

Research Study in Competitive Running

Name of Study

“Velocity Correlations to Race Distance Specialization”

Purpose of Study

To test the accuracy of a time-trials-based running index system, particularly its ability to estimate the current optimum race distance specialization for any given runner (100m to Marathon).

The name of the system being studied is the **Arizona Running Index™** (a.k.a. **“AZ Rundex™”**).

Your team is invited to participate in the study.

Participation involves...

2 workout sessions: Beginning & End of season. End-of-season session is strategically scheduled either 1) to enhance peaking phase or 2) to occur ASAP after a runner has fully recovered from his or her peak race. The most important research session is the one at the **end** of the season.

2 brief Time Trials per session: 100m + 400m

Additionally, a comprehensive analysis for middle & long distance runners (including **vVO₂max** & **vMLSS** indirect testing) is also available in a separate workout, at no charge. Ask for details.

Critical Observations

Few running coaches systematically evaluate the nature of every runner's ability in regard to race distance specialization. Some systems are better than others, but there currently seems to be **no** highly accurate, standardized system in the world of competitive running. Furthermore, alarmingly, many running coaches do not carry out investigations of **any** kind for **any** runners.

Any team who does not optimally evaluate the nature of each runner's talent may suffer a competitive disadvantage. How many schools have let a champion graduate... ..undiscovered?

During USATF youth programs and during high school Track & Field, many runners begin to explore the concept of “optimum race distance specialization”, both physiologically and psychologically.

Learn...

...the simplicity of executing the AZ Rundex™ Time Trials in the context of your normal team workout.

...how the AZ Rundex™ Time Trials can accommodate **200 runners** in a single **90 minute** workout.

...how to implement an innovative, reliable and very **inexpensive** method of **Video Timing** via a digital camcorder and a whistle. This method is accurate to 0.0167 seconds. Manual (hand) timing is only accurate to 0.24 seconds for trained timing officials (as legalized by USA Track & Field, NCAA and NFHS rules). The video timing method presented is **over 14 times more accurate** than manual timing. Even a popular “legal FAT” system utilizes this concept.

Receive...

...official **Session Summary Report** for your team's TTs (PDF file, easy to navigate, critical information).

...official individual **Athlete TTs Report**, one for each athlete (PDF file, great teaching/learning tool and souvenir for each athlete, easily emailed or printed).

Get your athletes excited...

...about the science of competitive running and discovering/exploring their personal strengths.

The TTs of the AZ Rundex™ tend to create great curiosity.

...to participate in and to contribute to a team-oriented vision. We provide an excellent TTs event plan.

...to race! ...even giving 100% in Time Trials. If we were not curious about the outcome, would we race?

Arizona coaches whose runners participate in the study during the 2010 Track season will receive free analysis of their runners' study-related TTs through 2013 December.

Sign up now! The schedule is limited.

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Be sure to get your entire coaching staff involved in the study. The potential power of the AZ Rundex™ can only be unleashed if your entire team of runners completes the AZ Rundex™ Time Trials. Otherwise, the specific talents of some of your athletes may be overlooked.

Due to the massive quantity of data sets required, we anticipate the study to last until **2012 October**.

Special thanks to Coach Dean Hebert (<http://www.RxRunning.com>, <http://www.MindsetForPerformance.com>), Arizona State University Cross Country and Track & Field, and the ASU Running Club.

Contact Form

Velocity Correlations to Race Distance Specialization
a research study in competitive running

Please fill out and email this form to: james.holub@asu.edu

It is recommended to simply copy/paste this form into a word processing document or even directly into the body of the email. Cosmetic formatting is not necessary.

****Please fill out a separate form for each team if the coaching staff is different.****

Entity Type (please indicate): School Club Individual

Entity Name:

[if applicable] Individual Athlete's Club or Team Affiliation:

Entity Location...

Street Address:

City:

Zip Code:

Sport Type (please indicate): Track Cross Country Road Racing

Athlete(s) Gender (please indicate): Male Female Mixed

Athlete(s) Age Group (please indicate): HS College Mixed Individual

[if applicable] Individual Athlete's Age as of 2010 June 1:

Athletic Director:

Phone:

Email:

Head Coach:

Specialty:

Phone:

Email:

Assistant Coach 1:

Specialty:

Phone:

Email:

Assistant Coach 2:

Specialty:

Phone:

Email:

Assistant Coach 3:

Specialty:

Phone:

Email:

Preferred Dates for **Preseason/Early Season** TTs (if known):

Preferred Dates for **Peaking** TTs (if known):

Thank you for participating in the science of competitive running!