INFORMATION FOR TAKING A SPORTMED IANT SELF-TEST ON THE TREADMILL

This site contains interesting information for optimal preparation for the SportMed IAND Self-test, which your SportMed Cardio-trainer has set up for you and which you can take on a treadmill via your smartphone or a tablet. Because this is not completely without risk, we recommend that you read this information carefully before starting the test.

PURPOSE OF THIS FITNESS TEST

We want to use this fitness test to determine your "Individual ANaerobic Threshold (short IANT)". This IANT is a good indicator to evaluate your stamina and, by extension, provides a picture of your physical condition (although the two are not the same). We then derive your personal "FIT" parameters (Frequency, Intensity, Time) from the test results, to put together a fully personalized sports program tailored to your needs

BRIEF DESCRIPTION OF THE TEST

Imagine yourself running laps of 200 (or 125) meters on a running track, at an imposed speed, which will be increased at the start of each lap. However, you do not run these laps on a slope but on a treadmill, which makes it easier to maintain the correct speed. Your "test protocol" (distance and speed per lap) has been prepared by your SportMed Cardio-trainer and you receive this information via the SPOL+ app.

PRACTICAL MATTERS

Choice of treadmill

Not every treadmill is suitable for taking the test. The conditions that the treadmill must meet are:

- Possibility to set a slope of 1%
- The maximum walking speed that the treadmill can perform must be higher than your maximum walking speed at the end of the test. Let us say that a speed of 14 km / h is really a minimum and if you have been trained a bit, it will have to be above 16 km / h.
- The treadmill must be sufficiently accurate (calibrated). By this we mean that the indicated speed and distance must be correct.

In principle, any professional treadmill (as in the fitness clubs) is eligible, but you will have to check this as far as the equipment for home training is concerned.

Attributes

Your chest strap / heart rate transmitter

To register your heart rate during the test via the smartphone or tablet, you need a chest strap / heart rate transmitter that has Bluetooth technology. The SportMed chest belts of the LST type are of course compatible with the app, but there are certainly other chest belts on the market that you can use for the test.

Footwear

For your own safety, wear good running shoes and make sure the laces are properly tied!

Clothes

Wear sports clothes (shorts / jogging /…, T-shirt).

The test in practice

Your "test buddy" for optimal safety

Always take the test in the presence of a "test buddy". A test on the treadmill is not completely without danger, so it is good to have someone around to assist you in operating the treadmill (especially when it is your first Self-test!), so that you can concentrate on the running, which will be quite a challenge towards the end of the test. So have your test buddy adjust the speed and at the end press "Stop" (treadmill) and "Finish" (App) to exit the test. The app will provide you with the necessary instructions.


Why a 1% slope?

During the preparation in the app you will be reminded regularly that it is important to set a slope of 1%. We do this to properly simulate running in an "outdoor situation", where the resistance is greater than with a treadmill due to the circumstances.

Warming up

Before starting the test, the app will let you warm up for 3 minutes. After the first warm-up interval, try to start running (tripping), even if you could still do this speed while walking. In this way, the test values at the beginning of the test become more reliable.
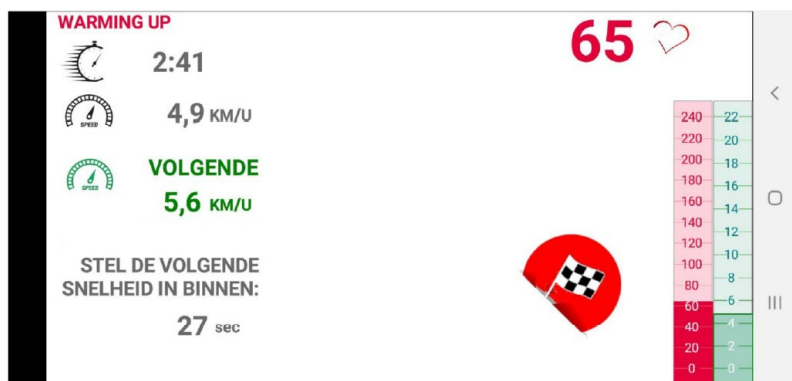
Setting / adjusting the speed

The app will give you the information when you (your test buddy) need to adjust the speed. In addition to the visual instruction that appears on the screen, tone signals have been switched on as an additional indication. Five seconds before you have to adjust the speed, a whistle will sound and at the moment of the speed change itself a bell will sound.
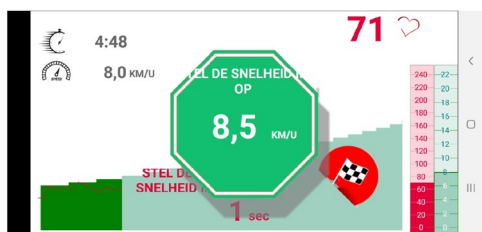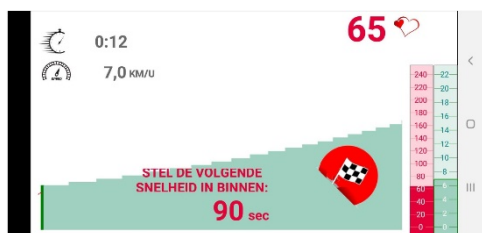
End of the test

It is very important that you know that you can stop the test at any time! So, we emphasize **that you - and no one else!** - decides when the end of the test is reached. This means that you do not have to run "a certain time" or do a certain number of intervals (laps). The test is also not a so-called "maximum test" where you must continue until exhaustion (and you would fall off the treadmill from fatigue). But of course, it is true that to determine your IANT, you will have to at least exceed the IANT. In practice, this means that you will have to keep going until you get quite short of breath. Basically, you do as many 'laps' as you can, but always let reason take the upper hand and you stop when it gets really uncomfortable (even if you haven't completed four intervals yet and so we can't analyze - this is by the way, not your 'fault' but ours because we turned on the start speed too high / we overestimated you a bit - we'll reset your test and let you start at a slower running speed!)

Important!
At the end of the test, first stop the treadmill and then press the "Finish" button in the app. Better yet, let your test buddy do this for you

Cooling down

Follow the instructions for the cool down and finish the full three minutes cool down! The test is then automatically saved. So, wait patiently until you see the final screen.
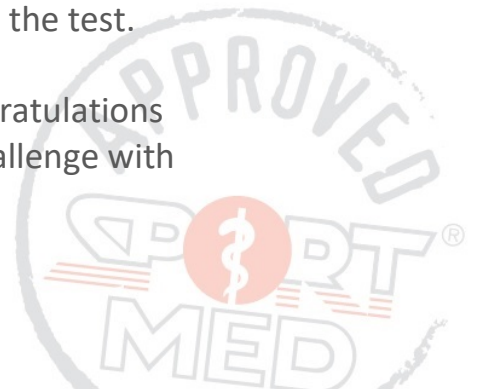

Displeased? Do you want to take the test again?

If you found that not everything went well, you can choose to take the test again. To do this, simply delete the test values via "Delete test". Pay attention! This is irreversible (and that's why we'll ask you a few times to confirm this 😊)
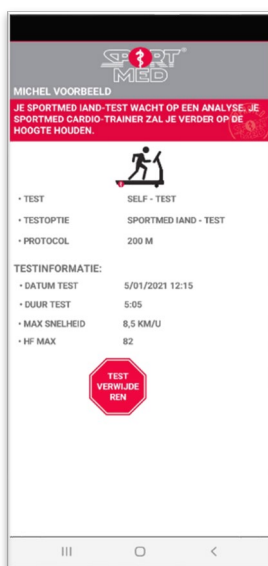
You can now start the test.

Good luck and congratulations
for taking up this challenge with
yourself!