



OFFALY GAA FITNESS TEST

WRITE CLEARLY
TODAY'S DATE
AND ATHLETES NAME:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	

RETEST 1:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	

RETEST 2:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	



OFFALY GAA FITNESS TEST

WRITE CLEARLY
TODAY'S DATE
AND ATHLETES NAME:

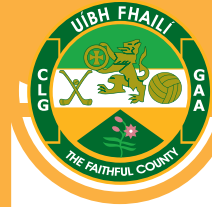
DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	

RETEST 1:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	

RETEST 2:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	



OFFALY GAA FITNESS TEST

WRITE CLEARLY
TODAY'S DATE
AND ATHLETES NAME:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	

RETEST 1:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	

RETEST 2:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	