



Expected Fitness Levels for Trainee Jockey Trials 2019

The baseline fitness levels required to gain access to the course are outlined below and you will be tested against these levels during the trial. There are different requirements for male or female candidates as they are based on standard norms, which differ by gender:

Area	Male minimum requirement	Female minimum requirement
Cardiovascular (standard beep test)	9.3	7.2
Upper body (press ups)	39/min	32/min
Core (plank)	120 seconds	120 seconds
Lower body (squat thrusts)	45/min	35/min

For reference, an active young person who trains regularly with a team or for a specific sport would generally meet cardiovascular targets. Or if you have never carried out the standard beep test then you should aim to be able to jog/run 5 kilometres in 25 minutes.