|  |
| --- |
| *Stage 5:* 5x shuffle (1 min) |
| *Name:* |
| *Date:* |
| 3 x 5 = | 12 x 5 = |
| 8 x 2 = | 9 x 5 = |
| 7 x 2 = | 11 x 5 = |
| 5 x 5 = | 8 x 5 = |
| 6 x 5 = | 7 x 5 =  |
| 6 x 10 = | 10 x 5 = |
| 9 x 2 = | 12 x 10 = |
| 12 x 2 = | 2 x 5 = |
| 3 x 2 = | 9 x 10 = |
| 4 x 10 = | 11 x 10 = |

Test 1

**Multiples Marathon**

**Multiples Marathon**

|  |
| --- |
| *Stage 5:* 5x shuffle (1 min) |
| *Name:* |
| *Date:* |
| 3 x 5 = | 12 x 5 = |
| 8 x 2 = | 9 x 5 = |
| 7 x 2 = | 11 x 5 = |
| 5 x 5 = | 8 x 5 = |
| 6 x 5 = | 7 x 5 =  |
| 6 x 10 = | 10 x 5 = |
| 9 x 2 = | 12 x 10 = |
| 12 x 2 = | 2 x 5 = |
| 3 x 2 = | 9 x 10 = |
| 4 x 10 = | 11 x 10 = |