

Run Jump Pull National Challenge

2019



Run-Jump-Pull is a very simple set of dryland tests to measure athlete fitness. The program gives athletes a set of straightforward goals to work to improve.

Why do it?

1. It's quick. The simple series of measures can be quickly performed almost anywhere. Because the tests don't fatigue the athlete, they can be built into a training plan and performed at regular intervals throughout the training season. Because they are not sport-specific, any athlete can do them, even if they are only considering cross-country skiing.
2. It provides simple targets for improvement. Simple exercises and measures make it easy for athletes to set goals for improvement. All athletes want to get better. Having targets and seeing improvement offers huge motivation.
3. It provides a national database for comparison. Canada is big, so it's hard for athletes to know how they measure up against athletes who may be 5,000 km away. This simple program is a powerful tool to build the ski community.

Who can use Run-Jump-Pull?

Clubs: Run-Jump-Pull is a no-brainer for clubs. Some clubs may even decide to host an invitational with other sport clubs (e.g., athletics, triathlon, canoe-kayak). This would give athletes in other sports a chance to try out roller skiing, test their aptitude for cross-country skiing and provide a fun experience for club members. There are more than a few successful athletes who have made the switch from another sport to skis.

Camps: The simplicity of the exercises makes them easy to slot in almost anywhere. No specific hills or trails required. They can also be easily integrated alongside current tests.

Schools: Clubs can partner with schools as a recruitment initiative.

Events: Let your imagination run as you consider other creative ways to use Run-Jump-Pull to engage and motivate athletes (and please let us know at Nordiq Canada so we can share your success stories).

Why these tests?

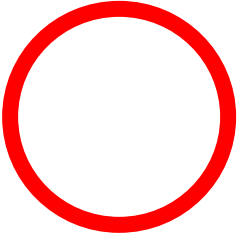

1000 m run: While the 3000 m may be a better fitness indicator for cross-country skiing, the 1000 m run is more accessible to younger or less experienced athletes. The goal is to motivate and deliver meaningful results. The 1000 m achieves that and is easy to integrate into the dryland season.


3000 m run: The 3000 m run is not an officially promoted Run-Jump-Pull benchmark. However, if your club is using it, we'd love to receive your results so we can include them in national results.

Jump: Leg strength and power generation are two foundational elements to our sport. The jump test helps athletes focus on the speed of contraction as well as synchronization and posture.

This test challenges athletes to improve through self-analysis and adaptation. This specific exercise, standing still with feet together, also helps athletes feel the importance of forward hips and pre-loading to generate forward momentum.

Pull: Pull-ups are one of the most popular exercises for developing upper body strength and endurance, fundamental skills for cross-country skiers. Simplicity allows an athlete to do this test almost anywhere—and who doesn't feel satisfied cranking out multiple pull-ups?

1) 1000m run	Purpose:	Equipment Required:	Protocol: see Demo
	To measure aerobic fitness	Flat pavement or running track; not too many curves (avoid sharp turns); stopwatch	-Complete 1000m in the fastest possible time, starting from a still position. -Best to start each participant at 30sec intervals to reflect a purely individual effort and to facilitate timing at finish. -Time is recorded in minutes and seconds when the athlete crosses the line. <i>Reliability: Wind, rain, slippery or uneven surfaces can influence test times.</i>
2) Standing long jump	Purpose:	Equipment Required:	Protocol: see Demo
	To measure the explosive power of the legs	Tape measure, non-slip floor, hard surface. The take off line should be clearly marked.	-Athlete stands behind a line marked on the ground; a two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. -Athlete attempts to jump as far as possible, landing on both feet without falling backwards. -The measurement is taken from the take-off line to the nearest point of contact on the landing (back of the heels). -Athlete can have as many as 3 attempts with the best score being recorded. <i>Reliability: Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched.</i>
3) Pull ups	Purpose:	Equipment Required:	Protocol: see Demo

	<p>To measure the upper body muscle strength</p>	<p>Pull up bar that can easily be grabbed by all size hands; should be high enough for body to hang completely while fully extended</p>	<p>Pronation grip (back of hands facing you); grip a little wider than shoulders to allow 90 degree angle when upper arms are parallel to the ground; no bending or swinging of legs throughout the motion; chin must be raised above the bar with each pull up to score one rep. Count stops with first incomplete pull up.</p>
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NB:

1. While the 1000m run is likely the most indicative of the three tests, each exercise is considered as a stand alone whereby value should be recognized by the athletes' strengths and encouraged to pursue the targets where they may have a greater challenge.
2. Attached below are some initial recommended standards to help athletes establish target goals based on age groups. These will be updated as we receive results from clubs so that we may establish some realistic stretch goals for athletes as well as our expectations as coaches.

**In order for Nordiq Canada to keep National Standards per age updated, please email results and specific birth year for each participant. Athletes names will not be published, only individual scores per YOB will be added to the database. Coaches: It is important to explain to athletes that this is an individual test and results should be used to compare individual progress and the effectiveness of prescribed training, as well as for talent ID among non-skiers.

Targeted standards for 1000m run				
LTAD stage	Female		Male	
L2T-1	8-9 yrs old	4:05		
L2T-2	10 yrs old	4:00	9-10 yrs old	3:50
L2T-2	11 yrs old	3:55	11 yrs old	3:42
T2T-1	12 yrs old	3:50	12 yrs old	3:35
T2T-1	13 yrs old	3:45	13 yrs old	3:30
T2T-2	14 yrs old	3:40	14 yrs old	3:25
T2T-2	15 yrs old	3:35	15 yrs old	3:20
L2C-1	16 yrs old	3:30	16 yrs old	3:15
L2C-1	17 yrs old	3:25	17 yrs old	3:10
L2C-2	18 yrs old	3:20	18 yrs old	3:05
L2C-2	19 yrs old	3:15	19 yrs old	3:00
T2C-1	20-22 yrs old	3:12	20-22 yrs old	2:56
T2C	23 yrs old	3:10	23 yrs old	2:50
T2W	23+ yrs old	3:05	23+ yrs old	2:45

Targeted standards for pull-ups											
Age	11	12	13	14	15	16	17	19	19	20-22	23+
Female	4	5	6	7	8	10	13	16	17	18	20
Male	4	6	8	10	13	16	19	22	25	27	30

*Standards for long jump coming soon! (to be derived from data collected)