

TEST TIME

The Man-U test is a series of 100-yard “sprints” with built-in recovery “jogs.” Reps one through 10 require a 100-yard sprint within 25 seconds, and a recovery jog back to the start within 35 seconds. Each rep after 10 requires the sprint to be finished one second faster than the previous sprint, and the recovery jog back to the start gets one second more than the last jog.

Max pace is reached on the 20th rep, when an athlete gets only 15 seconds to sprint down, and 45 seconds to jog back. This pace is held until the athlete misses the cut-off time at either end of the field. Here is how points are accumulated:

Rep	Sprint (seconds)	Recovery (seconds)	Point value
1-10	25	35	0
11	24	36	1
12	23	37	1
13	22	38	2
14	21	39	2
15	20	40	3
16	19	41	3
17	18	42	4
18	17	43	4
19	16	44	5
20	15	45	5
21	15	45	6
22	15	45	7
23	15	45	8
24	15	45	9
25	15	45	10