



Triathlon Run Benchmark Test: 400/200m Benchmark and 1600m Run

400/200m Benchmark

In a single session, warm up as you usually would, or at least 6 min of easy running, with 4 min of gradual pick-up until your last minute is at your 1 hour best running pace. Perform some drills and strides if you typically do them.

- Run 400m, preferably on a synthetic outdoor track from a standing start at your best effort. Preferably have a friend time you so that you can run through the finish
- Walk slowly and stay loose for 7min from the end of the 400m run and then run a 200m at your best effort from a standing start. Also preferably have a friend time you so that you can run through the finish
- Measure the times to a 10th of a second
- Pacing Recommendations: In the 400m run quite hard through the 1st turn, then hold steady (float) down the back straight into the bottom turn. Then gradually wind it up again till about 60m from home & try to relax & hold form over those final 40-60m. Trying to dig deep invariably leads to tying up. It is also not possible to run a 200m all-out. It requires a similar approach of getting out hard into the turn, floating for about 30m & then powering towards the finish. Relax & hold form as you start to tie up over the closing meters.
- Send results and date of the run to Barb Lindquist (Barb.Lindquist@usatriathlon.org)

1600m Run

Complete the 1600m run later in the week or the next track session run. It will help provide very useful data for a more acute (short term) look at your current run fitness. Warm up as for the 400/200m.

- Run 1600m (4 laps) around a synthetic track at best effort
- Record time (and laps if possible) for 1600m
- Time to 10th of a second
- Send results, date of the run and any notes to Barb Lindquist (Barb.Lindquist@usatriathlon.org)

Remember that both these run sessions involve a considerable skills component. Often pre-quality run nerves and inexperience can make 1st time efforts ineffectual and thus be poor indicators of ability. If the 400m/200m benchmark can be repeated more than once, the data will be more likely a better reflection of ability. We encourage you to do this run 2 times (3 if you feel the inexperience of testing is giving inaccurate results) and send results each time. The 1600m will have a slightly higher fatigue cost in terms of recovery and getting a fully representative time is often also dependent on motivation levels.

Next Step

If your 1600m is close to the B Standard (4:43 Male, 5:16 Female) and the fatigue index of the 400/200m falls within range, then you have 7 more weeks of run training to prepare for the next round of testing. Assistance with technique is completed in this time frame via video analysis. At Week 10, you will repeat the 400/200m test and a 5000m time trial or run in a certified 5km race. Communicate your results as soon as possible and we will be able to further advise you on how to proceed from here.