

Time Line (XCSO Supercamp Testing)

- Testing Dates: Thursday July 25th, Friday July 26th, Saturday July 27th
- Informed Consent Meeting with athletes prior to May 25th, 2019
- Menstrual Tracking for female athletes begins: May 25th, 2019

Protocol

1. Menstrual Cycle Tracking Instructions (Female participants only):
 - a. All female participants are required to track the onset and duration of menses for 2 months prior to the data collection period. The onset and duration of menses will be shared with the research team via email.
 - b. Urinary analysis ovulation kits will be provided to the participants 1-4 weeks prior to the start of the data collection period. Ovulation status will be checked 1x/day (suggested for a routine every morning) for up to 10 days, starting 5 days prior to the expected day of ovulation (based on menses tracking) until day of ovulation. Participants will notify researchers by email on the day of ovulation.
 - c. Female participants will be grouped in Luteal Phase or Follicular Phase phased on the date of ovulation and length of cycle. If ovulation occurs mid data collection, their data will only be included if the 2nd 3000m TT, track workout and 3rd 3000m TT occur in the same phase.
2. Generic Pre-Test Instructions (Male and Female participants)
 - a. All participants should have completed at least one familiarization track intensity within 4 weeks prior to completing the first 3000m TT
 - b. Ideally athletes will not have completed a large block of training immediately prior to the data collection period, and at a minimum must have at least 1 day of rest prior to the first 3000m test.
 - c. Athletes should be well hydrated and follow typical pre-race nutrition guidelines prior to 3000m testing and track workouts.
3. Testing Schedule (Male and Female participants)
 - a. Day 1: 3000m TT
 - b. Day 2: Track Workout
 - c. Day 3: 3000m TT
4. Track Workout (Male and Female participants)
 - a. Participants will perform a standardized warm up of 20 min light jogging and dynamic stretching, 3 min sub threshold intensity, 3 min active recovery and 2 min rest before starting the workout.
 - b. Athletes will complete 4-6 x 800m intervals with 3 mins rest at 90% max aerobic speed / heart rate reserve (HRR) based on the recent 3000m TT results. Athlete's will be provided with both a goal split time and a goal heart rate for the workout.
 - c. Athlete instructions: The goal of this workout is to perform as many consistent 800m reps as possible. Aim to hit your goal split on your first rep, if you find the goal split is unachievable, refer to your goal heart rate (HR) to help guide your pace. This workout should feel hard, these intervals should feel like they represent "Race Pace" or "Critical Speed" intensity. After each interval you will have 3 mins of rest. You should use your watch diligently during this workout since everyone's pace times will be slightly different. You need to press the lap button on your watch at the start and end of the interval. You will complete 4-6 reps of 800m, your workout will end when you are no longer able to keep your lap times consistent or you achieve the maximum amount of reps.
 - d. Participants will perform a 30 min supervised cool down involving 20 mins of light jogging and 10 mins of light stretching while eating a post-workout snack.