35-metre sprint

What does it measure?
Speed

What do you need?
• 35-metre marked section in a straight line, preferably on a running track
• Starting blocks
• Stopwatch
• Assistant

How do you do the test?
• Sprint 35 metres from a standing start/sprint start using the blocks.
• Allow a 30-second recovery while walking back to the start.
• Repeat the sprint five times, completing a total of six sprints.
• Record the time for each sprint, which is usually measured in seconds (s).

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<thead>
<tr>
<th>Name</th>
<th>Time difference between first sprint and last sprint</th>
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Comment on the reliability and validity of this test:

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