



## **Expected Fitness Levels for Trainee Jockey Course 2020:**

The baseline fitness levels 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 and female candidates as they are based on standard norms, which differ by gender:

<b>Area</b>	<b>Male minimum requirement</b>	<b>Female minimum requirement</b>
Cardiovascular (Standard beep test)	9.2	7.3
Upper body (Push ups)	40	35
Core (Plank)	2 mins	2 mins
Lower body (Squat thrusts)	45	35
Legs (Wall squat)	2 mins	2 mins

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