

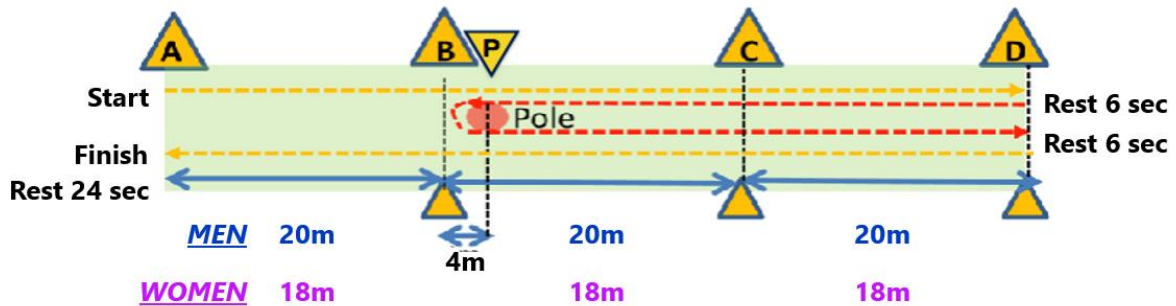


Referees: Single – Double – Single

High Intensity Interval Test



1 sub-max REP=76s: A-D (12s) Rest (6s) + D-P-D (16s) Rest (6s) + D-A (12s) Rest (24s)



Timetable

Lap	Recovery	A-D	Rest	D-P-D	Rest	D-A
1	0:00	0:12	0:18	0:34	0:40	0:52
2	1:16	1:28	1:34	1:50	1:56	2:08
3	2:32	2:44	2:50	3:06	3:12	3:24
4	3:48	4:00	4:06	4:22	4:28	4:40
5	5:04	5:16	5:22	5:38	5:44	5:56
	6:20					
6	7:20	7:32	7:38	7:54	8:00	8:12
7	8:36	8:48	8:54	9:10	9:16	9:28
8	9:52	10:04	10:10	10:26	10:32	10:44
9	11:08	11:20	11:26	11:42	11:48	12:00
10	12:24	12:36	12:42	12:58	13:04	13:16
	13:40					
11	14:40	14:52	14:58	15:14	15:20	15:32
12	15:56	16:08	16:14	16:30	16:36	16:48
13	17:12	17:24	17:30	17:46	17:52	18:04
14	18:28	18:40	18:46	19:02	19:08	19:20
15	19:44	19:56	20:02	20:18	20:24	20:36