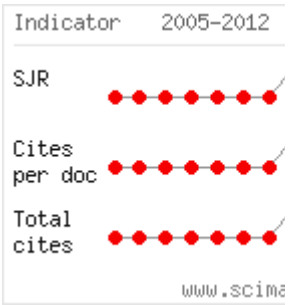
JHSE

- Current Issue
- Back Issues
- Most read articles
- Indexing
- Advanced search
- Contact
- Site Map
- About
- Links

GOOGLE TRANSLATE



Prediction of marathon performance time on the basis of training indices

Giovanni Tanda

Abstract

The purpose of this study was to examine the relationship between marathon performance time (MPT) and some training factors recorded for a given number of weeks prior to a race. Twenty-two runners, age 28-54 years, participated as subjects in this investigation. They kept daily exercise records during their marathon training for an overall number of 46 races, whose marathon time ranged from 167 to 216 min. Among the several parameters investigated, MPT was found to be affected mainly by the mean distance run per week K, during the training period under observation,

ARTICLE TOOLS

Print this article
Indexing metadata
How to cite item
Finding References
Review policy
Email this article (Login required)
Email the author (Login required)

FONT SIZE

Browse

- By Issue
- By Author
- By Title

Search

All
Search

and by the mean training pace P. These two training parameters have been combined by a mathematical approach to give a correlation for the prediction of the mean marathon pace Pm (easily related to MPT), based on an 8-week training period, as follows: Pm (sec/km) = 17.1 + 140.0 exp[-0.0053 K(km/week)] + 0.55 P (sec/km). The above correlation is able to estimate the MPT with a SEE of about 4 min.

Key words: EXERCISE; ENDURANCE; TRAINING

doi: 10.4100/jhse.2011.63.05

Full Text: PDF (304 KB) STATISTICS

Cited-By

1. The Influence of Training and Mental Skills Preparation on Injury Incidence and Performance in Marathon Runners

Karrie L. Hamstra-Wright, John E. Coumbe-Lilley, Hajwa Kim, Jose A. McFarland, Kellie C. Huxel Bliven

Journal of Strength and Conditioning Research vol: 27 issue: 10 first page: 2828 year: 2013

doi: 10.1519/JSC.0b013e31828a4733