

## **Performance testing (run)**

The test should be done after a recovery day. In the morning of the test, please take your actual body weight. Prepare the test like a normal race day (food, training, ...).

You need a 400m running track and a stopwatch.

## **Test day**

- 15 min. warm-up
- 10 min. mobilization or normal pre-race routines
- 3 x 80m progressive runs with 1 min. recovery between
- Run 1 x 2.4 km (6 laps on the track) as fast as possible
- 10 min. cool-down

## **What do we need for the evaluation?**

- Body weight
- Height
- % of body fat if available
- Time achieved for the 2.4 km