Good Afternoon

My name is Chelsey and I am working with a collaborative team of sports scientists from Curtin University and Murdoch University on a project which is aiming to investigate how people respond to different types of interval training sessions, particularly a type involving rest redistribution. Traditional endurance interval sessions typically involve completing several repetitions of work to make up a set of exercise, with a rest between sets. Instead of this approach, rest redistribution involves incorporating short rest times between repetitions, which we hope will mean that you can get more training done.

We are looking for both male and female trained endurance runners or triathletes aged 18 - 45 y to participate in this study and would appreciate it if you could share information about this study, or preferably if one of our team could come to one of your training sessions and speak briefly to the group about participating. We are happy to do this any time that suits, including early mornings, evenings and weekends.

If people choose to be involved in this study they will be asked to complete 4 sessions: 2 familiarisation and 2 testing, all conducted on a motorised treadmill at Curtin University. These sessions will be conducted over approximately 3 - 4 weeks. The first session will involve taking basic anthropometric measurements, followed by a VO_{2max} assessment. This is the gold standard test of aerobic fitness, and we'll be giving each person their results back so that they can see how fit they really are. The second familiarisation session will take place within 7 days of the first, during which they will become familiar with the 2 testing protocols by completing half of each. The next two sessions will involve fully completing one protocol per session in a randomised order.

The two training session designs are:

- Traditional: 3 sets of 6 repetitions (1 repetition = 20 s running, 20 s rest) at 120% of speed at $VO_{2max,}$ with 3 min rest between sets = 18 min total
- Rest redistribution: 18 x 1 repetitions (20 s running, 40 s rest) at 120% of speed at VO_{2max} = 18 min total

During each session we will measure peoples' heart rate, rating of perceived exertion, blood lactate and oxygen consumption to see how they cope with each type of training session.

Attached below is the participant information sheet, poster that can be scanned to fill out a survey for recruitment and survey link. If you could please share this with your group, have any further questions or are happy to organise a time for us to come and speak with your group, please don't hesitate to get in touch with our team:

Recruitment flyer
Participant information sheet

Follow this link to the Survey:
Take the Survey

Or copy and paste the URL below into your internet browser:
https://curtin.au1.qualtrics.com/jfe/form/SV_dcKIano0kvolZXg?Q_DL=XD7q8T1NB7IJUKR_dcKIano0kvolZXg_CGC_VFEzx0NfK7Gg1Lq&Q_CHL=email

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Curtin University Human Research Ethics Committee (HREC) has approved this study (HRE2021-0195)