



Study participants wanted!

Sprint interval training and recovery

We are looking for subjects with the following characteristics:

- Athletes and sports enthusiasts
- Healthy
- 18 to 40 years old

You want to increase your regeneration and your performance?

We explore a **highly effective interval training** and combine it with a special breathing regulation exercise for **recovery**.

Train with us for four weeks and increase your aerobic and anaerobic performance with short, intense sessions on a non-motorized treadmill.

You'll get a comprehensive evaluation of your workout and a **recovery technique** tailored specifically to your physiology.

Sign up for our study now and benefit from a better understanding of stress, relaxation, and recovery on training adaptations!

Time commitment:

11 training sessions in 4 weeks of 40 - 50min duration

In the laboratory of the Subunit of Training Science,

Institute of Sport Science and University Sport at

Schmelz 6.

1150 Vienna

For detailed information on how to participate, please contact:

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