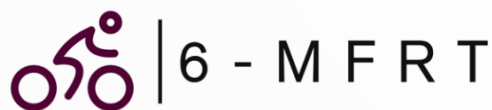


Protocol

6-Minute Frame Running Test



Participant: _____ Date: _____ Time: _____

Preparations prior to the 6-MFRT

Inform the participant to how a 6-MFRT is performed

Control that the participant have been introduced to the Borg RPE scale

Apply heart rate monitor around the participants chest

Check that the running frame is properly adjusted to the participant

Check that the measuring wheel has been calibrated

Performing the 6-MFRT

Place the participant at the designated staring line

Start test and begin data collection

Start recording of heart rate

Start a timer set at six minutes

Count the number of laps the participant perform

Verbal encouragment

Specify when and how verbal encouragment was performed

Completion of the 6-MFRT

Borg RPE Pre:

Borg RPE Post:

Heart Rate (mean):

Heart Rate (max):

Number of laps:

Distance measured with the measuring tape/wheel (m):

Total distance (m):

Optional

Lactate Pre (mmol/L)

Lactate Post (mmol/L)

Notes: