

Treadmill Pretest				
# Runs	Incline	Speed	Time	Complete
2	0	7.5	:20	X X
1	15	7.5	:20	X
1	25	8.7	(hold) :15	X
1	25	10.0	(hold) :15	X
1	15	10.0	:12	X
1	20	10.0	:10	X
(Move to Developmental Program if spot is needed to finish workout)				
1	22	10.0	:10	X
(Move to Reduced Speed Program if spot is needed to finish workout)				
1	25	10.5	:10	X (Needed Spot)
(Move to Standard Program if spot is needed to finish workout)				
2	25	9.5	:08/:08/:08	
			(run/hold/run)	
(Advanced Program if no spot is needed)				
Developmental Program				
1	17.5	10.0	:08	
1	17.5	9.0	:08/:08/:08	
			(run/hold/run)	
Reduced Speed Program				
1	22	8.7	:08/:08/:08	
			(run/hold/run)	
Standard Program				
2	22	9.5	:08/:08/:08	X X
			(run/hold/run)	

X = Run Completed

Metabolic Test			
Volume		Recovery	
A.T. HR	178	2 min. Recovery HR	152
Max HR	187	A.T. HR	178
A.T./Max %	95.2%	Recovery/A.T. %	80.8%
Program (based on AT/Max %)		Program (based on Recovery/A.T.%)	
If Less than 88%	↑ LA	If Less than 85% use -	82% of AT
If 88% to 94%	Standard Metabolic	If 85% to 92% use -	80% of AT
If 94% and up	Low Metabolic	If 92% and up use -	77% of AT
*Red denotes items computed from metabolic test			Workout HR Recovery between runs
			146

Program Prescription Based on Pre-Test
Standard Speed Program (Athlete possesses average speed)
Low Metabolic Program (Athlete possess good aerobic fitness in needed of less conditioning)
Recover to 146 BPM between Runs (Multiply AT of 178 BPM by 82%)