



Wingate Anaerobic Test Preparation

Appointment Day/Time _____

Background

The Wingate test was developed in the 1970's at the Department of Research and Sports Medicine of the Wingate Institute for Physical Education and Sport in Israel. The Wingate test is used primarily to measure muscle performance and is considered "the most tested test". Numerous laboratories have confirmed its exceptional reliability and validity in yielding peak mechanical power and local muscle endurance.

Warm-Up

- 4 minutes cycling at moderate intensity interspersed with 2-3 sprints of 4-8 seconds at maximum or near maximum resistance. Be sure to remain in the saddle during the sprints.
- Rest approximately 3-5 minutes

Wingate Test

- Cycle at the highest RPM possible against the prescribed force for 30 seconds
- Load is approximately 7.5-8.5% of total body weight

Cool-Down Period

- 2-3 minutes of cycling at low to moderate aerobic power level