

Schools' Fitness Challenge

Standard Fitness Levels

In this chart you will find standard cardiovascular fitness levels based on your gender and year in school.

For example, if you are a 1st year girl, and you can run between 25 and 29 shuttles, your cardiovascular fitness level is classified as below average. If you can run between 44 and 51 shuttles, your level is good.



1 Shuttle Run = 20M



	Girls						Boys					
	Cardiovascular Fitness level	Poor	Below Average	Average	Good	V Good	Cardiovascular Fitness level	Poor	Below Average	Average	Good	V Good
1st Year	Shuttle Runs completed	16-24	25-29	30-43	44-51	52+	Shuttle Runs completed	24-37	38-51	52-64	65-73	74+
2nd Year	Shuttle Runs completed	17-24	25-34	35-44	45-52	53+	Shuttle Runs completed	28-44	45-59	60-73	74-83	83+
3rd Year	Shuttle Runs completed	17-25	26-34	35-44	45-52	53+	Shuttle Runs completed	32-51	52-64	65-79	80-86	87+
4th Year	Shuttle Runs completed	18-25	26-33	34-44	45-52	53+	Shuttle Runs completed	37-56	57-72	73-84	85-91	92+

