

Runners' response to manipulated split time feedback varies idiosyncratically.

Differences in response patterns may guide intervention choice.

Passing Time: Effects of Time Feedback on Runner's Pacing Behavior

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INTRO

This study was designed to analyze the effects of varying feedback types on athletic performance, such as variations in pace due to feedback type.

The degree to which clock feedback in the form of split times influences effort in trained runners was assessed, in addition results are used to identify runners who would benefit from training designed to undermine overly rigid clock responding.

METHODS

ATD with four conditions during a continuous running effort. Feedback in the form of split times (pace) provided to the athlete for every 200m. One of four semi-random alternating conditions are applied to the feedback.

RESULTS

More detailed analysis on performance outcomes based on feedback type is useful for athletes and their coaches. Positive times correlate with slower split times. Differences between P1 and P2 data demonstrates individual athlete variability when given split time feedback.

DISCUSSION

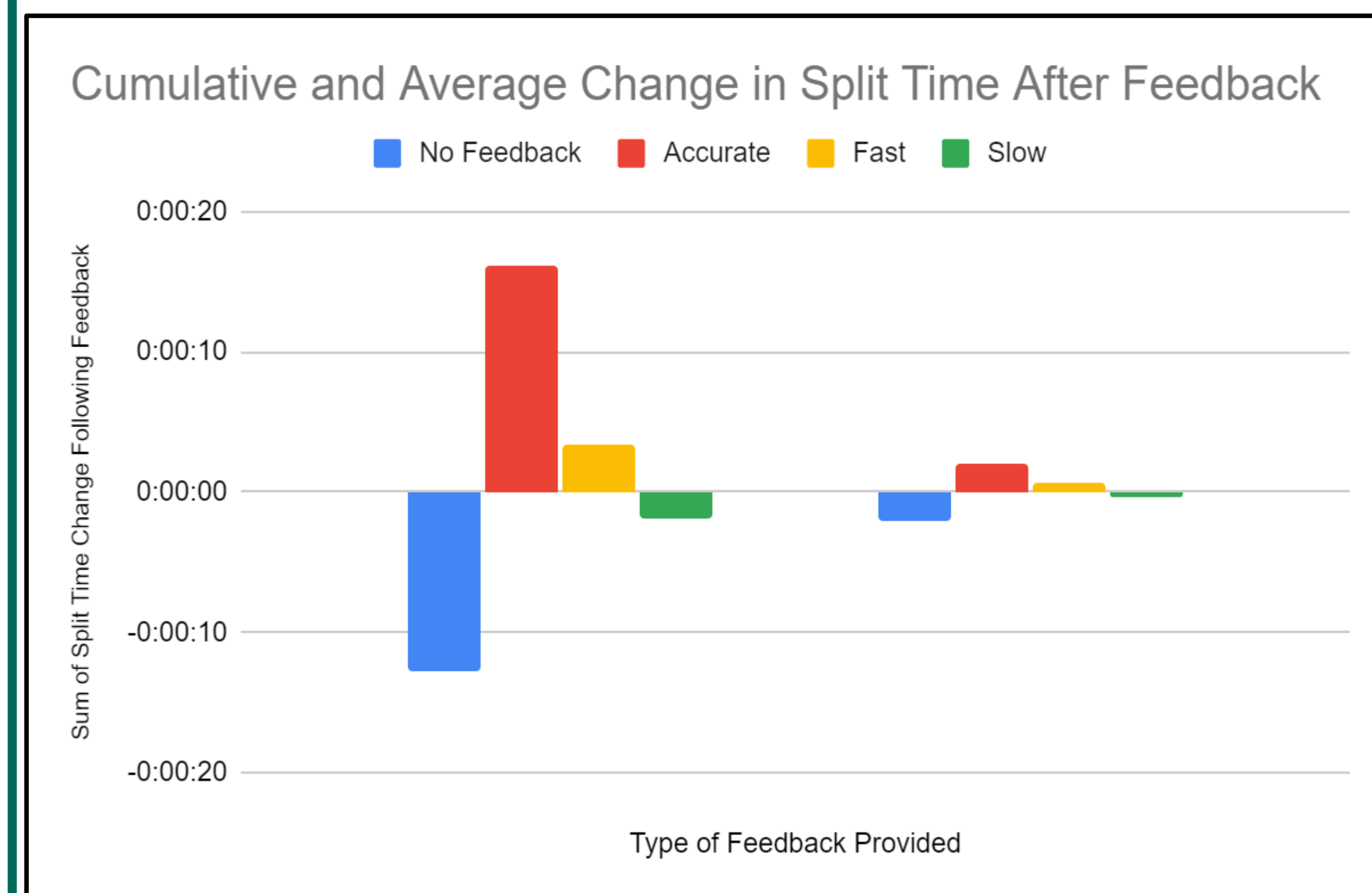
Feedback is an important aspect of athletic performance and is rated as being impactful by athlete self-report. Additional research into self-report on feedback and on the various feedback types was found to be needed. While this study looks to provide such research, additional investigation of important topics is still needed.

For future participants, the addition of the AAQ-II and PFSS to this study would be useful for analyzing trends and/or moderators.

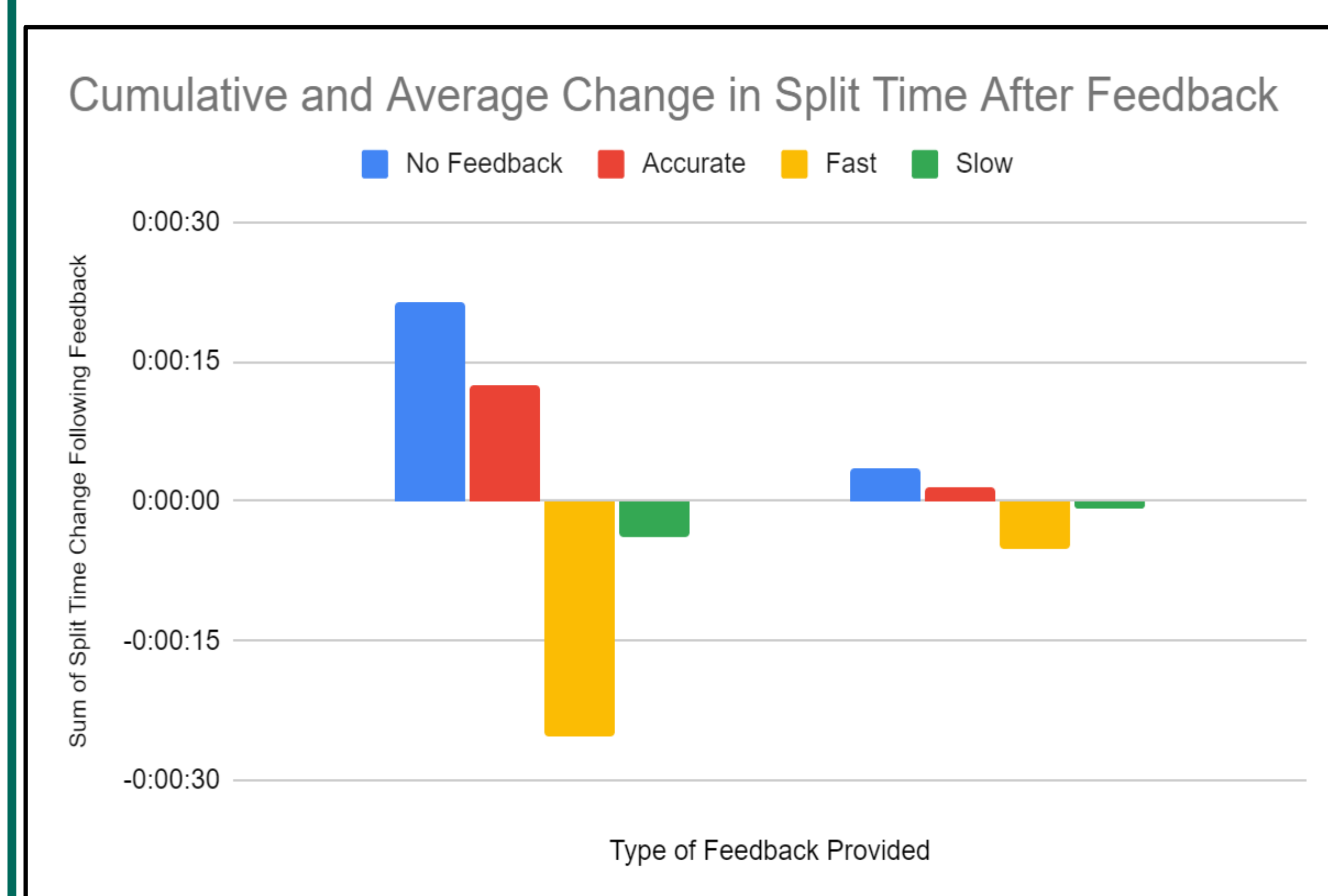
Dependent Variable:

Individual athlete split time per split across the 5000m run.

Pilot Participant 1:



Pilot Participant 2:



Goal:

The purpose of this study was to assess the degree to which clock feedback in the form of split times influences effort in trained runners.



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