

Variables	
-----------	--

$H_0:$	$\eta_d = 0$
$H_1:$	$\eta_d > 0 (B - A)$

1	Tailed test
---	-------------

5%	Significance level
----	--------------------

$n =$	12 11
-------	-------

Test Statistic:	Differences	Ranks	Differences	Ranks
	+0.4	+ 2	-0.6	- 3.5
	+0.6	+ 3.5	+1.0	+ 6
	0		+1.3	+ 8
	-1.1	- 7	+0.7	+ 5
	+2.1	+ 10	+0.1	+ 1
	+2.3	+ 11	+1.7	+ 9
			$T^+ : 55.5$	$T^- : 10.5$

Critical Value:	14
-----------------	----

Compare:	$TS(10.5) \leq CV(14)$
----------	------------------------

Conclude:	
-----------	--

Hence we REJECT H_0

Therefore there is significant evidence to suggest that the training programme does improve an athletes time for the 400m
