



ULTRA SPORTS SCIENCE

Our sports performance advice for athletes

Sports performance can be expressed in the form of a classification, a distance, a time or a result, most often during competition. It is the result of complex training. All the determining factors must be known and incorporated into the training process for best performance.

Performance in terms of science: from material to specific subjects, everything can be studied to maximize its chances of success and improving your own performance.

Also different elements can be taken into account:

The backpack

How to distribute the contents of your bag in front of behind or a combination of the 2?

By comparing the savings made by the runner two backpack designs (back / front or rear only) were compared. ,The front/back backpack design is more economical on longer runs.

Slope effect

The comparison between walking and cycling helps to adapt to improve running techniques, in particular by studying the effects on performance of different types of slopes.

Study of lactates in performance

The study of lactate thresholds in different runners can help predict their performance in trail running and is very useful in designing training plans.

Running Economy RE / 65 Km Trail Running

The oxygen cost and. Energy cost of running increases during and after a 65 km trail ultramarathon.

VO2 Trail running test

What is the best test to determine the VO2 max in a trail runners? A specific trail test has shown, that it can measure VO2max accurately and is recommended.