

BRONCO

Hard aerobic running assessment

Protocol: Complete the following running sequence as hard and fast as possible) **x5 continuously**

0 – 60-m and return then straight away

0 – 40-m and return then straight away

0 – 20-m and return

Male: Target time is 5 minutes which is about L13 20-m Shuttle and L18.01 Yo Yo IRL1

Female: Target time is 5 minutes 30 secs which is about L11 20-m Shuttle and L16.01 Yo Yo IRL1

Notes.

- 1) Completed on a grass surface which is in a good condition, otherwise use an indoor back-up venue or outdoor artificial pitch, e.g. 3-G.
- 2) Individual referee targets set once enough measures have been taken. Suggest 4-5 over a period of 8 – 16 months.

Target Times:

Male Times	Female Times	Rating
<4.30	<5.00	Exceptional
4:30 – 4:45	5:00 – 5:15	Excellent
>4:45 – 5:00	>5:15 – 5:30	Good
>5:00 – 5:15	>5:30 – 5:45	OK
>5:15 – 5:30	>5:45 – 6:00	Poor
>5:30	>6:00	Very Poor

Benefits of the running assessment:

- Minimal equipment needed
- Ideally completed on grass as matches are
- While Yo Yo IRL1 remains key hard aerobic assessment, the BRONCO adds variety to how this conditioning quality (hard aerobic) can be measured and therefore provide feedback on how effective current physical programming is at either maintaining or improving it.