



## Rowing Australia | Beach Sprint Testing Protocol

The aim of this initial testing protocol is to begin the process of testing beach, sprint athletes in a standardised and reliable manner. The aims of the protocol are 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 (Test A), the athletes will undertake 3 attempts of 50 m straight line running effort at maximal speed. Each attempt will be separated by 5 mins. Twenty mins later the athletes will then complete a single 500 m ergometer effort aiming to complete the distance in the shortest time possible. In the afternoon of day one, the athletes will undertake Test B of the protocol which involves a 50 m straight line sprint, then rapidly jumping onto an ergometer and completing a 500 m effort as quickly as possible. Test B will conclude when the athlete has sprinted 50m back to the starting point. The aim of this test is to complete all aspects in the shortest possible time.

The final aspect of the testing protocol (Test C) will begin the next morning where each athlete will complete four separate rotations of Test B separated by 30 minutes. Total accumulated time for the 4 rotations will be the performance measure of this test. Each individual component of Test C will be analysed with respect to each other to determine repeatability of performance and fatigue resistance.

### Equipment

50m 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

Run sheet and results template – Download from the link below

(<https://docs.google.com/spreadsheets/d/11x0vb97WTF3iF0N62Yza0YbNOv0lvnn6/edit?usp=sharing&oid=111818478256514485739&rtpof=true&sd=true>)



## Test A

Test A is designed purely to measure 50m sprint speed. Due to familiarisation of both athlete and timer this will be done on 3 attempts with the average of the fastest two attempts taken as 50m time. Each attempt will begin 5 mins after the previous attempt. The 2<sup>nd</sup> aspect of Test A will have the athletes complete an all-out 500m test on the C2 rowing ergometer. This will begin 15 mins after the completion of the final 50m sprint. Test A begins in the morning of Day 1.

### Protocol

Stopwatch time located at finish line

Starter is at Start Line with flag

Starter begins with arm up

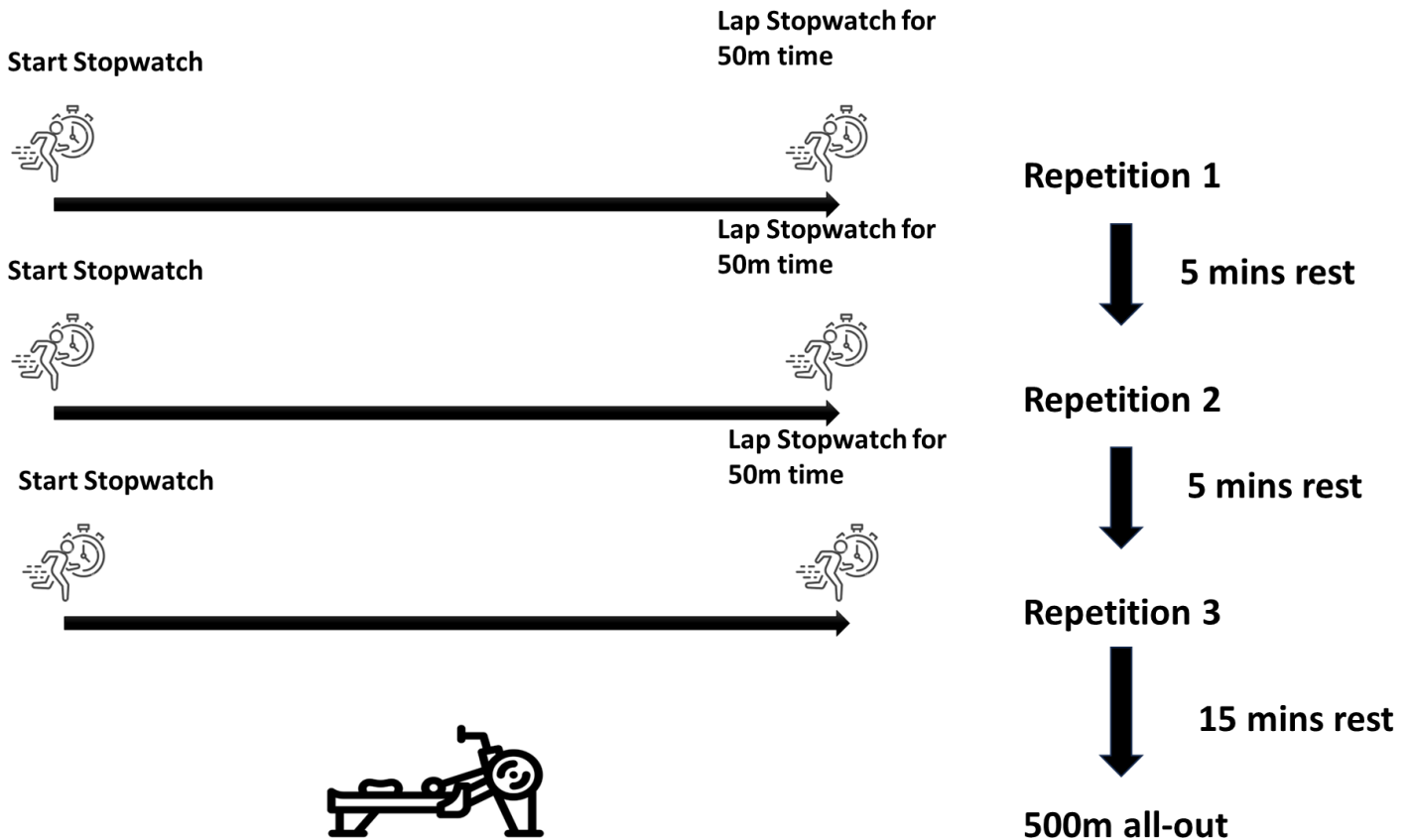
Starter loudly and clearly says "Set -> GO" and simultaneously drops the raised arm

50m finish line stopwatch time starts as arm begins to drop

Time taken at 50m line from chest breaking imaginary tape across finish line

50 m time is the average of the fastest two times however fastest time from the 3 efforts is also recorded

15 mins after the completion of the final 50m run the athlete will do a 500m all-out ergometer effort from a stationary start



## Test B

Test B is undertaken in the afternoon of Day 1. The aim of this protocol is to simulate a single Beach Sprint event. The athlete will have no handler getting them set on the ergometer and so this skill is part of the overall performance assessment (this is termed the Transition).

### Protocol

Stop watches are synchronised and are located at the start line and finish line of the 50m 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"

50m 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 50m run to beginning rowing

Stopwatch 2 presses lap to measure the completion of 500m ergometer and again at the beginning of the return 50m run

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



Time measured;

Total test time

1<sup>st</sup> 50m run split

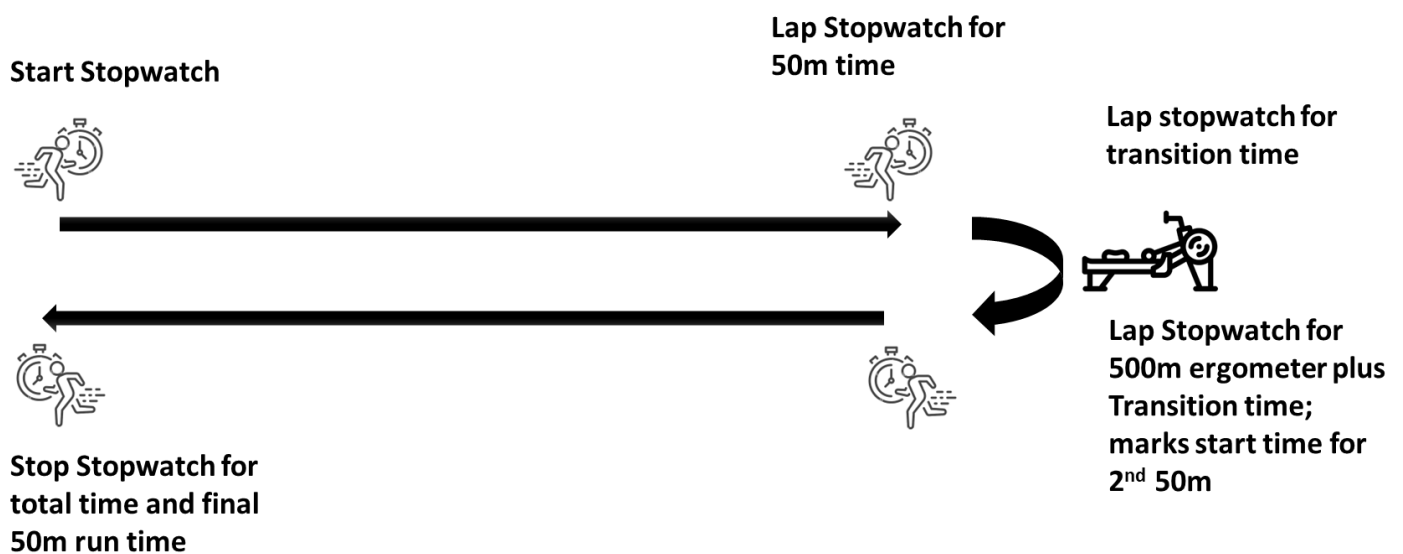
Transition 1 time (finish of 50m run to beginning ergometer rowing)

500m rowing time

Transition 2 time (finish rowing to beginning 2<sup>nd</sup> 50m run)

2<sup>nd</sup> 50m run split (calculated as Total time from stopwatch 1 minus Transition time 2 split from stopwatch 2)

## TEST B





## Test C

Test C is required to be completed by all nominating athletes that have not completed a 5000m ergometer test as part of the current year's National Team Event Requirements.

Test C is conducted in the morning of Day 2. The aim here is to simulate as closely as possible what might happen in a single day of racing. The critical measures here are 1. How close is the fastest full repetition to the time of Test B on the previous day and then what, if any, decrement in performance occurs over the course of the 4 repetitions and in what disciplines (i.e. run, transition, ergometer or all 3 components)

Test C is 4 complete repetitions of the Test B protocol starting at TIME 0 then each repetition starts 15 mins after the start of the previous (i.e 0min, 15min, 30min and 45min)

## TEST C

