

Run Graded Exercise Test on Track

Field Test Protocol

This test can be done solo with an adequate heart rate monitor/stopwatch that records lap splits. Unlike the treadmill test where the treadmill controls the pace, here the athlete needs to control the incremental step-ups in pace. On a 400-meter track, make sure the halfway point is marked.

1. Warm up thoroughly before beginning the test.
2. Begin running at a very slow pace, e.g. 70-80 seconds per half lap (i.e. 200 meters).
3. Every half lap (i.e. 200 meters), hit the lap button on your stopwatch and note your 200-meter split.*
4. Increase your running pace by 3-5 seconds for the next half lap.
5. Continue to increase your pace by 3-5 seconds every half lap until you can no longer continue. This may take 6-10 laps, or about 1.5 to 2.5 miles.
6. Note when your ventilatory threshold occurs, i.e. the point at which your breathing becomes labored. Hit your lap button on your stopwatch when this occurs or write this down immediately after finishing the test.
7. Cool down when finished.
8. Retrieve the data from your monitor and record in the chart.

* Important: In order to gather the necessary data, your watch/heart rate monitor needs to be able to record the split time and heart rate at these 200-meter intervals. An assistant can also help you record these numbers.

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Athlete:

Date:

** Note ventilatory threshold (VT) where it occurs.*

Half lap	Time (seconds)	Heart Rate (BPM)
1.		
2.		
3.		
4.		
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Comments: