



# San José State University Women's Soccer

*"Perfection is the Goal... Excellence will be tolerated"*

## San José State University Women's Soccer Fitness Tests

### **Danish Beep Test**

If you want more information on this test, give us a call.

### **SebCoe Fitness Test**

See Attached sheet.

### **120's Test**

The 120's test is that you have to run ten 120's in a row with no extra rest in the times allowed. You must make every one in the correct time to pass the test.

### **\*Cooper Test**

Go to a 400 meter track. Mark the track into 1/8 sections. Run for 12 minutes and see how many laps you completed. Passing is 7 laps, but don't stop at 7, keep going for the full 12 minutes to see how far you can get.

### **\*Gauntlet Test**

Go to a 400 meter track. Mark the track into 1/8 sections. You must run 4 laps in under 6 ½ minutes. Stop and rest for 2 minutes. Then you must run 2 laps in 3 minutes. Stop and rest for 2 minutes. Then you must run one lap in 1 minute 30 seconds. You must complete all three sections successfully to pass the test.

### **\*Swedish Cooper Test**

Go to a 400 meter track. You will run for 12 minutes same as the regular Cooper. This variation, however, you sprint the straight-aways and jog the corners. Go as far as you can don't just stop at 7 laps!

\*Optional Fitness Tests (Not used in soccer program)