

# Running Research: Pacing Mechanisms

*We are investigating the presence of complex control by your brain when you run*

**PROTOCOL INCLUDES FREE VO2 MAX TEST**

## **Eligible subjects**

- 10-20 injury free and healthy male and female long distance runners, 18-40 years old
- Runners who have completed on average at least 50km a week for the last 3 months
- Those familiar with speed-training such as intervals at 5k race pace or faster

## **What will be required of you? Three 60-minute sessions.**

Session 1: VO2 max test/peak running velocity test on treadmill

Sessions 2 and 3: perform the following trials:

10 minute warm-up  
four 8-minute runs at various speeds (not maximal)

You will wear small instruments on the top of your shoe to help us measure your strides

## **Benefits**

Full results from your VO2 max test, peak running speed, max HR, etc.

## **Who is conducting this research?**

UCT/MRC Research Unit for Exercise Science and Sports Medicine  
At the Sports Science Institute of South Africa, Boundary Rd, Newlands  
Department of Human Biology, Faculty of Health Science, University of Cape Town

## **Who should I contact?**

**Tim Lindsay** via email: [timothy.lindsay@uct.ac.za](mailto:timothy.lindsay@uct.ac.za) or phone: **076 863 5510**

**PLEASE APPLY BEFORE 31 March 2010**