



My name is Heather Bowes; I'm a third year Bsc Sport and Exercise Science student at Winchester University. For my final year project I am about to start an investigation into the effects of barefoot training on running performance and economy. The study will involve participants completing a basic four-week training program to strengthen their feet to withstand running barefoot. Participants will also be asked to complete three sub-maximal running economy tests to monitor any adaptations to economy that occur from the training program. (Sub-maximal testing requires participants to run at below maximal levels, and typically below their lactate threshold.)

I was hoping you would be able to ask if any members of your club would be willing to take part in my study? All participants will receive three accurate measures of their running economy, telling them both how economically they run and at what speed they currently run most efficiently. The training programme will also develop participants' lower foot and leg strength, reducing their risk of injury from running, and potentially make their running technique more economic and less stressful on their bodies.

To take part in my study participants must fulfill a few requirements:

- They must have been running for at least 2 years.
- They must run at least twice a week.
- They must spend at least 1 active hour barefoot a day (this can include walking around their house in barefoot, socks and slippers).
- They must be at least 18 years of age.

Participants will also require access to a treadmill for certain aspects of the training programme. For those who do not, arrangements are being made at two gyms within Winchester to allow participants to train there. If this is too far for your members to travel please let me know and I will speak with gyms closer to your area.

I thank-you very much for reading this email, and hope that you will pass on the details of my study to your club members.

Many thanks,

Heather Bowes

For further information please contact me at:

Email: H.M.Bowes@winchester.ac.uk

Mobile: 07515342197