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Investigators:

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-UWA Triathlon Research Group-

Researchers at the School of Sport Science, Exercise and Health are conducting a number of studies involving triathlon. These studies promise to benefit our scientific knowledge of the sport, with hope to improve training and racing strategies. We currently require a number of participants to aid in this research process.

Title: Warming up to maximise triathlon performance

Researcher: Martyn Binnie (binnim01@student.uwa.edu.au)

This study aims to investigate the effect of various warm-up protocols on subsequent triathlon performance. This will be the first study to examine the effect of a warm-up on overall performance within a triathlon. Results from this study may provide a framework for athletes and coaches alike to work from when calculating the most effective pre-race preparation.

Participants: Male and Female triathletes between the ages of 18 and 30

Requirements: Participation in this study will involve the completion of 4 testing session separated over a period of 4 weeks. Each testing session will last ~2 hrs. The first testing session will consist of a short familiarization session followed by a 750 m swimming time trial.

Following this initial testing session, subjects will then be required to complete 3 sprint distance triathlons (one per week) each preceded by a different 10 min warm-up protocol. The triathlon testing session will take place in the exercise laboratory and adjacent pool, and will consist of a 750 m swim, 20 km cycle and 5 km run performed as fast as possible.

Throughout testing sessions, a number of measurements will be taken, these include;

- Core temperature which will be assessed via the use of an ingestible temperature pill
- A small blood sample taken from the earlobe to assess blood lactate
- Heart rate will be monitored throughout using a polar heart rate monitor

Title: The effect of precooling on Sprint Distance Triathlon performance

Researcher: Zaiham Hamid (abdham01@student.uwa.edu.au)

This study will aim to investigate the effect of precooling (cold water immersion) on subsequent sprint distance triathlon performance. Results from this study may provide better strategies for the athletes and coaches in overcoming heat stresses associated with competing in hot and humid conditions.

Participants: Male triathletes between the ages of 18 and 35

Requirements: Participation in this study will involve the completion of 2 testing session separated over a period of 2 weeks. Each testing session will last ~2.5 hrs. All participants will undergo a short familiarization with the laboratory and equipment 1 week prior to their testing session.

Randomly, participants will be undergo 20 mins of cold water immersion or simply resting before they complete a sprint distance triathlon as fast as possible. This will consists of 750 m swim, 20 km cycle and 5 km run in the climate chamber.

Throughout testing sessions, a number of measurements will be taken, these include;

- Core temperature which will be assessed via the use of an ingestible temperature pill
- A small blood sample taken from the earlobe to assess blood lactate
- Heart rate will be monitored throughout using a polar heart rate monitor

If you are interested in participating in this study, or would like more information, please contact the relevant researcher directly or Assistant Professor Grant Landers via email (glanders@cyllene.uwa.edu.au) or phone 6488 2362