

Yo-Yo Intermittent Endurance Test (Level 2) - Time Table

**TEST ARIET for Assistant Referees / Futsal referees / Beach Soccer Referees**

Speed Level	8		10		12		13								13,5			
Rep	1	2	1	2	1	2	1	2	3	4	5	6	7	8	1	2	3	4
Speed Level	13,5				14								14,5			15		
Rep	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	1	2	3
Speed Level	15,5						16						16,5					
Rep	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6