



Twilight Tester

www.b32crossfit.com.au

5 Tennant St, Fyshwick, ACT

info@b32crossfit.com.au

0402 458 871

why these tests?

The purpose of the tests are to help you determine where you sit in fitness, or in the sport thereof, at this point in time. We think these tests provide good insight into this.

CF Competitor: good head game practice, practice fuelling strategies and will help peak you for the 5 big tests you will be tackling over the 5 weeks of the Open.

If you're a B32 group training member or train CF at another gym: get an idea where you're at.

If you're a coach and are curious about some ways to conduct smart testing for balanced fitness: the explanations & insights on this page may help you with your training prescriptions for your clients.

a word on testing...

We all know how important it is to set goals, and to define what it looks like to achieve those goals - that is, to be able to measure when we succeed. You've all heard the mantra of goal setting: make them specific and measurable.

Testing helps us see where we're at at a current point in time in relation to those goals. In order to test accurately, we need to make sure that we can test the **SAME** thing along various points in time under the **SAME** conditions. In terms of fitness, this means running tests that elicit an intended and specific response in an athlete (that we can repeat at re-test), with the knowledge that a group of athletes may each have a unique response to the same test.

So if the same test given to 10 athletes elicits 10 different responses (i.e. they are all using different energy systems at different times, and there are x number of immeasurable confounding variables, like weight, height etc. etc), is it fair to say that each has been subjected to a standard test in a controlled environment? Not necessarily. So can you then say it's a competition where like is compared with like to find an overall winner? Not really. That's why we were adamant that the Twilight Tester was just that - a tester for you, and you only. Not a competition to compare yourself with someone else. Not a competition to find a winner.

So why was the B32 Winter Series a competition?

The events for the Winter Series (and in fact the tests for the Twilight Tester) were designed in consideration of the fact that folks have differing responses to workouts. The order and types of the tests, the movements and time domains chosen were all done so with the intention of giving us the best chance to elicit the intended response in the majority of people who participated. As the world and our knowledge of the components of fitness, and the human physiological responses that go with them evolves, so too will our competition and testing workouts and frameworks.

the tests:

1. CP Battery Test:

Part 1.

Power snatch – 8min to find your max

+
Rest 2min EXACTLY

Part 2.

8min AMRAP:
Power snatch @ 90% RM

2. Anaerobic Lactate Endurance Tester

FT:

Row 250m
15 KBS, 2/1.5pd
25 Burpees
15 KBS
Row 250m

3. Pull up capacity test

AMRAP pull ups in 4min

Rest 3 min EXACTLY,
then move to test 4.

4. Mixed-modality CF-style MAP (maximal aerobic power) tester

AMRAP 8min:
5 Push press, 45/30kg
25 double unders

Devised by James Fitzgerald from OPT and somewhat inspired by Charles Poliquin's NME (neuro-muscular efficiency) testing, this looks at one's ability to utilise the CP (creatine phosphate) energy pathway both in elements of absolute value (1RM) and recoverability (8min AMRAP).

Currently, the thinking is that it is not just the absolute value or the biggest 1RM that separates fitness athletes in the CP pathway, but it is more likely one's ability to be lifting close to their 1RM, repeatedly. That is, the person with the highest 1RM is not always going to be the "fittest" in Crossfit style/ fitness testing.

What does this mean for you?

If you scored well in the absolute value but low in the 90% test, then it's fair to say that you're able to peak out your CP system well, but the recoverability component of that system is low or untrained.

If you scored low on the 1RM test but were able to do lots of reps in the 90% test, then it's possible that your peak CP strength needs training.

Another OPT tester that looks at one's ability to utilise lactate as energy. The use of lactate can depend on MANY factors. Things like previous training cycles or backgrounds, whether lactate training has been a part of your plan, health status of organs and adrenals, understanding pain/ breathing, and whether the test itself is conducive to appropriate power outputs for the participants.

What does this mean for you?

How you score yourself on this tester is mostly observational and based on feeling and from test to re-test. Ask yourself, was it painful? Did recovery take 30-90min, did you lose control of your coordination during the test and/or did you lose control or put up with excruciating pain 5min post-test (read: were you flapping about for ages after)?

If you can answer yes to most of those questions then it's highly possible it was a good test for you and you utilised some lactate for energy. If not, then it's possible that the test was not simple enough for you to elicit the kind of power needed to "go there", to use lactate for energy. The weight used or modalities chosen didn't elicit the right response for you. It's also possible if your recovery was 50% complete within 1-2min post-test that the test was not a lactate tester for you, or you're currently not trained in that system.

A huge component of the sport of CrossFit is sheer volume of pull ups. This test is one of 3 pull up capacity tests we use @ B32 to determine if folks are doing enough pull ups to safely deal with the demand of the sport of CrossFit (be competitive at a reasonably high level). The test also gives some insight into the stability and endurance of the shoulder.

What does this mean for you?

In order to compete at a reasonably high level in the sport of CrossFit, the current thinking is that someone should be able to achieve around 100 pull ups in 4min. In order to do this kind of volume (i.e have this kind of pull up endurance), you need to be doing around 200 pull ups (pf various forms) in training per week. 80 pull ups in 4mins may be associated with about 120 pull ups per week. So with this in mind, it's looking like a nice test to determine if your current (injury-free) pull up volume in training is working for you.

The options for what a test like this can look like and how it can go down are endless. CF testers are a little like a talent show- no rules - gong show. Anything can happen. But, all things being equal (good skill and strength base etc) this test should be mostly cyclical in nature. No real bottlenecks, you can just keep on moving for the full 8min, resulting in a high aerobic effort.

What does this mean for you?

Scores of 9-12 rounds can demonstrate that you have some aerobic power potential - your aerobic system can be used to generate energy in this test. Alongside this test must be discussion on what your limiter was. What stopped you from being able to complete this test in a cyclical fashion (i.e. what was your bottleneck)? It's possible that improving the one thing that limited you in this test will yield some big changes to your potential across the board.