

Physiological, perceptual and psychological responses induced by an ultra-endurance cycling race performed in relay.

The School of Health (HESAV) is looking to promote health through physical activity and sport to the population through challenging physical and organizational challenges. In this context, HESAV will participate in June 2017, with a team of eight collaborators and students, at the Race Across America (RAAM). RAAM is an ultra-endurance cycling race linking the west coast with east coast of United States (4'850 km).

Carried out alone, this race is considered as one of the most difficult in the world. However, there are no data on the effects of participation in RAAM in team of eight cyclists. The participation of an HESAV team is therefore a unique opportunity to observe

- (a) physiological (muscular strength, body composition);
- (b) perceptual (general fatigue, peripheral pain);
- (c) psychological (mood, group cohesion) responses induced by an ultra-endurance cycling race performed in relay.

Control parameters (race date, perceived effort, number of sleep hours) will also be monitored. The assessments will be performed before (Pre-RAAM tests), during (tests during RAAM) and one week after the race (Post-RAAM tests). In order to discern the effects due to the physical effort (relay) of the effects induced by the environment of the race (sleep, climatic

conditions, displacements, etc.) a control group composed by the team crew will also be tested.

Research team

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36 months