

SPRINT TEST

Participants run 4 consecutive 40 meter sprints with a recovery period after each sprint. The recovery period is the walk back to the start line. As soon as participants reach the start line, the next sprint commences.

If a participant falls or trips, they are allowed another attempt at that specific sprint.

If a participant fails one sprint out of the 5, they are given one more attempt immediately.

Each sprint must be completed in 10 seconds.

INTERVAL TEST

Participants complete a total of 4 consecutive laps around a $\frac{1}{4}$ mile (400 meter) high school track for a total of 1.25 miles or 2000 meters.

One lap consists of two 150 meter runs with two 50 meter recovery walks for a total of 400 meters.

A lap starts with one 150 meter run, followed by one 50 meter recovery walk.

This is repeated twice to complete one lap.

Cones will mark the start of each 150m run segment and each 50 m walk segment.

Participants will have a total of 16 minutes to complete the 4 laps. This breaks down to 4 minutes, (pace is approximately 16m per mile.)

Participants will go at their own speed. The only hard rule for this test is participants must run/jog each 150m run segment, and they have to walk each 50m recovery segment. Participants are not allowed to run during the walk portion or vice versa.

*** may be adapted to alternating 100 meter run, 100 meter walk and so on.

AS IN PREVIOUS YEARS, ANY RIGSO OFFICIAL WHO HAS TAKEN AND PASSED A USSF/US SOCCER FITNESS TEST OR A NISOA COLLEGE FITNESS TEST IS EXEMPT FROM THE RIGSO FITNESS EVALUATION.