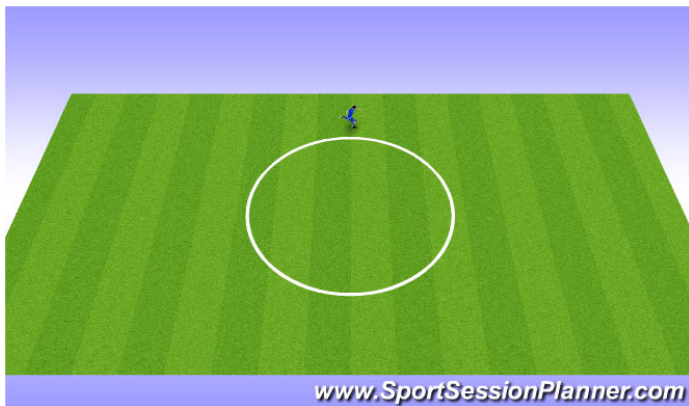


Profile Summary

Name: Andy Farrant
City: Santa Rosa
Country: United States of America
Membership: Adult Member
Sport: Football/Soccer



Description



Stanford Soccer Fitness Test

This test needs to be done on a 400m Athletics Track with a soccer field in the middle.

Equipment Needed: Running Shoes & Stop Watch

1/2 Mile = 2:30 or better (1:30 Rest)

6,18, 60 yard shuttle = 0:32 or better (1:00 Rest)

1/4 Mile = 1:15 or better (1:00 Rest)

6,18, 60 yard shuttle = 0:32 or better (1:00 Rest)

6,18, 60 yard shuttle = 0:33 or better (1:00 Rest)

1/4 Mile = 1:17 or better (1:00 Rest)

6,18, 60 yard shuttle = 0:33 or better (1:00 Rest)

1/2 Mile = 3:00 or better (Walk, Stretch & Recover to Finish & Prevent Injury)