
PERFORMANCE TESTING

Test	Date	Score	Date	Score	Date	Score
Davies						
Plank						
Shark Skill						
Push Up						
Hop						
3k Run						
10k Bike						
1000yd Swim						
Resting Heart Rate						

DAVIES TEST

Purpose: Assess upper extremity agility and stabilization.

Set Up:

1. Place two pieces of tape on the floor, 36 inches apart.
2. Assume a push-up position with one hand on each piece of tape.

Movement:

1. Quickly move right hand to touch left hand.
2. Perform alternating touching on each side for 15 seconds.
3. Repeat for 3 trials.

4. Record highest # of touches performed.

PLANK TEST

Purpose: Assess core strength.

Set Up:

1. Perform on a flat surface.
2. Assume elbow plank position.
3. Throughout test, proper head, neck, back and hip position should be maintained.

Movement:

Stage 1

Hold elbow plank with perfect posture for 60 sec.

Stage 2

Lift right arm off ground.

Hold for 15 sec.

Stage 3

Return right arm to ground, lift left arm off ground.

Hold for 15 sec.

Stage 4

Return left arm to ground, lift right leg off ground.

Hold for 15 sec.

Stage 5

Return right leg to ground, lift left leg off ground.

Hold for 15 sec.

Stage 6

Lift left leg and right arm off ground.

Hold for 15 sec.

Stage 7

Return left leg and right arm to ground.

Lift right leg and left arm off ground.

Hold for 15 sec.

Stage 8

Return to basic plank position as in stage 1.

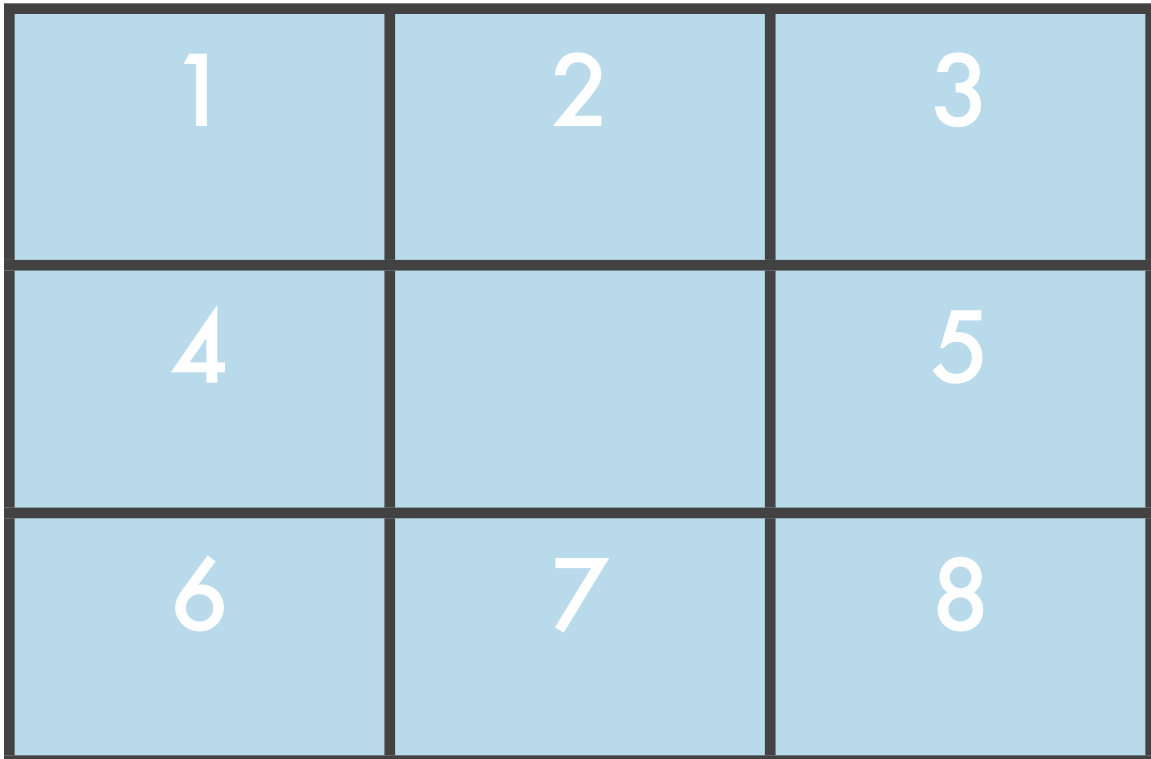
Hold for 30 sec.

SHARK SKILL TEST

Purpose: Assess lower extremity agility and neuromuscular control.

Set Up:

1. Using masking tape, create a 9-box grid on the floor



2. Stand in center of grid with hands on hips and standing on one leg.

Movement

1. Hop to each box consecutively, 1-8 always returning to the center box.
2. Perform at least one practice run with each foot.
3. Perform test twice on each foot.
4. Record the best time it takes to perform the test on each foot.
5. Add .1 sec for each of the following faults: nonhopping leg touches ground, hands come off hips, foot goes in wrong square, foot doesn't return to center square.

PUSH UP TEST

Purpose: Assess upper body strength.

Set Up:

1. Perform on a flat surface.
2. Assume military pushup position or modified pushup position off of knees depending on level of ability.
3. Hands should be directly underneath the shoulders and a neutral spine maintained throughout the test.

Movement:

1. From the start position, lower body until the elbows reach a 90 degree angle.
2. Return to the start position.
3. Continue push-up movement, completing as many as possible until failure or when proper form is lost.

SINGLE LEG HOP TEST

Purpose: Assess lower body strength endurance.

Set Up:

1. Mark off a 25m. section straight away on track with 2 cones.

Movement

1. Begin 10-15m. behind start line/cone.
2. Use a jog run up to the first cone.
3. At the first cone, begin hopping on one leg from the first cone to the second cone.
4. Record the time taken to hop between the two cones.
5. Repeat test on opposite leg.

3K RUN TEST

Purpose: Assess anaerobic threshold and strength endurance for run.

Set Up:

1. Perform test on an all weather track.
2. Test should only be performed when you are well rested. Do not perform a hard workout at least 2 days prior to the test. Do not perform any other workouts on the day of the test.
3. Do not eat 3 hrs. prior to test.
4. Be sure you are well hydrated before the test.
5. Ideally perform test under mild weather conditions (ie: no extreme temperatures or humidity, little to no wind factor)

Test:

1. Run 3k (7.5 laps) on a track at fastest possible pace.

2. Try to maintain as even of a pace as possible so that the second half of your 3k is ideally within 15-20sec. of the first half.
3. Record your time, and if using a heart rate monitor, record average and max heart rate.

10K BIKE TEST

Purpose: Assess anaerobic threshold and strength endurance for bike.

Set Up:

1. Perform test on a course that allows you to ride continuously without any stops for 10km (6.2mi).
2. Test should only be performed when you are well rested. Do not perform a hard workout at least 2 days prior to the test. Do not perform any other workouts on the day of the test.
3. Do not eat 3 hrs. prior to test.
4. Be sure you are well hydrated before the test.
5. Ideally perform test under mild weather conditions (ie: no extreme temperatures or humidity, little to no wind factor), and on a mostly flat course.

Test:

1. Ride 10k on a flat or mostly flat course with no stops at fastest possible pace.
2. Record your time.
3. If you have the capability, also record your average and max heart rates, average speed and power output.

1000 YD/M SWIM

Purpose: Assess anaerobic threshold and strength endurance for swim.

Set Up:

1. Test should only be performed when you are well rested. Do not perform a hard workout at least 2 days prior to the test. Do not perform any other workouts on the day of the test.
2. Do not eat 3 hrs. prior to test.
3. Be sure you are well hydrated before the test.

4. Ideally, perform test in a pool where you have your own lane.

Test:

1. Swim a continuous 1000yd or m for time at your fastest pace
2. Record time.

RESTING HEART RATE

Purpose: Assess fitness level and indicate onset of sickness or overtraining.

Set Up:

1. For most accurate RHR, measure in the morning upon waking and before getting out of bed.
2. Measurements should be performed 3 mornings in a row.
3. The average of the 3 readings is your resting heart rate.
4. As fitness levels increase, RHR will *decrease*.
5. RHR will indicate onset of the flu or overtraining with an 3-5 beat *increase*.

Test:

1. Upon waking, find pulse at wrist or carotid artery and count for one minute.
2. Record RHR for 3 mornings in a row and take an average.
3. RHR testing can be used as often as you want.