

TEST ONE Running Sprint

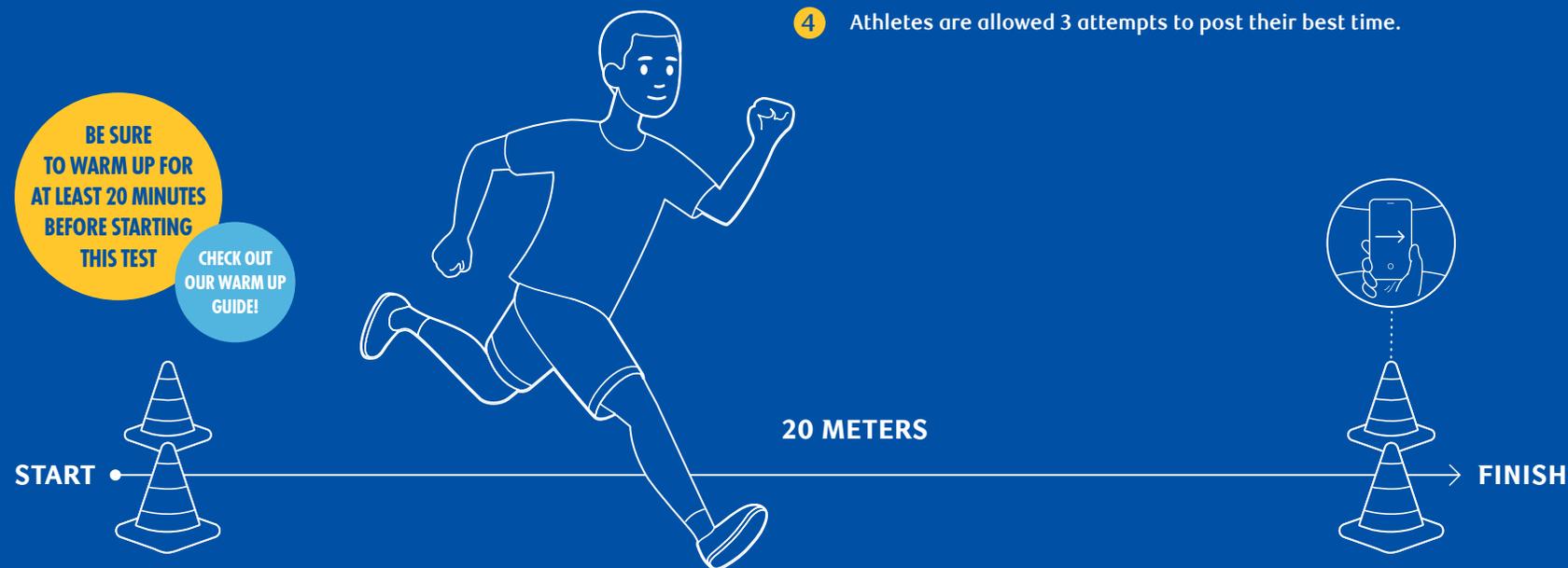
This test is designed to measure your speed and velocity over 20m.

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 

PERFORMANCE Results

Use YouTube to determine your 20m Running Sprint or Vertical Jump performance results, following the below steps.

WHILE VIEWING YOUR SPRINT AND/OR VERTICAL JUMP VIDEO ON YOUTUBE

Right click while in video view mode.

Select "stats for nerds".

The bottom row of data "Mystery Text" is used as timer (the data that follows "t:0.00")

< or > keys are used to advance or rewind your video frame by frame.

For the 20m sprint, the start is determined as the 1st frame where athlete movement is detected and the finish will be determined as the frame where the athlete's torso crosses the 20m finish line.

For the vertical jump, the start is the first frame where both feet leave the ground and the finish is the first frame where one foot touches the ground.

Subtract the start time from finish time.

Record the lowest score for 20m running sprint.

Record the highest score for vertical jump.

Record times in milliseconds (i.e. 0.00).

Unlock your potential.

