

Want to challenge yourself with intense physical training?



We are doing research to better understand the influence of **intense physical training** on markers of **physiological and psychological stress**.

We are looking for:



Males aged 18-40 who regularly participate in cycling training (≥ 3 times per week for ≥ 30 min per session for the last 3-5+ years)

What is involved?

- ➔ 3 weeks of intense physical (cycling) training
- ➔ Regular performance and wellbeing assessments
- ➔ Training load, sleep and recovery monitoring
- ➔ Blood sampling for stress hormone analysis

What are the benefits of participation?

- ✔ Free fitness profile including endurance and neuromuscular performance
- ✔ Free supervised training sessions

To register your interest, or for further information, please contact:

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This study has received Deakin University ethics approval (reference number: 2018-xxx)