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— UWA Triathlon Research Group —

Researchers at the School of Sport Science, Exercise and Health conducted a number of studies involving triathletes and endurance based activities during 2008. Each study promises to benefit our scientific knowledge of the sport and improve training and racing strategies.

In conjunction with Triathlon WA's Coach Education Program, The UWA Triathlon Research Group wishes to invite all triathlon coaches, study participants and interested parties to the, *UWA Triathlon Research Group 2008 Conference*.

Venue: John Bloomfield Lecture Theatre
School of Sport Science, Exercise & Health
The University of Western Australia

Date: 8th November 2008

Time: 1-3pm

For more information please contact Dr Grant Landers, glanders@cyllene.uwa.edu.au, 6488 2362

The effect of caffeine and pseudoephedrine on endurance cycling performance

Angela Spence

The aim of the study is to determine whether the combination of caffeine and pseudoephedrine (active ingredient in *Sudafed*) improves endurance cycling performance.

Effect of ice ingestion as a precooling method on 40 km cycling performance

Mohammed Ihsan Izzat

The aim of the study is to determine whether ice ingestion prior to exercise acts to improve endurance cycling performance in hot, humid conditions.

Comparison of post-exercise cooling rates between two different cooling jackets

Carly Brade

The purpose of this study is to compare the new PC17 jacket to a conventional gel cooling jacket in order to elucidate which is superior in respect to post exercise cooling rates.

Training patterns and injury in triathletes: observations across a season

Luana Main

The aim of this study was to determine which psychological factors and training patterns can be used to predict and manage over training and injuries in triathletes.

Carbohydrate loading with a high fat diet

Weiliang Chung

This study examines the effect of a high fat-carbohydrate loading diet on muscle glycogen levels.

Effect of moderate intensity swim as a recovery session 10h post high intensity run

Danny Lum

The aim of this study is to compare the effects of swimming and complete rest as recovery methods after a high intensity interval running session.