



Acute Response of Fatigue Indicators to Training

AIM: To explore the recovery time-course of a range of well-established fatigue indicators in response to a single-day training stimulus.

DURATION: 2 weeks

TIME PERIOD: January – March 2017

DESIGN: The study has three key phases – Baseline, Training, Recovery.

Baseline (5days): Participants are **INACTIVE** whilst completing a fatigue questionnaire and providing blood samples **EVERYDAY**.

Training (1day): Participants perform a training stimulus, replicating football match-play demands.

Recovery (4days): Participants are **INACTIVE**, whilst performing daily sprint and running tests, completing a fatigue questionnaire and providing blood samples **EVERYDAY**

What do we offer:

- A comprehensive pre-health check and fitness testing
- A determination of current running performance, including training recommendations.
- Students will receive confirmation of study participation.

Who are we looking for:

- Currently or recently competing in football
- Able to adhere to two-weeks of inactivity (no training/exercising)
- Comfortable with providing routine blood samples.
- Between 16-35 years old