







TEST ONE Running Sprint

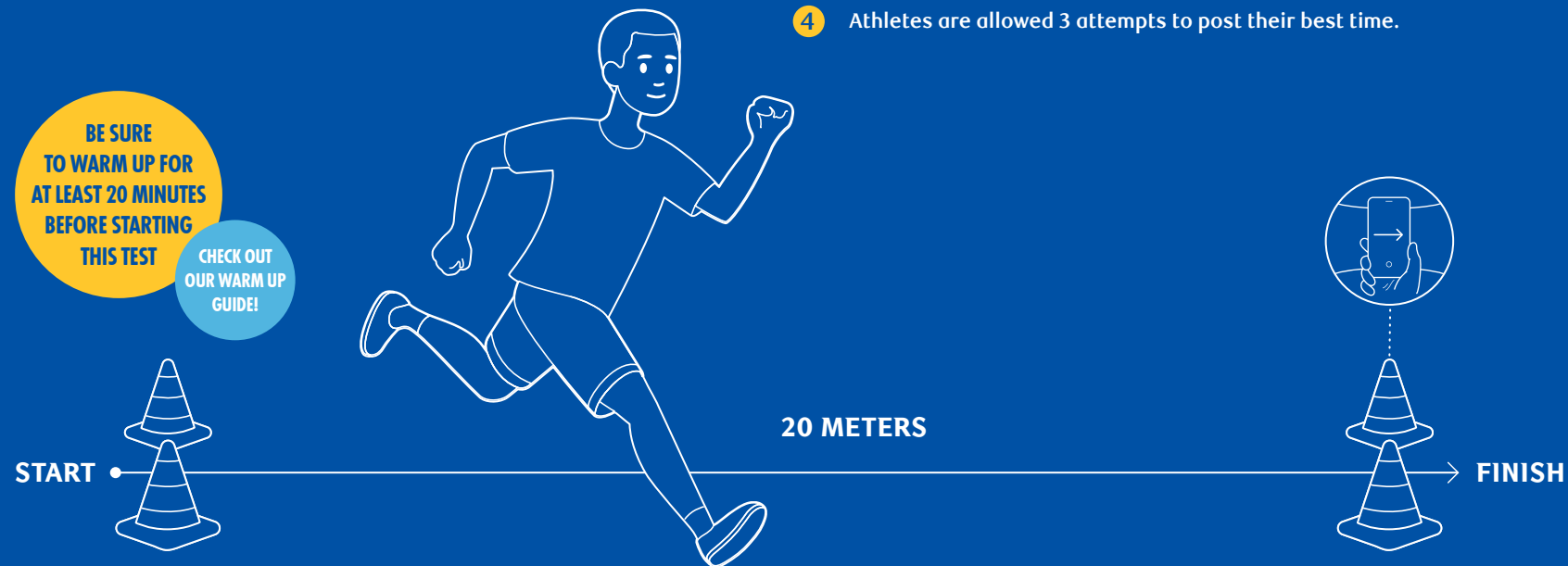
This test is designed to measure your speed and velocity over 20m.

WHAT YOU'LL NEED

-  A metric tape measure at least 5m long.
-  A camera that can record in 240 fps slow motion. *Can be a phone.*
-  A friend to help film.
-  A level surface over 50m long. *If you have access to a track then perfect, if not any hard level surface will do.*
-  3 cones or markers to show the beginning and end of a 20m section.
-  Masking or painters tape.

HOW TO COMPLETE THE TEST

- 1** Set up the cones with one at the start (0m) and two at the finish line (20m). Make these clear by making a line on the ground with the tape.
- 2** Have your camera person stand level with the finish line (5-10m away).
- 3** Ensure your camera person starts filming 2-3 seconds before beginning to sprint, and finishes 2-3 seconds after crossing the finish line.
- 4** Athletes are allowed 3 attempts to post their best time.



✓ Start in a 'two point' stance, with front foot behind the line. ✓ Take 2-3 minutes between efforts to recover.

✗ Wear track spikes. ✗ 'Rock' or 'Hop' off the line.



TRAINING
GROUND

