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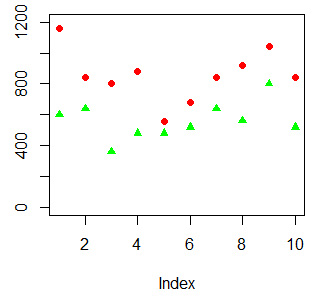
April 10th 2016

Analysis of Yoyo Intermittent Recovery Test for Fall Training

The yoyo intermittent recovery test is a standardize measurement of the ability of an athlete to perform repeated interval runs over a prolonged period of time. The measurements are in meters and indicate how long an athlete run given a set time to complete the distance. The figure below indicates odd and unexpected results, suggesting that the coach had some other method of measuring performance or in the unlikely case there was a net decrease in the fitness levels of the athletes.

A decrease in the fitness level of all the athletes does not coincide with the other analysis of fall training methods. From the back-squat data there was a positive increase in the amount of weight that athletes were able to lift while doing the back squat, indicating that the athletes were getting stronger over the course of the training period. While strength and conditioning are not the same, they are generally linked and it is a reasonable assumption that the athletes would have higher conditioning levels as well as strength levels.

A paired t-test is a statistical hypothesis whether two groups are statistically different from each other. The p value is a numerical representation of the likelihood that the two groups are from the same distribution. The two groups in this analysis are the measurements from December 2014 (the start of the training) and January 2016 (the end of the training). The p-value from the paired t – test is 1.256e-4 indicating that the two groups are statistically different.

Figure 1: Yoyo Intermittent Recovery Test

Red circles: December 2014

Green Triangles: January 2016