

## SPEED TESTING – SPRINT



### Purpose

The purpose of this test is to determine maximum running speed, endurance, and acceleration ability.

### Procedure

1. The distance of the test is to be determined by you and/or the client. It could be anything ranging from 10-50 meters, or possibly even more depending on the sport the client participates in.
2. Ensure that the client is properly warmed up prior to conducting the exercise.
3. The client should start in standardised running position with one foot behind the other.
4. Encourage the client to run through the finish line.
5. In order to test the acceleration and peak velocity of the client, it is key to split the distance up and time each portion as well as the over all time.

### Equipment

- A measuring tape or marked track
- A stopwatch
- Markers to split the distance

### Results

Record the distance used as well as the distance of each marker. The score can be read by recording the time taken to run the distance or each section. As a way to check speed endurance you can compare the first bit of meters to the last bit. For instance, if the client ran 100 meters, compare the first and last 40m.