PRESEASON FITNESS TEST - 2012

SLIGHT CHANGE OF PLANS:

North Carolina Fit Test
117 yards in 18 seconds. Then you have the remainder of the minute to return to the start before beginning your next down and back run.

Example: Start your run to the far end of field. Make the time in less than 18 seconds. The return is your choice, your method. You can return in 30 seconds and get 12 seconds of rest. Or you can return in 42 seconds and begin your second run immediately upon returning. When the stopwatch hits 60 seconds you begin your second run.

Target to PASS fitness test:
Field Players - 16
Goal Keepers - 14

18 Seconds to run 117 yards ➔

← Remainder of minute to return

If you don't pass, don't sweat. You are now in the 'Breakfast Club' for 6:30am workouts until you pass.

Repeat tests are offered every other day, outside of training times.