

SELF FUNDED PHD OPPORTUNITY

Enhancing understanding of pacing behaviour during endurance competitions

Research performed at the University of Worcester has investigated the ~~slow~~ decisionmaking during self paced endurance activity (Renfree et al 2014). Work in running (Renfree & St Clair Gibson 2013; Renfree et al 2016) and rowing (Renfree et al 2012) has described pacing strategies, whereas more recent theoretical work has ad

Venhorst, A., Micklewright, D.P. and Noakes, T.D., 2018. Modelling perception coupling in the phenomenological experience of "hitting the wall" during long distance running with exercise-induced muscle damage in highly trained runners. *Sports medicine*, 48(1), p.30.