

Crossfit Athletic Performance Training Study

Be part of a fitness research study

Do you collect data on your workouts?

Do you track your personal records?

Do you like to see your progress improve over time?

If you answered yes to these questions this may be a study for you.

This is a two-phase study; in this phase we will be looking at what measure athletes currently collect data on when they track their workouts. Latter phases of the study will aim to improve how athletes train, using their data to inform their future workout schedules. This will potentially benefit future athletes in preventing burnout, plateaus, overuse injuries, and in predicting peak performance. In phase two we will be implementing the findings of phase one. Those who participate in phase one will not be exempt from phase two and those who do not participate in phase one will not be exempt from later phases of the study.

If you are at least 18 years of age, you use Crossfit as a method of athletic training, and collect data on your workouts, you maybe eligible for phase one of the study.

This study is being conducted through the UNR's behavior analysis program.

Please contact Emily Leeming at emilyleeming@yahoo.com for more information