



AQ PASSPORT

GET AQ READY

The free 6-week preparation block

Six weeks. Three sessions a week. Built to make sure the number on your AQ Passport is the number you are actually capable of — not the number a bad warm-up gave you.

6	WEEKS
3	SESSIONS / WEEK
8	VECTORS TRAINED
FREE	COST

WHERE THIS LEADS — THE AQ SCORE

BRONZE	SILVER	GOLD	ELITE
<550	550-699	700-849	850+



How to use this block

I START



- Test-day performance is a skill. Athletes who have rehearsed the movements score higher than athletes with the same physical capacity who have not.
- Three quality sessions beat six rushed ones. Every session here runs 30 to 60 minutes and can be done at a park, a school gym or a driveway.
- You record your own numbers each week. That is the trend line you bring into your first verified test.
- Nothing here replaces your sport. Slot it around training — never on top of a heavy competition day.

YOUR WEEK

Session A — Speed and acceleration (fresh legs, earliest in the week)

Session B — Power and change of direction

Session C — Strength and aerobic finish

WHAT YOU NEED

- A measured 40 m of flat, safe ground
- Four cones or markers (bottles work)
- A stopwatch or phone timer, plus someone to film
- A wall or bar you can hang from
- Optional: a dumbbell, kettlebell or loaded backpack

RECORD EVERYTHING

Each week ends with a self-test. Write the number and the date in the log on the last page. Those numbers are the trend line you bring into your first verified AQ test — recruiters read trajectory as closely as they read a single score.



starting numbers and clean up the first three steps.

number you have never written down. Week 1 is deliberately light on load and heavy on measurement, so every week after this one has something to beat.

Session A — Baseline sprint

50 MIN

- Warm-up: 5 min easy jog, 10 leg swings each side, 3 x 20 m build-ups
- Wall drive drill: 3 x 10 s each leg, straight line from ankle to ear
- Falling start into 10 m: 4 reps, full recovery between
- Timed 20 m sprint: 3 reps, record the best — this is your baseline
- Cool-down: 5 min walk, calves and hip flexors

Session B — Jump baseline

45 MIN

- Warm-up: 5 min skipping, 10 bodyweight squats, 10 ankle hops
- Countermovement jump: 5 reps, film from the side, record best height
- Broad jump: 5 reps, mark and measure the best
- Pogo hops: 3 x 12, minimum ground contact
- Cool-down: 5 min easy, quads and glutes

Session C — Strength baseline

55 MIN

- Warm-up: 5 min row, bike or jog
- Goblet squat: 3 x 8, controlled tempo
- Push-up: 3 x max clean reps, record the total
- Dead hang: 3 x max time, record the best
- Aerobic finish: 6 min continuous easy running, note the distance

SELF-TEST

20 m sprint, countermovement jump, dead hang. Write all three down and date them.

WATCH FOR

Testing tired. Your baseline must be taken fresh, or every week after this one looks like false progress.





Week 2 — Force into the ground

Y POWER · LOWER BODY STRENGTH



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length base that every speed and jump number sits on top of.

problem for most young athletes — it is a force problem. Athletes who cannot express force into the ground run out of acceleration by the fifth step.

Session A — Acceleration under control

50 MIN

- Warm-up: 5 min jog, dynamic hips, 3 x 20 m build-ups
- Resisted march: 4 x 15 m (a partner holding a towel works)
- 10 m sprint from a two-point start: 5 reps, full recovery
- Hill or ramp sprint if available: 4 x 15 m
- Cool-down: 5 min walk and stretch

Session B — Jump strength

50 MIN

- Warm-up: 5 min skipping, 10 split squats each side
- Box or bench step-up: 4 x 6 each leg
- Countermovement jump: 4 x 4, quality only, stop when height drops
- Single-leg broad jump: 3 x 4 each side, stick the landing
- Calf raise: 3 x 15

Session C — Base strength

55 MIN

- Warm-up: 5 min easy cardio
- Goblet or back squat: 4 x 6
- Romanian deadlift or hip hinge: 3 x 8
- Split squat: 3 x 8 each side
- Plank and side plank: 3 x 40 s each
- Aerobic finish: 8 min continuous easy running

SELF-TEST

Countermovement jump. Compare to Week 1 — small gains are normal here.

WATCH FOR

Chasing soreness. If Session C stops you sprinting properly on Session A, the order or the load is wrong.





Week 3 — Top speed and posture

PEED · ACCELERATION



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...ent mechanics past 20 m, where most test times are lost.

...s late in a 40 m because posture collapses, not because they run out of engine. This week is about how you look at 30 m.

Session A — Flying runs

55 MIN

- Warm-up: 8 min including A-skips and B-skips, 3 x 30 m build-ups
- Flying 20 m (20 m run-in, 20 m timed): 4 reps, full recovery
- Marker runs for rhythm: 3 x 25 m
- Timed 40 m: 2 reps, record the best
- Cool-down: 6 min easy

Session B — Elastic power

45 MIN

- Warm-up: 5 min skipping, ankle hops
- Low hurdle or line hops: 4 x 10, minimum contact
- Drop jump from a low box: 4 x 5, land and leave fast
- Bounding: 4 x 20 m
- Cool-down: 5 min easy

Session C — Strength maintenance

50 MIN

- Squat variation: 4 x 5
- Nordic or hamstring curl variation: 3 x 6
- Push-up or bench: 3 x 8
- Dead hang: 3 x max time
- Aerobic finish: 10 min continuous easy running

SELF-TEST

40 m sprint, filmed from the side at 30 m. Chest upright, hips tall.

WATCH FOR

Over-striding to chase a time. Reaching the foot out in front is braking, and it shows up as a slower back half.





Week 4 — Change of direction

DIRECTION · LOWER BODY POWER



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Decelerate, plant and re-accelerate without losing the line.

Be the athlete who can stop. Most time is lost in the two steps before the turn, not in the turn itself.

Session A — Deceleration

50 MIN

- Warm-up: 8 min, include lateral shuffles and hip openers
- Approach and stop drill: 6 x 15 m in, stop inside two steps
- Single-leg landing hold: 3 x 5 each side, hold 2 s
- 5-10-5 shuttle at 80 percent: 4 reps
- Cool-down: 5 min easy

Session B — Cutting

50 MIN

- Warm-up: 8 min dynamic
- 45-degree cut off an outside foot: 6 each side
- Timed 5-10-5 shuttle: 4 reps, record the best
- Lateral bound and stick: 3 x 6 each side
- Cool-down: 5 min easy

Session C — Strength and trunk

50 MIN

- Split squat: 4 x 6 each side
- Lateral lunge: 3 x 8 each side
- Pallof press or anti-rotation hold: 3 x 30 s each side
- Pull-up or inverted row: 3 x max clean reps
- Aerobic finish: 10 min continuous easy running

SELF-TEST

Timed 5-10-5 shuttle. Record both directions — a large gap between sides is worth knowing before test day.

WATCH FOR

Rounding the turn. Every metre you drift wide is time added, and it is the most common reason a fast athlete posts an average COD score.





Week 5 — Full rehearsal

GTH · UPPER BODY STRENGTH · AEROBIC CAPACITY



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test protocol once, in order, so nothing on test day is new.

week in the block. Athletes who have rehearsed the order, the rest periods and the effort level walk in knowing exactly what happens.

Session A — Protocol rehearsal

60 MIN

- Full 15 min test-day warm-up, exactly as you will do it
- Anthropometrics: height, weight, wingspan — record them
- Grip: 2 attempts each hand on a dynamometer, otherwise max dead hang
- Countermovement jump: 3 attempts
- 20 m and 40 m sprint: 2 attempts each
- Cool-down: 8 min easy

Session B — Upper body and grip

45 MIN

- Warm-up: 5 min easy, band pull-aparts
- Pull-up or inverted row: 4 x 5
- Push-up or bench: 4 x 8
- Farmer carry: 4 x 30 m heavy
- Dead hang: 3 x max time, record the best

Session C — Aerobic

45 MIN

- Warm-up: 8 min easy
- Beep-test rehearsal or 6 x 400 m at a controlled hard pace
- Record the level or the average lap
- Cool-down: 8 min walk and stretch

SELF-TEST

Every vector, once, in test order. This is your dress rehearsal number.

WATCH FOR

Treating the rehearsal as a competition. Effort should be honest, not maximal — you still have a week of preparation left.





Week 6 — Sharpen and arrive fresh

ON · MAXIMUM SPEED · LOWER BODY POWER



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Keep speed, and turn up to your verified test rested.

The last week exists to remove fatigue so the test measures your capacity rather than your recovery status.

Session A — Short and fast

40 MIN

- Warm-up: 10 min full dynamic
- 3 x 20 m at 95 percent, full recovery
- 2 x 30 m flying, full recovery
- Stop while you still feel fast

Session B — Light power

35 MIN

- Warm-up: 8 min
- Countermovement jump: 3 x 3, quality only
- Ankle hops: 2 x 10
- Short mobility finish

Session C — Movement only

30 MIN

- 15 min easy running or cycling
- Full mobility circuit
- No lifting and no maximal efforts within 48 hours of your test

SELF-TEST

20 m sprint and countermovement jump. Compare to Week 1 and note the change.

WATCH FOR

Adding a session because you feel good. Week 6 is a taper — the discipline is doing less.





After week 6

ENS NEXT



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umbers to your verified test. Trend lines matter to recruiters as much as

- Test day covers all eight vectors under a fixed protocol, so your result is comparable to every other athlete in the network.
- Your AQ Score lands on a 0-1000 scale with a tier: Bronze under 550, Silver 550-699, Gold 700-849, Elite 850 and above.
- Repeat the block between tests. A second verified result is what unlocks trend tracking on your passport.

YOUR LOG

WEEK	20 M SPRINT	CMJ HEIGHT	5-10-5 SHUTTLE	NOTES / DATE
1				
2				
3				
4				
5				
6				

READY TO MAKE IT OFFICIAL?

Build your free AQ Passport, then join the waitlist — dates release city by city and the waitlist picks date, venue and time slot first. aqpassport.com.au/testing