

Call For Participants



The utility of a submaximal warm up, for monitoring training response

5 month(s) to complete

By participating you will gain a free assessment of your fitness level (VO2max). You will...

Training study

Gillingham, Chatham ME4 4AG, UK

University of Kent

This research will be assessing how running performance in a simple, sub-maximal warm up, before training sessions, can give coaches key information about how physically tired the athlete is as a result of previous training sessions, and how ready they are to perform in competition. We are recruiting competitive male and female runners (> 3 run based training sessions per week –amounting to >30km/wk) between ages 18-55 years of age.

Find out more online

Poster printed on 30/04/2024 Study expires on 18/02/2018

More info
by scanning the QR code
or visiting the URL

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