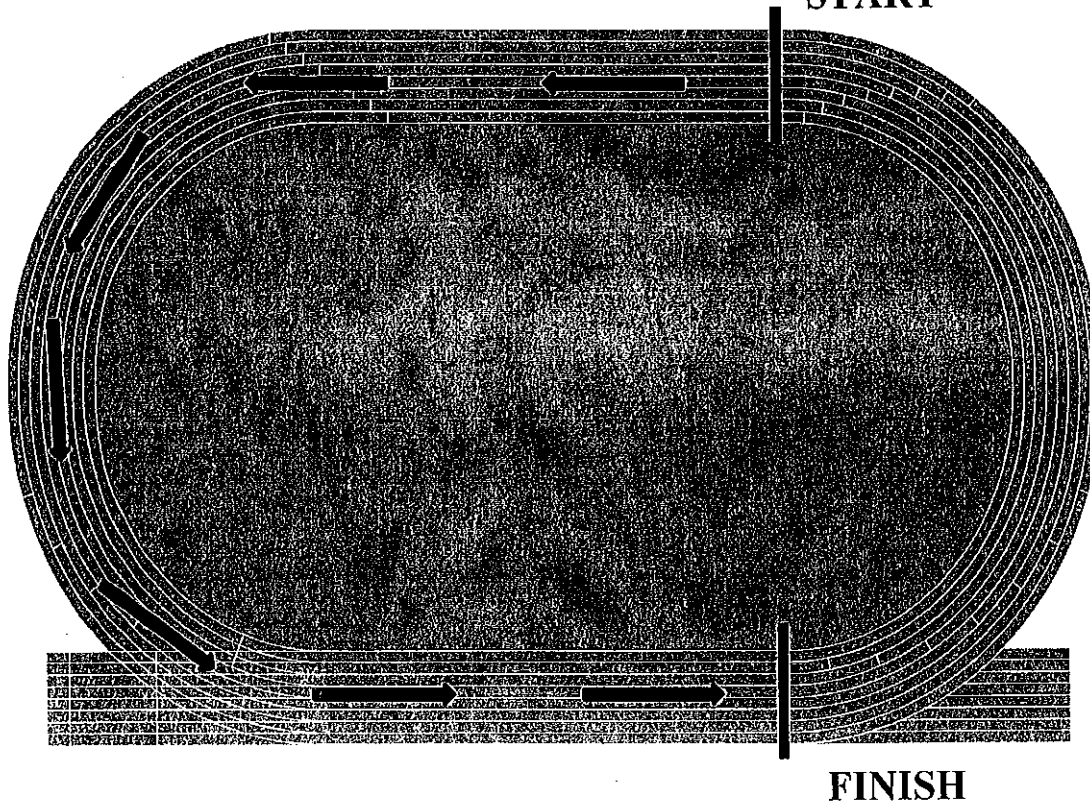


PREPARING FOR THE 300 METER SPRINT START



300 Meter Sprint Information

- The 300 meter sprint is a test to measure anaerobic capacity/ anaerobic power and should be completed as fast as possible.
- Complete a dynamic flexibility routine/ warm up for at least 5- 10 minutes prior to taking the 300 meter test. You may want to warm-up by completing submaximal or incremental sprints prior to taking the test to assure the body is fully prepared.
- Begin the test at the designated starting line. On the command of “go”, run as fast as possible until you cross the finish line. The proctor will record the participant’s time in minutes and seconds.
- After completing the 300 meter sprint, cool down by walking or continuously moving for 3-5 minutes and then a static stretch focusing especially on the hamstrings, quadriceps, hip flexors, lower back and calves.
- If you would like more specific information/ breakdown of the intensity of each section of the sprint please contact the Wellness Department.

300 Meter Training Program (5 weeks)

- Program should be conducted (2) days per week
- Warm-up and Cool down remain the same throughout the program
- Program can be extended beyond (5) weeks, just start from the beginning and improve on all run times if necessary