University of Basel

Developing a prediction model for half marathon race performance

Runners wanted for training and laboratory measurements

We are looking for you if you ...

- are running a half marathon in spring 2027, for example the Zurich Marathon on 11 April 2027
- are 18 to 50 years old, healthy and a non-smoker
- have a BMI between 18 and 30
- wear your own sports watch and can commit about three months

What taking part involves

- **Training, about 10 to 12 weeks** You train with running.COACH, with the plan from the app or your own. Breathing is measured through headphones, Shokz or AirPods.
- **Race** You run your half marathon as planned and we record the data.
- **Laboratory visit in Basel** Spirometry, DXA (body composition, low radiation dose) and treadmill performance testing, 5 to 21 days after the race, with a detailed performance assessment.

Breeze Labs · RUNNING .COACH · DSBG



Register here for more information!

Registering does not commit you to taking part. Participation is voluntary and can be stopped at any time without giving reasons. All data are treated confidentially. The registration form is in German.

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