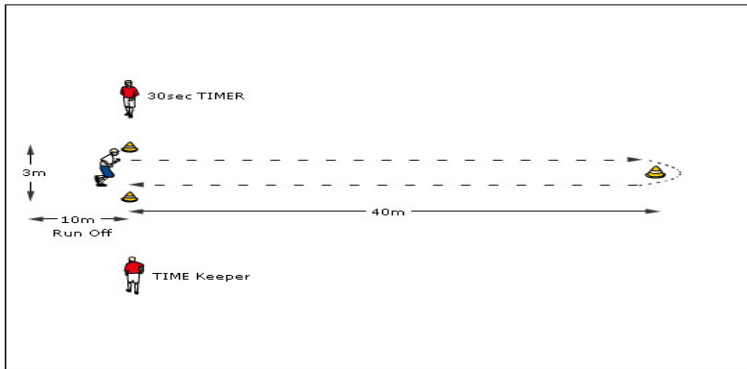




REPEATED HIGH INTENSITY 6 x 80M



REQUIRED RESOURCES

To undertake this test you will require:

- 2 cones to mark the start / finish and one tall cone to mark the 40 meter turn around
- Stop watch
- 30 sec countdown –repeat timer
- Measuring tape

OBJECTIVE

The repeated high intensity test is a good measurement of a players sprinting ability through an anaerobic lactic distance. The test measures a players anaerobic lactic “energy system” as well as the percentage drop off.

HOW TO CONDUCT THE TEST

THE ATHLETE:

- Completes six 80 meter runs at maximum pace (40m to turning point and 40m back)=1 Sprint
- Athlete must be at a stand still start
- Athlete must give max effort on each sprint and must not pace themselves otherwise the test becomes invalid.

THE TIME KEEPER:

- Record the time taken for each 80 meter sprint to the nearest hundredth of a second

THE 30 SEC TIME KEEPER:

- Start on your command and keep start signal consistent.
- The test is run in 30 second intervals, meaning the athlete is allowed 30 sec to complete each sprint
i.e.-(If the athlete takes 15 sec then they he/she has 15 sec to rest before the next sprint.)

INTERPRETATION OF THE RESULTS

EXAMPLE OF TEST

SPRINT 1	SPRINT 2	SPRINT 3	SPRINT 4	SPRINT 5	SPRINT 6	Total of 6 Sprints	% Drop Off
12.4	12.8	13.0	13.8	14.0	14.2	80.20	14.5

FORMULA TO CALCULATE % DROP OF

- (Slowest Sprit – Fastest Sprint) ÷ Slowest Sprint x 100 = % Drop Off

RELIABILITY

Reliability would depend upon how strict the test is conducted and the individual's level of motivation to perform the test. Be sure to take into account weather and field surface when ever testing

***PLEASE NOTE**

Do this test as a single event since the demands placed on the layer puts them in a highly fatigued state, preparation and recovery become of primary concern.