

Walker Center Assessment Schedule SAMPLE - Runner

Arrival to Greenville	Time	Day 1	Time	Day 2	Time	Day 3
Lab Orientation	7:00 a.m.	Fasting Blood Draw (Human Performance Lab)	7:00 a.m.	Lactate Threshold (FITT Building)	7:00 a.m.	Maximal Oxygen Consumption Test (Human Performance Lab)
Dinner	7:30 a.m.	Breakfast at hotel	8:30 a.m.	Breakfast at hotel	8:00 a.m.	Breakfast at hotel
Dr. Walker Briefing	9:00 a.m.	Underwater Weighing Body Composition (FITT Building)	9:30 a.m.	Rear foot Motion Analysis & Foot Function in Running (Biomechanics Lab)	9:30 a.m.	Heat Tolerance Test (Human Performance Lab)
	10:00 a.m.	Physical Therapy Screening (Biomechanics Lab)	11:00 p.m.	Lunch – Todd Dining Hall Review Morning Test Results	10:30 a.m.	Final Analysis & Review of Test Results Athlete, Coach, & Walker Center Staff
	10:30 a.m.	Isokinetic Muscle Strength & Power (Biomechanics Lab)	1:00 p.m.	Maximal Running Speed (Biomechanics Lab)	11:00 a.m.	Lunch – Todd Dining Hall
	11:00 p.m.	Running Power & Fatigue (Biomechanics Lab)	3:00 p.m.	Power Testing for Weight Training (Biomechanics Lab)	1:00 p.m.	Psychological Aspects of Training & Nutrition Counseling (Seminar Room)
	11:30 p.m.	Lunch – Todd Dining Hall Review Morning Test Results	6:30 p.m.	Dinner Visit Recreation Center	6:30 p.m.	Dinner Visit Recreation Center
	2:00 p.m.	Motion Analysis of Running Technique (Bunting Field) Training Times Available	Visit Includes Free Passes to the ECU Recreation Center Modifications to this schedule are made for tri-athletes and other Olympic sports according to the needs of the athlete.			
	6:30 p.m.	Dinner Visit Greenville				