

2 Ongoing Testing

Develop Key Performance Indicators

Objectives and Key Results



Objective

It is what we want to achieve within a specific timeline.

Example: Increase brand awareness by Q4



Key Result

It is a metric and quantitative by which we can measure the progress towards the objective set.

SD Objectives and Key Results

Increase the Deficit

- Objective > 1.25
- Key Result - Increasing CMJ Monthly
- Key Result - Increasing Eccentric Strength Weekly
- Key Result - Decreasing Fat Mass Weekly

Decrease the Deficit

- Objective < 1.1
- Key Result - Increasing NCMJ Monthly
- Key Result - Increasing Concentric Strength Weekly
- Key Result - Increasing Lean Body Mass Weekly

KPI Testing

- **Think Dynamic Correspondence**
 - General (Biomotor/Biogenetic/Biomechanic) to Specific (Strength Deficit)
- **Strength Deficit Baseline**
 - Body Composition - Lean Body Mass/Fat Mass
 - Table Test: Hip/Shoulder
 - CMJ:NCMJ
 - BW Overhead MB Toss (5kg)
 - 40y Dash (10/20/40y Split)

Daily Testing

Wellness - Support High Low

FATIGUE

**FRESH
NORMAL
TIRED**

SLEEP QUALITY

**RESTFUL
NORMAL
INSOMNIA**

STRESS

**RELAXED
NORMAL
ANXIOUS**

SORENESS

**FEEL GREAT
NORMAL
PAINFUL**

MOOD

**PLEASANT
NORMAL
HIGHLY AGITATED**

ADAPTED

>20

NORMAL

20-10

MALADAPTED

10>

Daily Testing

RPE - Support Acute:Chronic/Monotony

0	None
0,5	Very, very light
1	Very light
2	Light
3	Moderate
4	A little intense
5	Intense
6	
7	Very intense
8	
9	Very, very intense
10	Maximum



Daily Testing

Rep/Set/Training Integrity

- Indicator #1: ROM/Position
- Indicator #2: Rep Count/TUT
- Indicator # 3: Bar Speed

Velocity Zones										
1RM	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Rep Range	1-6		1-6		3-12		6-12		1-3	
Velocity Range	>1.3m/s		1.3-1m/s		1-.75m/s		.75-.5m/s		<.5m/s	
Quality	Starting Strength		Speed/Strength		Strength/Speed		Accelerative Strength		Absolute Strength	

Weekly Testing

- **CMJ**
 - Assess acute impact on training - Fatigue/Fitness
 - RSI/Peak Eccentric Force/Depth
- **NCMJ**
 - Assess acute impact on training - Fatigue/Fitness
 - Impulse/Peak Force
- **Grip Strength**
 - CNS Readiness - Impact of High Days
- **Rates of Adaptation**

Monthly (Block) Testing

- **CMJ**
 - % Change from baseline and over Block
 - Fitness vs Fatigue
 - Supercompensation?
- **NCMJ**
 - % Change from baseline and over Block
 - Fitness vs Fatigue
 - Supercompensation?
- **BW OH MB Toss**
 - Low Risk - High Value
 - Leverage/Skill/Power

KPI Post Testing

Risk - Reward

- Sprinting no matter how much preparedness we have will always include risk
 - How much is that risk worth?

Progress versus Outcome

- What is more important demonstrating progress or reaching an outcome?
- Peaking within a team setting is not 100%
 - We want the Adaptation (Objective)
 - Progress towards Adaptation (Key Results) give us indication of reaching said Objective

Continued Tracking

- Track continuously to assess progress and residual fatigue
- Testing becomes a component of training

Resources

[Measure What Matters](#)