

Percentage Charts

**Heart Rate &
Weight Training**

PERFORMANCE TESTING & PHYSICAL ASSESSMENT

Upon arrival to training camp you will be evaluated and tested using various physical assessment tests. Below you will find these tests along with the minimum requirements. However we are looking for maximum performance. Do not strive to achieve the minimum but to achieve the very best score possible.

<u>TEST</u>	<u>STANDARDS (3 Point value)</u>
2 Mile Run	12:00 min. OR less
40 yard sprints (3 sets w/ 1-min. rest b/n sets)	4.9 sec. OR less
Timed Sit-Ups (1 minute)	50 reps OR more
Bench Press (100% of body weight)	10 reps or more
Back Squat (120% of body weight)	20 reps or more
Vertical Jump (2 Trials)	Minimum 20" OR more
Sit & Reach (Flexibility - 3 trials)	Minimum 18" OR more
Chin-Ups (to failure)	Minimum 23 reps OR more
Split Ladder (3 trails)	Minimum 9.85 sec. OR less
Leg Circuit	Minimum 3.5 sets OR more
Body Fat %	Less than 15%
Height/Weight	

BE FIT

Be strong, fast with good Cardiovascular & Muscular Endurance

BE SKILLED

Technical and Tactical abilities

BE READY

Everyone must be ready!

"Failure to Prepare is Preparing to Fail" - Abraham Lincoln

PERFORMANCE TESTING & PHYSICAL ASSESSMENT

POINT SYSTEM

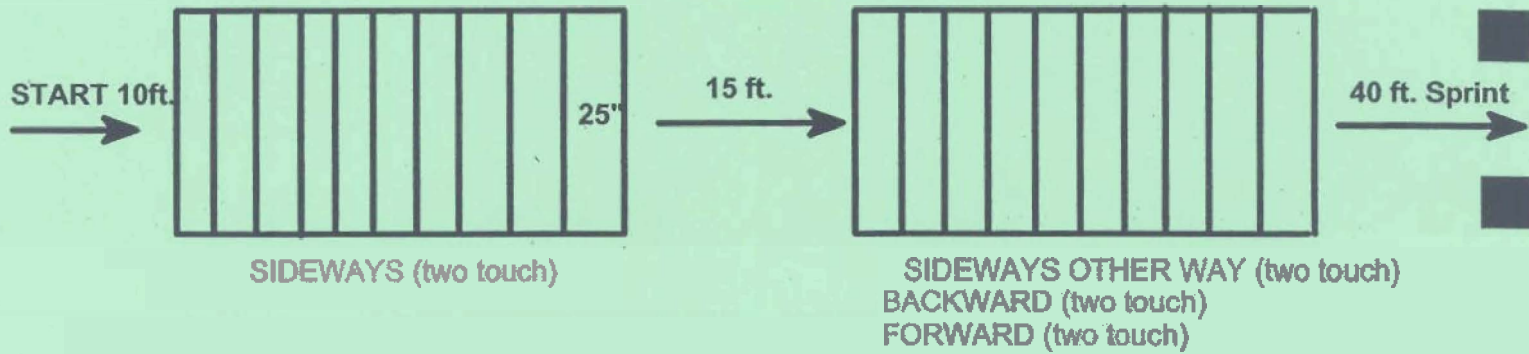
TEST	5 pts	3 pts	1 pt	0 pts
2 Mile Run	<11:45	11:46-12:00	12:00-12:15	>12:15
40 Yard Sprints	<4.8	4.8-4.9	5.0-5.3	>5.3
Timed Sit-Ups	60>	50-59	45-49	<45
Bench Press	15>	10	8-9	<8
Back Squats	30>	20-25	18-19	<18
Vertical Jump	24>	20-23	18-19	<18
Sit & Reach	18.1>	17.5-18	15.5-17.4	<15.5
Chin-Ups	26>	23-25	20-22	<20
Split Ladder	<9.3	9.4-9.85	9.9-10.5	>10.5
Leg Circuit	5+	3.5-4	2.5-3.4	<2.5
Body Fat %	12<	12.1-15	15-22	>22

Testing order is usually as follows: DAY 1 (evening that we get started) - body wt./ht., skinfold measurement, flexibility, vertical leap, and chin ups. DAY 2 (early morning) - two mile run. DAY 2 (afternoon session) - Timed Sit-ups, 40 yard dash, split ladder, squat, bench, and leg circuit. You now have the testing order, PRACTICE!

TESTING FOR SPEED, AGILITY, & LEG MUSCLE ENDURANCE

The first speed test is the 40 yard sprint. Three trials will be performed. Please see the assessment and chart for standards.

We will use a Split Ladder to test your footwork. Please look at the diagram below for set up and practice. Mark off 10' for a starting sprint. Then place five sticks, approximately 25-30" apart with a 15' opening between ladders, followed by five more sticks, 25-30" apart. At the last stick, a measurement of 40' should take place. Two cones should mark an opening of a channel to sprint through after the last stick. Please see assessment and standards chart for times.



Leg muscle endurance is tested by doing as many leg circuits as possible in one minute. The leg circuit is to be done as follows:

1. 20 body weight squats
2. 20 body weight lunges
3. 20 step-ups (20" box)
4. 10 jump squats

Each exercise is done immediately following the previous one and is done in GOOD FORM. You must keep pace with a metronome that clicks about once every second.

5-REP/1-REP MAX PERCENTAGE SHEET

You must figure out your 5-rep max on all lifts to work at the specified percentages at the bottom of each weight record sheet. At the beginning of each week use the weight record sheet and figure out your working weight for each day of lifting. Once you figure out your 5-rep max you can now figure out your percentages for each lift by using the attached charts.

For example:

Your 5-rep max for your back squat is 100 lbs (hope not)

Look on the charts under 5-rep max and find 100 lbs.

Once you find it trace your finger to the far right or left of the chart.

You now have your 1-rep max for back squat which is 115 lbs.

Now, if I want you to perform a set of 6 at 80% - How do you find it?

Find you 1-rep max on the far right or left (115 lbs)

At the top of the chart you will see several percentages, find 80%.

Where the two lines, 115 lbs and 80%, intersect will be your weight for that set (90 lbs)

If you have any problems with these calculations, call me at the numbers I have provided.

*Maximal heart rate is a baseline reading. It may differ plus or minus 10 bpm. This chart should be used as a guideline for your target heart rate. The best way to monitor heart rate is with a heart rate monitor.

90% - 100%
TARGET
SPRINT
INTERVAL

85%
LACTATE
THRESHOLD

80%
HARD
INTENSITY

75%
MODERATE
INTENSITY

65% - 70%
FAT BURN

60% - 65%
RECOVERY

MHR
220-AGE

AGE	MHR 220-AGE	60% - 65% RECOVERY	65% - 70% FAT BURN	75% MODERATE INTENSITY	80% HARD INTENSITY	85% LACTATE THRESHOLD	90% - 100% TARGET SPRINT INTERVAL
18	202	121-132	132-142	152	162	172	180-202
19	201	121-131	131-141	151	161	171	181-201
20	200	120-130	130-140	150	160	170	180-200
21	199	119-129	129-139	149	159	169	179-199
22	198	119-129	129-139	149	158	168	178-198
23	197	118-128	128-138	148	158	167	177-197
24	196	117-127	127-137	147	157	167	176-196
25	195	117-127	127-137	146	156	166	176-195
26	194	116-126	126-136	146	155	165	175-194
27	193	115-125	125-135	145	154	164	174-193
28	192	115-125	125-134	144	154	163	173-192
29	191	114-124	124-134	143	153	162	172-191
30	190	113-123	123-133	143	152	162	171-190
31	189	113-123	123-132	142	151	161	170-189
32	188	112-122	122-132	141	150	160	169-188
33	187	111-121	121-131	140	150	159	168-187
34	186	111-121	121-130	140	149	158	167-186
35	185	110-120	120-130	139	148	157	167-185
36	184	109-119	119-129	138	147	156	166-184
37	183	109-119	119-128	137	146	156	165-183
38	182	108-118	118-127	137	146	155	164-182
39	181	107-117	117-127	136	145	154	163-181
40	180	107-117	117-126	135	144	153	162-180

1 rep max	REPETITION MAXIMUM										1 rep max											
	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%		75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	
100	40	45	50	55	60	60	65	70	70	75	80	80	85	85	90	90	95	95	100	100	100	105
105	40	45	50	60	65	65	70	75	75	80	80	85	90	90	95	95	100	100	105	105	105	110
110	45	50	55	60	65	70	70	75	75	80	80	85	90	90	95	100	100	105	105	105	110	115
115	45	50	60	65	70	70	75	80	80	85	85	90	95	95	100	100	105	105	105	110	110	115
120	50	55	60	65	70	75	80	80	85	85	90	90	95	100	100	105	105	110	110	115	115	120
125	50	55	60	70	75	80	80	85	90	90	95	95	100	100	105	105	110	115	115	120	120	125
130	50	60	65	70	75	80	80	85	90	90	95	95	100	100	105	105	110	115	120	125	125	130
135	55	60	70	75	80	85	90	90	95	95	100	100	105	105	110	110	115	120	125	130	135	140
140	55	65	70	75	85	90	90	95	95	100	105	105	110	110	115	120	125	125	130	135	140	145
145	60	65	70	80	85	90	95	95	100	105	110	110	115	120	125	125	130	135	140	145	150	155
150	60	70	75	80	90	95	95	100	105	110	115	115	120	125	130	135	140	145	150	155	160	165
155	60	70	80	85	95	95	100	105	110	115	120	120	125	130	135	140	145	150	155	160	165	170
160	65	70	80	90	95	100	105	110	115	120	125	125	130	135	140	145	150	155	160	165	170	175
165	65	75	80	90	100	105	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
170	70	75	85	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185
175	70	80	85	95	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190
180	70	80	90	100	110	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190
185	75	85	90	100	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195
190	75	85	95	105	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200
195	80	90	100	105	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200
200	80	90	100	110	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205
205	80	90	100	115	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210
210	85	95	105	115	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210
215	85	95	110	120	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
220	90	100	110	120	130	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220
225	90	100	110	125	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220
230	90	105	115	125	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225
235	95	105	120	130	140	145	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230
240	95	110	120	130	145	150	155	160	170	175	180	185	190	195	200	205	210	215	220	225	230	235
245	100	110	120	135	145	155	160	165	170	180	185	190	195	200	205	210	215	220	225	230	235	240
250	100	115	125	140	150	155	165	170	175	180	190	195	200	205	210	215	220	225	230	235	240	245
255	100	115	130	140	155	160	165	170	180	185	190	195	200	205	210	215	220	225	230	235	240	245
260	105	115	130	145	155	160	170	175	180	190	195	200	205	210	215	220	225	230	235	240	245	250
265	105	120	130	145	160	165	170	180	185	190	200	205	210	215	220	225	230	235	240	245	250	255
270	110	120	135	150	160	170	175	180	190	195	200	210	215	220	225	230	235	240	245	250	255	260
275	110	125	140	150	165	170	180	185	190	200	205	215	220	225	230	235	240	245	250	255	260	265
280	110	125	140	155	170	175	180	190	195	205	210	215	220	225	230	235	240	245	250	255	260	265
285	115	130	140	155	170	180	185	190	200	205	215	220	225	230	235	240	245	250	255	260	265	270
290	115	130	145	160	175	180	190	195	205	210	220	225	230	235	240	245	250	255	260	265	270	275

REPETITION MAXIMUM	12R/M										11R/M										10R/M										9R/M										8R/M										7R/M										6R/M										5R/M										4R/M										3R/M										2R/M										1 rep max																																																																																																																							
	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	1 rep max	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	1 rep max	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	1 rep max	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	1 rep max	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	1 rep max	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	1 rep max	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	1 rep max	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	1 rep max	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	1 rep max	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%	1 rep max	40%	45%	50%	55%	60%	62.50%	65%	67.50%	70%	72.50%	75%	77.50%	80%	82.50%	85%	87.50%	90%	92.50%	95%	97.50%
295	120	135	150	160	175	185	190	200	205	215	220	230	235	245	250	260	265	275	280	290	295	300	305	310	315	320	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395	400	405	410	415	420	425	430	435	440	445	450	455	460	465	470	475	480	485	490	495	500	505	510	515	520	525	530	535	540	545	550	555	560	565	570	575	580	585	590	595	600	605	610	615	620	625	630	635	640	645	650	655	660	665	670	675	680	685	690	695	700	705	710	715	720	725	730	735	740	745	750	755	760	765	770	775	780	785	790	795	800	805	810	815	820	825	830	835	840	845	850	855	860	865	870	875	880	885	890	895	900	905	910	915	920	925	930	935	940	945	950	955	960	965	970	975	980	985	990	995	1000																																																																				

