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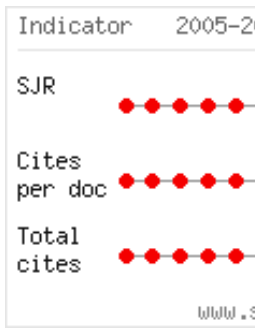
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Effects of
randomization versus
pre-orientation of
subjects for the
prediction of maximum
oxygen uptake using
the twelve minutes run
test

Peguy Assomo, Samuel

Mandengue, William Guessogo,

Adalbert Nguimouth, Abdou

Temfemo, Serge Etoundi-Ngoa

Abstract

Aim: To compare the results from twelve minutes run test (12-MRT) when subjects run singly with those obtained when subjects run in randomized groups and in pre oriented groups. Methods: 33 subjects performed the 12-MRT in four variants: Achieving alone the 12-MRT on a 400 m track (Alone); Achieving in randomised groups of three the 12-MRT on a 400 m track (Group); Achieving in preoriented groups of three the 12-MRT on a 400 m track (PO-Group); Completing alone the 12-MRT on a 200 m tract (Half-Track). At the end of each test, the rate of perceived exertion was determined. Results: No

significant difference ($p > 0.05$)

was found in predicted VO_2max

between tests. RPE was

significantly higher during PO-

Group compared to Alone.

Underperforming athletes elicited

an underestimation of predicted

VO_2max in Alone more important