



EFFECTS OF VOLUME OF TRAINING ON THE RESULTS OF A 12 HOUR ULTRAMARATHON
MURPHY, J. & GIBSON, J.
MULTI-DISCIPLINARY SPORTS SCIENCE

Effects of Volume of Training on the Results of a 12 Hour Ultramarathon

12 hours of training significantly improved performance compared to 6 hours of training.

Training Volume	Time to Complete (min)	Calories Burned (kcal)	Heart Rate (b/min)
6 hours	120	1200	150
12 hours	100	1500	160

GPFA

	A	B	C	D	E	F	G	H
190								
180								
170								
160								
150								
140								
130								
120								
110								
100								
90								
80								
70								
60								
50								
40								
30								
20								
10								

S 5403





