Method of Gathering Data – Physical Factors

Bleep Test – CRE

|  |  |  |  |
| --- | --- | --- | --- |
|  | Level | National Norm | Target for next attempt |
| Before Training |  |  |  |
| Half way through Training |  |  |  |
| After Training |  |  |  |

**National Norms Tables**

Male

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **very poor** | | **poor** | | **fair** | | **average** | | **good** | | **very good** | **excellent** | |
| 14 - 15 yrs | < 4/7 | 4/7 - 6/1 | | 6/2 - 7/4 | | 7/5 - 8/9 | | 8/10 - 9/8 | | 9/9 - 12/2 | | | > 12/2 |
| 16 - 17 yrs | < 5/1 | 5/1 - 6/8 | | 6/9 - 8/2 | | 8/3 - 9/9 | | 9/10 - 11/3 | | 11/4 - 13/7 | | | > 13/7 |
| 18 - 25 yrs | < 5/2 | 5/2 - 7/1 | | 7/2 - 8/5 | | 8/6 - 10/1 | | 10/2 - 11/5 | | 11/6 - 13/10 | | | > 13/10 |

Female

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **very poor** | | **poor** | | **fair** | | **average** | | **good** | | **very good** | | **excellent** | |
| 14 - 15 yrs | < 3/3 | 3/4 - 5/2 | | 5/3 - 6/4 | | 6/5 - 7/5 | | 7/6 - 8/7 | | 8/8 - 10/7 | | > 10/7 | |
| 16 - 17 yrs | < 4/2 | 4/2 - 5/6 | | 5/7 - 7/1 | | 7/2 - 8/4 | | 8/5 - 9/7 | | 9/8 - 11/10 | | > 11/11 | |
| 18 - 25 yrs | < 4/5 | 4/5 - 5/7 | | 5/8 - 7/2 | | 7/3 - 8/6 | | 8/7 - 10/1 | | 10/2 - 12/7 | | > 12/7 | |