

Twenty Minute Test / Manchester United Fitness Test

The length of each run is 100 yards and to complete the level you must run faster or equal to the target time for each level. Each recovery segment is a 100-yard jog back to the start line. The objective is to complete as many levels as possible and if completed you will run 2.27 miles

Your level is the last sprint time you achieved. For example, if you fail to make the 20-second sprint time your level is 14.

Level	Target Time (seconds)	Recovery Time (seconds)
1-10	25	35
11	24	36
12	23	37
13	22	38
14	21	39
15	20	40
16	19	41
17	18	42
18	17	43
19	16	44
20	15	45

This is a continuous run comprising of fast and slow running that simulates stop-start team sports and commonly called a fartlek run within the track and field community. It is very common training session across many sports that develops strength, endurance and speed. Give it your best and let us know how you did!