

Marathon Training Study

A Specialized 10-week Heart Rate based training program

The Institute of Human Performance (IHP) is assisting the HKU DAAO with the HKU Marathon training, which will take place once a week with our coaches on either Mondays or Saturdays.

While the HKU Marathon Training sessions are held only once per week, coaches/researchers at the IHP are looking for 30 individuals who would like to take part in a specific endurance running training program for 10 weeks in preparation for the Standard Chartered Marathon in February 2011. For this specialized program you will receive a tailor-made running training program that you will be expected to carry out for 3-4 days per week based on the results of your tests, which you will receive in our exercise testing laboratory free-of-charge. For your training we will also lend you a Polar Heart Rate monitor that you will use throughout the period for recording all of your training sessions. The testing and 10-week specialized training program package is valued at well over \$4,000/person; however, there will be no charge if you are selected to participate.

If you are interested and committed to improving; and fit the criteria as stated below, you are welcome to join this special 10-week training study. The purposes of this special training study are to help you get well prepared for your event and for us to determine which methods of training are best suited to meet your needs and others like you in the future.

Registration for this program will start on Monday 29 November at Stanley Ho Sports Centre during the first training session.



Benefits to you

1. You will receive free-of-charge testing for 1) endurance, 2) body composition, 3) strength assessment, 4) blood pressure, and 5) running performance, and 6) general health analysis, both before and after the 10-week training program to see your improvements. This testing is valued at over \$4,000 per person.
2. You will be able to borrow a Polar RS300 heart rate monitor for the duration of this training, which you will use to record your training sessions that will be prescribed for you by our expert coach. You will learn how use the right heart rates for your training.
3. You will receive a specialized training program of 3-4 days per week, which you will be asked to follow. The workload of each session will be specifically tailored for you according to the results of your initial tests, so that you can optimize your training.

Requirements and Selection Criteria

1. You should be a participant in the HKU Marathon Training group on Mondays. (Saturday participants may also be accepted if they meet the criteria.) * *Registration info below.*
2. In principle you should commit to training every Monday with the HKU Marathon Group coach at IHP to monitor your progress.
3. You must also commit to following the other 2-3 days per week of training on your own at a location of your choice and you must record all your workouts on your Polar RS300 Heart Rate monitor. You will also be asked to download the results of your training sessions on the software provided for our coaches to view and assess.
4. You should have at least 6 months to 1 year of running experience and be healthy, without known heart disease, diabetes, etc.
5. Ideally we are looking for male runners between the ages of 40 and above and females of any age, who may be running their first or second 10km race. However, if sufficient participants are not found in these age groups we may open to those of other ages or running experiences to enter this 10-week program.

Selection will be made on a first-come-first-served basis for those who are willing to commit to the program and meet the requirements. Registration for this specialized program must be done by 29-30 November, 2010 and testing will take place as soon as possible thereafter. Interested participants should register at the Monday training session at the Stanley Ho Sports Centre track at 7pm and/or also contact Dr. Michael Tse at activihp@hku.hk.

* You may register at <http://www.marathon.hku.hk/Training.htm>

Fee: \$150 for 10 sessions (Special offer and priority to HKU Marathon Team); \$500 for 10 sessions for Non-HKU Marathon Team (*if quota is remaining*)

Note: please note that this specialized 10-week program may be postponed or cancelled, if we are not able to recruit sufficient participants.