LEARNING OBJECTIVES

✦ Comprehend the role of assessment in the context of a training program

✦ Be able to recall five ESD assessments
WHY ASSESSMENT?

- Fulfilling a larger purpose
Data for the sake of data?

Inform the process
Build a foundation

Reference
ANAEROBIC ALACTIC/LACTIC - HIGH
ANAEROBIC LACTIC - MEDIUM
AEROBIC - GLYCOGEN/FFA - LOW

Purpose
ESD ASSESSMENTS

- YO-YO Intermittent Recovery Test (IRT)
- 30-15 Intermittent Fitness Test (IFT)
- Maximal Anaerobic Sprint (MAS)
- Repeated Anaerobic Sprint Test (RAST)
- Stage Assessment Run

YO-YO IRT

**PROTOCOL**
- Ramping shuttle test
- 20 meter course
- 10 sec rest between shuttles
- Follows an audio track

**TERMINATION**
- 2 consecutive failed attempts
- Level 1
- Level 2

**30-15 IFT**

**PROTOCOL**
- 30 sec on : 15 sec off
- Ramping protocol
- +0.5 km/h each stage
- Follows an audio track

**TERMINATION**
- 3 consecutive failed attempts

**VIFT**
- Velocity for the Intermittent Fitness Test

**MAS**

**PROTOCOL**
- 5 min time trial (average power)
- Get as far as possible in 5 minutes
- Can use various equipment

**RESULTS**
- Program training zones based on average outputs

<table>
<thead>
<tr>
<th></th>
<th>EASY</th>
<th>HARD</th>
</tr>
</thead>
<tbody>
<tr>
<td>MODERATE</td>
<td>70-100%</td>
<td>120-140%</td>
</tr>
<tr>
<td>SPRINT</td>
<td>100-120%</td>
<td>140-150%</td>
</tr>
</tbody>
</table>


### RAST

**Protocol**
- 6 maximal efforts
- 10 sec rest between
- Distance can vary based on sport
- 2:1 rest:work ratio

**Results**
- Total time to complete
- Fatigue index

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### Stage Assessment Run

**Protocol**
- Ramping protocol
- 2 minute stages (start at RPE 3/10)
- Advance 1 RPE per stage
- Finish with 2 min walking

**Notes**
- Collect HR data at end of stages
  - RPE 7/10
  - RPE 10/10
  - 2 min recovery

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CHECK FOR LEARNING

Which assessment would you choose if you were looking for heart rate data and only had access to 30yds of space?
- Why?
Assessments of energy systems provide critical information to facilitate optimal training of an athlete or client. Understand the importance of energy systems assessments:

- **Inform the process**
  - Provide insight on how to approach training of a client or athlete based on assessment results.

- **Build a foundation and reference points**
  - Identify a starting point from which to gauge improvement and success in training.

- **Identify a purpose**
  - Assessment data can highlight a deeper purpose to training, in order to best prepare an athlete for success.

Understand the types and uses of the various energy systems assessments:

- YO-YO Intermittent Recovery Test (IRT)
- 30-15 Intermittent Fitness Test (IFT)
- Maximal Anaerobic Sprint (MAS)
- Repeated Anaerobic Sprint Test (RAST)
- Stage Assessment Run
APPENDIX

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