

## 300 YARD SHUTTLE

The 300-Yard Shuttle Run is one of the many types of cardiovascular running tests. The test (in order to rate high on the scale see scale) will require a high amount of anaerobic endurance with some agility required due to the change of direction. The rating scale is based on the average of 2 timed runs.

**PROCEDURE:** Start on the Goal Line (with hand on the line) running to the 25 yard line touching the line (with your foot), back to the goal line, back to the 25 yard line, etc., up to 300 yards. Six (6) full trips (down and back = 1 full trip) or 12 x 25 yards). Record that time, rest exactly 5 minutes from the finish time and repeat. Average out the best 2 times and see the scale for a rating of time and performance.

### THE 300 YARD SHUTTLE SCALE

(Based on the Average of 2 Timed Runs/with a 5 Minute Rest Between)

	<u>TIMED IN SECONDS</u>				
	<u>EXCELLENT</u>	<u>VERY GOOD</u>	<u>GOOD</u>	<u>AVERAGE</u>	<u>FAIR</u>
OFFENSIVE LINE	60-60.9	61-61.9	62-62.9	64-65.9	66-67.9
DEFENSIVE LINE	59-59.9	60-60.9	61-62.9	63-64.9	65-66.9
LINEBACKERS TIGHT ENDS QUARTERBACKS KICKERS	58-58.9	59-59.9	60-61.9	62-63.9	64-65.9
RUNNING BACKS	57-57.9	58-58.9	59-60.9	61-62.9	63-64.9
RECEIVERS DEFENSIVE BACKS	56-56.9	57-57.9	58-59.9	60-61.9	62-63.9