

## EVENT #4

### **ONE-HALF MILE SHUTTLE RUN**

The One-Half Mile Shuttle Run event measures cardio-respiratory capacity and includes elements of cardiovascular endurance, aerobic power, and agility. This is a timed event that requires the examinee to complete 15 round trips between 2 pylons that are placed 88 feet apart.

- The examinee runs from the starting pylon, to the far pylon, around it and back to the starting pylon. This is one round trip. It is repeated for a total of 15 round trips.
- After the examinee indicates they are “set” the proctor starts the event with “ready, go.” The proctor will inform the examinee when they have completed 5, 10 and 13 round trips.
- The event is timed from the command “go” until the examinee crosses the pylon on the completion of the 15<sup>th</sup> round trip.

#### Preparing for the One-Half Mile Shuttle Run Event

Because this event includes cardiovascular endurance, aerobic power, and agility, you should strive to train all three of these areas. Fit individuals may find it advantageous to start at a higher level than 60% of your maximum heart rate (MHR), however care should be taken when determining which level is appropriate.

MHR is obtained by calculating the following:

1.  $(220 - \text{your age}) - \text{resting heart rate (RHR)}$ . RHR is obtained by counting heartbeats for a full minute prior to getting out of bed.
2. Multiply this number by the desired target heart rate percentage listed in the exercise prescription below.
3. Add Your RHR back to this figure.

Run for 10 minutes at 60% of your MHR. Then gradually increase the intensity to 80% of your MHR and the time to 30-40 minutes. You should include sprint work after your run, such as three 40-yard sprints. You may want to incorporate several 40-yard sprints into your timed run or “speed bounding,” which is simply taking long explosive strides. It is also suggested that agility work such as the “line drill” (described below) be part of this training. After you have increased your running ability place 2 markers 88 feet apart and start with 15 round trips as fast as you can run. Then gradually increase the run to 30 round trips every other workout.

**Line Drill:** Place a 12” long piece of tape on the ground. Stand with both feet on the left side of the line. Keeping both feet together, jump sideways to the right, over the line and landing on the other side. As soon as your feet touch the ground, jump with both feet together back to the left side of the line. Continue jumping side-to-side repeatedly for 60 seconds

Starting Position



Rounding Far Pylon

