



FITNESS EVALUATION TEST

The Spiridon Performance Coaching Field Test consists of a timed **1 Mile Run**. This test will determine your starting point for your training paces during the first cycle of training. You will perform this test periodically so that we can assess your adaptation to the training program.

The protocol for insuring optimum results on your field test is the following:

1. Find an all-weather track that is well marked and in good condition. The **1 Mile Run** is 4 complete laps around a regulation outdoor track.
2. If you already have been running fairly regularly, then make sure that you take two easy running days with low mileage and intensity prior to performing the test.
3. If you have not been running at all, then give yourself 1 week of light running or a combination of running and walking prior to the test.
4. Make sure that you get plenty of sleep for the two days prior to the test.
5. Make sure that you are in good health leading up to the test (i.e. no sickness, allergy outbreaks, etc.)
6. Make sure that you are properly hydrated on the day of the test and have a working stopwatch and/ or heart rate monitor.
7. On the day of the test, start with an initial warm up phase of 10-20min of light jogging or walking. Follow this by some easy stretching and another 1-2min of easy jogging.
8. Stand at the starting line with your watch in the “Stopwatch” mode. If you are using a heart rate monitor then make sure that your heart rate function will record the maximum heart rate during the test.
9. Remember to try to pace yourself and run as evenly as possible during the test to insure optimum results. Try to give 100% effort.
10. Ready. Set. **Go!!!**
11. Record your time and/ or heart rate when you finish and then submit them to your *Spiridon Performance Coach*.
12. Congratulations. You are now ready to begin your **Spiridon Performance Coaching Program**.