Pre-Season Fitness Test - Women

You will be required to pass the following fitness test before playing in a match:

Timed mile – less than 8:00 minutes
  5 minute rest
Timed ½ mile – less than 3:50 minutes
  2 minute rest
Timed ½ mile – less than 3:50 minutes
  2 minute rest
Timed ¼ mile – less than 1:50
  1 minute rest
Timed ¼ mile – less than 1:50
  1 minute rest
Timed ¼ mile – less than 2:00
  1 minute rest
Timed ¼ mile – less than 2:00

You will also be required to run a mile in less than 7:30 minutes, at a separate time.

Coach Horner