



Pro-Dancer's Endurance Testing & Training

after clearance by sportmedics
pro = 12+ hours dance each week
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1) Warm-up* + Test Adapted Step-Test

A Checklist

- make a **step height** related to your body height:

<150cm	30cm
150-160cm	35cm
160-170cm	40cm
170-180cm	45cm
>180cm	50cm

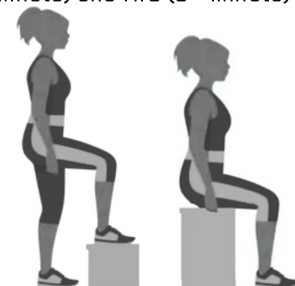
- choose how to monitor your heart rate frequency (Hf) & **try-out** if it works
- use a metronome set at 120 to be able to do 30 stepcycles in a minute of up-up-down-down & **try-out** a few steps
- use a timer to see 5 minutes + 3 x 1 minute & **try-out**

B Test

Step **5** minutes up-up-down-down at the tempo 30 cycles per minute

Sit on the box directly after the test and relax

Note Hf after the 1st minute in recovery (Hf 1), idem Hf 2 (2nd minute) and Hf3 (3rd minute)



C Assessment

Calculate your **Fit Index**

$$30.000 / (Hf1 + Hf2 + Hf3)$$

<82 below average!
82-101 average
>101 above average

! normalised scores of new pro-dancers tested 2023-2025 (n=34)

2) Train?

Are you pleased with the assessment of your endurance?



YES



NO

Execute 3 weeks of 2-3 micro-endurance - trainings of 20-30 min per session, skip 1-2 days before the next sessions, monitor your daily freshness & scale down 1-2 weeks if needed **choose** I, II or III; **rotate** all or **combine** e.g. I-II-I, II-III-II, III-I-III

*Warm-up Endurance

Always use some mobility and use the chosen exercise mode e.g. row-ski-bike-run-elliptical which can show wattage (or cal/hr) 3 minutes increasing in tempo & resistance

I Sprint

4-12 Wattage-sprints

Test your Daily Maximum Output Wattage (DMOW-Sprint) in a 30 sec. sprint 4-8-12 10-30 sec. sprints aiming at your DMOW-S active recovery of 20-60 sec (2 x sprinting time) stop when wattage in sprint is <90% of DMOW-S

II Interval

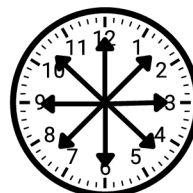
3-4 Wattage-intervals

Test your Daily Maximum Output Wattage (DMOW-Interval) in 3 minutes 3-4 1-3 minutes intervals aiming at 80-90% DMOW-I active recovery of 1-3 minutes stop when wattage in the interval is <70% of DMOW-I

III Endurance BWT Circuit

Train this circuit 2-4 rounds with 1 min breaks

20-60 sec Rope Jumping or Ankle Hops + 20 Jumps from Squat
Idem + 20 Alternated Jumping Lunges (lateral - front/back)
Idem + 20 Burpees or Knee Tucked Jumps
idem + 8 Clockwise Alternated One Leg Jumps to Two Legged Landings



3) Week 4: Repeat 1)

4) Maintain Dance

Add 1 x per week I, II or III? After 3-6 weeks do 1)