

# Informed Consent Project VCrit

Dear runner participating in the ModeloVCrit project:

The following research project has been designed by Dr. Frederic Sabater, Manuel Sola Arjona, with the collaboration of University of Deusto student Irati Ortiz de Anda Martín, and Dr. Iker Muñoz Pérez. The research you are about to participate in aims to expand knowledge in the field of endurance running performance. The goal of this research is to determine if fatigue continues to decrease proportionally below Critical Speed.

An explanatory investigation will be conducted analyzing efforts at different distances (1200m, 3600m, 10K, 21K, 42K) which have been or will be performed at maximum effort. Additionally, qualitative data such as date of birth and best 10K time in the last 5 years will be collected.

Specifically, the protocol consists of the following data collections:

- Completing a Google questionnaire with short questions to define the type of runner you are and your fitness level.
- Collecting previous training data by synchronizing your training devices (Strava, Garmin, Coros, etc.) with intervals.icu.
- Performing maximum effort tests on the track preferably at 1200m and 3600m.
- If you subsequently run a race that meets the indicated requirements, you can provide the data via email or by filling out the questionnaire again after the race.

## **Participation requirements will be as follows:**

- Accepting the informed consent (just below)
- Completing the data questionnaire in Google Form format
- Providing previous training data up to the current date through intervals.icu
  - Creating an account at intervals.icu: <https://intervals.icu/>
  - Synchronizing your training devices with your intervals.icu account
  - Adding the study account as a coach on intervals.icu so we can access the data analysis.
- Detailed instructions [HERE](#).
- Performing two maximum effort tests on separate days (1200m, 3600m).
  - Each test must be conducted under standardized conditions as much as possible, preferably on a track or, if not, on the flattest possible terrain with a good GPS signal.
  - Detailed test instructions can be found [HERE](#).

## **The risks of the research may include:**

- Performing a maximum effort test or participating in maximum effort competitions: you may feel discomfort or unease, muscle cramps, dizziness, or headache.

- Questionnaire: No risk is involved.

**The benefits to you from this research are as follows:**

- Personal speed-time modeling: You will be provided with a useful tool to calculate your current performance and predict race times or maximum effort performances under near-optimal conditions based on the maximum efforts you perform. Additionally, you will be taught how to use and update it constantly.
- Training zones based on critical power profiles derived from your speed-time profile.
- You will receive a copy of the article if you are interested in expanding your knowledge of endurance training and performance.

The collected data will be used with full privacy and confidentiality guarantees and for purely scientific purposes. According to Organic Law 3/2018 of December 5 (LOPDGDD), the collected data will become part of a completely anonymized Excel file using codes. Additionally, you can exercise your rights of access, rectification, cancellation, and opposition to the processing of such data by sending a written request to the person responsible for the research.

If you are interested, you can request the research work once it is completed. Furthermore, the findings of the research will be widely shared in a scientific journal if published.

As previously mentioned, you have the right to withdraw from the research at any time and decide whether to participate, as participation is entirely voluntary.

If you need any additional information about the research, you can request to speak with any of the people conducting it to decide whether to participate. Moreover, if there are any concepts or words that are not understood at any time during the process, explanations will be provided as needed. Questions can be asked now, during, or after the research, and our contact information is available for any queries: [modelovcrit@gmail.com](mailto:modelovcrit@gmail.com)

This proposal has been reviewed and approved by the Ethics Committee of the University of Deusto (ETK-52/21-22), a committee tasked with ensuring that research participants are protected from harm.

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## Informed Consent

I have read the provided information or it has been read to me. I have had the opportunity to ask questions about it and have had them answered satisfactorily if needed. I voluntarily consent to participate in this research as a participant and understand that I have the right to withdraw from the research at any time without it affecting my medical care in any way. Additionally, I understand that participating in this study involves performing maximum efforts between 1km and 4km, which are very similar to competition efforts. Therefore, I declare that

I have no contraindications or medical problems preventing me from performing maximum intensity efforts or competing in running events.