



Does triathlon training lead to optimal performance at a major race? Influence of psychobiological fatigue, illness and injury

We are looking for aerobically fit individuals (male or female) between 18 and 50 years of age. To be eligible, you must:

- have 3 years or more of triathlon training focusing on Olympic distance events
- regularly utilize a heart rate monitor during training
- be registered to compete in either the Edmonton World Triathlon Series event (July 27-29, 2018) or the Montreal World Triathlon Series event (August 25-26, 2018).

What are the requirements?

If you choose to participate, you will be asked to:

- Complete a training diary that records what you did for physical training in the 6 weeks before the event you registered in and 2 weeks after the event is completed.
- Three short questionnaires about your fatigue and athlete health (these will be done on line on a weekly basis)
- A more involved questionnaire called the REST – Q which investigates the balance of fatigue and recovery (you will do this 3 times – once at the beginning of the study, once before the event and lastly 2 weeks after the event is complete)
- Your resting heart rate before you get out of bed in the morning (and then record it in your on-line diary),
- Your body weight on a weekly basis,
- Resting lung function test using spirometry (breathing maximally a few times) – this will take place in the days prior to the event and immediately post race.

What are the benefits?

You will receive information on what your fatigue and health is like compared to similar athletes training for the same events and how your pattern of training might be linked to either feelings of fatigue, health symptoms (like runny nose) and other symptoms associated with hard training (like sore joints or trouble falling asleep). We will be able to tell you how well you recovered from your race and if your lung function is within normal limits for your age and gender.

Overall this study will assist you in better planning of your training for future events and will provide sport science with information on how triathletes prepare for key events and how it affects their fatigue and health.

Timeline:

Initial assessments will begin in June 2018 and end 2 weeks after the Montreal race.

If you are interested in participating, please contact one of the researchers

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