

Research Study Titled: “Effects of Protein Supplementation Over 12 Weeks in Runners”

Researchers in The School of Kinesiology at Auburn University are studying the effects of protein supplementation on exercise performance in trained runners.

You may qualify if you are a **female** or **male** that:

- 1) Have run at least 20 miles/week for the past month
- 2) Are between the ages of 18-45
- 3) Have normal blood pressure and are free from metabolic disease
- 4) Have a body mass index between 18-30 kg/m²
- 5) Do not have any precluding medical issues that prevent you from exercising or giving blood (i.e., blood clotting issues, cardiovascular issues, or muscle/joint issues)
- 6) Are not currently smoking or using smokeless tobacco within the past 12 months
- 7) Have not had any medically necessary radiation exposure, including x-ray and CT scans, in the last year
- 8) Females that are not pregnant or actively trying to become pregnant
- 9) Have a VO₂max greater than or equal to 50.0 mL/kg/min (tested during initial assessment)

Participants will be divided into groups in order to determine the effects of protein supplementation on performance

Training will progressively increase total mileage per week and include long, slow distance runs and interval training

The total approximate time commitment in the Kinesiology building will be approximately 8-10 hours. Total time training will be 2.5 – 5 hours per week

As being a part of this study, you will receive free performance testing, body composition, training advisement, supplementation, and increased fitness

If you are interested in participating in this study, please e-mail your name and contact information to Paul Roberson at par0021@auburn.edu

