

**Fitness Report prepared for :**  
**ALBERT Madeleine**

**Team: TEAM NB - SPEED SKATING    Sport: Speed skating**  
**Position/event: Female**

### Flexibility

#### Sit and Reach

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This test reflects your hamstring and lower back flexibility (range of motion at a specific joint). A good flexibility increases stride length and may decrease the risk of muscle injury during intense training.

<b>Results</b>	09 avr. 2006	55 cm
	14 oct. 2006	59 cm

### Jumping

#### SJ

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This test reflects your leg muscular power and strength. Results are influenced by the volume and intensity of resistance training targeting the leg muscles

<b>Results</b>	09 avr. 2006	1.74 m
	14 oct. 2006	1.66 m

### Maximum Aerobic Power

#### 020m Shuttle Run

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This test reflects the efficiency of your cardiovascular system (the capacity of your heart, blood vessels and lungs to function efficiently during vigorous sustained activity such as running, swimming or cycling). Results are influenced by the intensity of endurance exercises and mainly by interval training, training made up of successive bouts of exercise at near maximal intensity alternated with periods of rest or lighter exercise such as brisk walking or slow jogging.

<b>Results</b>	09 avr. 2006	7.5 stage
	14 oct. 2006	7.5 stage

### Speed

#### 010m

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This test reflects your acceleration capacity. Results are influenced the volume and intensity of power training targeting the leg muscles

<b>Results</b>	09 avr. 2006	2 s	0-10m Velocity: 5.00 m/s/s
	14 oct. 2006	2.03 s	0-10m Velocity: 4.93 m/s/s

#### 040m

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