



Rowing Australia | Beach Sprint Assessment Protocol (V1.2)

V1.2 of the Beach Sprint Assessment Protocol has been updated to reflect learning from the 2024 season. The aim of this initial protocol is to assess beach sprint athletes in a standardised and reliable manner. The protocol aims to measure performance of each facet of the beach sprint event as well as combined that into a single one off event and finally to measure that one off event repeated four times as would happen in a one day event .

In the first aspect of the protocol (Testing Day #1), the athletes will undertake a single 60m standing start sprint in the AM and then 4 attempts of 60 m standing start sprint in the PM. Each attempt in the PM session will be separated by 3 mins.

NOTE: The reason the protocol has switched from a 50m run to a 60m run in V1.2 is because Beach Running experts believe 60m on flat is equal to 50 on sand and 50m will be the longest run in competition.

Testing Day #2 will have the 10-stroke peak power test (rate capped at 40 s/min) followed by an all-out 500m ergometer trial 10 mins later. The PM session of Testing Day #2 will have each athlete complete 4 x 500m all-out ergometer pieces starting every 5 min rotation.

Testing Day #3 of the protocol which involves a 60 m straight line sprint, then rapidly jumping onto an ergometer and completing a 500 m effort as quickly as possible. Each timed section will conclude when the athlete has sprinted 60m back to the starting point. The aim of this test is to complete all aspects in the shortest possible time. There will be 4 repetitions of this test undertaken on a 10 min rotation.

Equipment Required

60m measuring tape

Marking cones X 6

Two Seiko quality stopwatches

C2 ergometer

Weights to hold ergometer in place

Flat running surface (tartan track or road surface). No testing on grass or beach sand will be accepted

Clipboard and pens



Up to 3 timing staff for Day 3 testing

Run sheet and results template – [Download from this link](#)

TEST DAY #1

Test Day #1 has an AM and PM component.

Test Day #1 AM session is designed purely to measure 60m sprint speed. This will be a single 60m sprint. Practice attempts are permitted but only the first timed effort will be accepted.

The PM session of Day #1 will have the athlete complete 4 repetitions of the 60m sprint on a 3 min starting cycle (as outlined in the figure below). Please report each and every 60m time taken in both the AM and PM session of Test Day #1

Protocol

Stopwatch time located at finish line

Starter is at Start Line with flag

Starter begins with arm up

Starter loudly and clearly says “Set -> GO” and simultaneously drops the raised arm

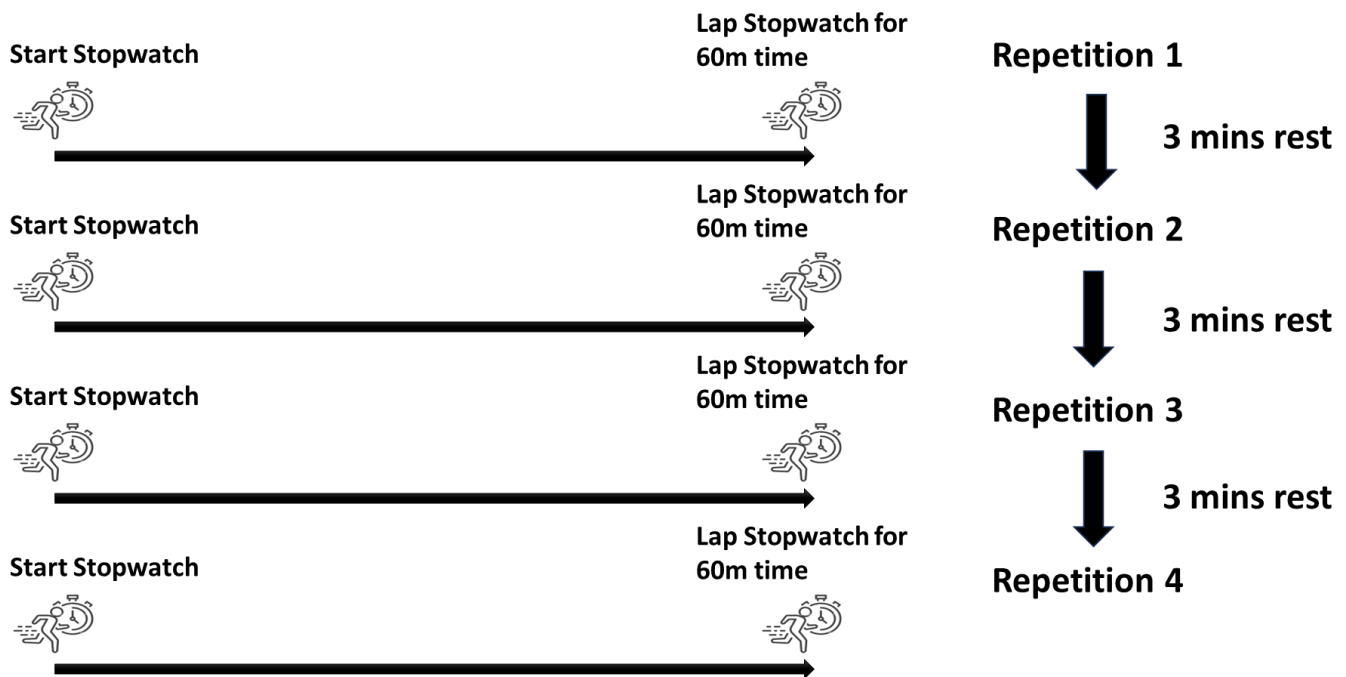
60m finish line stopwatch time starts as arm begins to drop

Time taken at 60m line from chest breaking imaginary tape across finish line

Please report each 60m time for both the AM And PM session



TEST DAY #1 - PM



TEST DAY #2

Test Day #2 has an AM and PM component.

Test Day #2 AM session - In the AM session the athlete will complete the RA 10 Stroke Peak Power Protocol as outlined here ([10 Stroke Peak Power Protocol](#)). Once this has been completed the athlete can take 10 min recovery / preparation to begin the 500m all-out ergometer trial.

Please complete the 10-stroke peak power and 500m all-out results of Test Day #2 via the downloaded "Data Submission" form ([Download from this link](#)).

Test Day #2 PM session – this session will assess the capability of the athlete to do repeat 500m all-out measures on a fixed 5 min repetition cycle. Active walk is permitted between all-out efforts. Please complete the results (time; mm:ss.s and stroke rate; s/min) from each of the 4 all-out efforts via the downloaded "Data Submission" form.

Protocol

Athlete mounts ergometer and rows 500m as quickly as possible on the designated 5 min rotation (i.e. efforts begin on 0:00.0; 5:00.0, 10:00.0 and 15:00.0 (mm:ss.s)) regardless of how long it takes the athlete to complete each of the 500m tests.



TEST DAY #3

This test involves a 60 m straight line sprint, then rapidly jumping onto an ergometer and completing a 500 m effort as quickly as possible. Each timed section will conclude when the athlete has sprinted 60m back to the starting point. The aim of this test is to complete all aspects in the shortest possible time. There will be 4 repetitions of this test undertaken on a 10 min rotation.

Protocol

Stop watches are synchronised and are located at the start line and finish line of the 60m sprint

Test begins at the start line with the starter holding a flag up

Both start and finish stopwatches press lap when flag drops and starter says "GO"

60m sprint time is taken by Stopwatch 2 pressing lap time as chest breaks imaginary line

Athlete then mounts ergometer and rows 500m as quickly as possible

Stopwatch 2 presses lap to measure transition time from end of 60m run to beginning rowing

Stopwatch 2 presses lap to measure the completion of 500m ergometer and again at the beginning of the return 60m run

Stopwatch 1 presses stop as the athletes crosses the original start line

Time measured on each of the 4 repetitions;

Total test time

1st 60m run split

Transition 1 time (finish of 60m run to beginning ergometer rowing)

500m rowing time

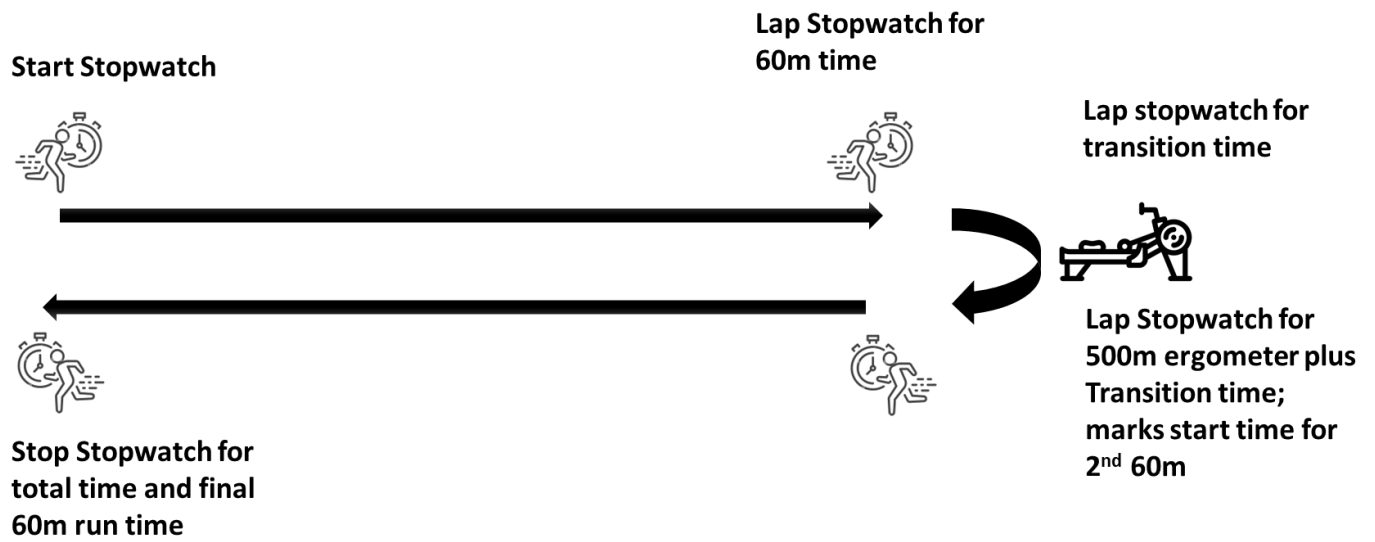
Transition 2 time (finish rowing to beginning 2nd 60m run)

2nd 60m run split (calculated as Total time from stopwatch 1 minus Transition time 2 split from stopwatch 2)

Each repetition begins on a 10 min rotation.



TEST DAY #3



X 4 Repetitions