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Gaining Running Speed and Stamina, The Application Of a One Mile Daily Run Workout

Abstract:

Coming soon....

Introduction

The incrementation of speed and stamina are essential skills most athletes try to maintain for as long as they can while competing. In sports where speed and endurance are crucial, athletes spend countless hours perfecting their technique and incrementing their speed and stamina. Through different methods specialized for whichever activity they need to perform for an extended period, as fast as possible, athletes can get the most out of their physical condition. However, methods can vary depending on which muscle groups are required to perform the task in question. Elite marathoners have to maintain a special workout regime, as well as the proper diet to either increase or maintain their physical condition ready for the next marathon. According to the article, Average Human Running Speed: Broken Down Age-Wise, the average running speed of a regular person is between 15 to 10 miles an hour. On the other hand, people who often run, have an average of 8.5 miles per hour, this is between the ages of 18 to 34. Moreover, then we have exceptional people like the elite marathoner Ryan Hall. Who according to the article, People Running Ryan Hall's Marathon Pace on Treadmill, Hall ran the 2011 Boston marathon at an average speed of 12.6 MPH, or 4:46 minutes per mile, completing the marathon 02:04:58, demonstrating the considerable gap between ordinary people and elite marathoners. Nevertheless, average people can increase their speed and endurance by a considerable amount by doing a medium difficulty training level workout. Since elite marathoners are already at their peak, an ordinary person who is just starting to train will obtain exponential results. If an average person runs one mile every day, for five days, then their endurance and speed will increase due to the constant exercise.

Methods & Materials

In the expand of 5 days, the subject ran one mile everyday in an attend to record the time, distance, and speed at which one mile passes. The methods used to record the data consisted on an app called MayMapRun, which allows for accurate measurements of time, speed, and

distance, (image1). As for secondary materials needed for this experiment, sport clothes, plenty of water, and a journal to record the measurements right after the one mile limit passes were used. For the most part, CCNY gym facilities were used to record the data, (image2). However, outside routes were also used due to CCNY closing during weekends and for other extreme weather conditions. Areas used include, Washington Heights neighborhood and the surroundings of CCNY campus. The unchangeable variable was the distance, which was one mile, the other variables were time from which average speed derived.

Results

The data collected demonstrated a positive correlation between time and average speed. During the first day of collecting data, the subject performed a little bit over the standards of 10 to 15 mph with measurements of 8 mph or one mile every 8 minutes, (image 3). However, on the second day, the subject performed at 10.3 mph or one mile every 10:34 minutes. The last two days of collecting data showed an exponential increase on speed and time. With measurements of 7.2 and 6.2 mph, or one mile every 7:30 and 6:20 minutes.

Analysis

The results showed a positive correlation between time and speed, from which it can be deduce that indeed, a regular person's average speed and stamina can increase between the expand of 1 to 5 days of training. During the first day, the subject obtained results that exceeded expectations with 8.0 mph or 1 mile every 8 minutes. However, during the second day, the subject perform lower at 10.3 mph or 1 mile every 10:34 minutes, which was probably due to muscular soreness. Nevertheless, the last two days showed an considerable increase in average speed from 7.2 and 6.2 mph, or one mile every 7:30 and 6:20 minutes. Demonstrating that indeed speed and stamina increased (image 4)

Conclusion

In conclusion, the results obtained from the experiment showed that a regular person who starts to train consistently will have an initial exponential increment on stamina and speed. This is something known by athletes as newbie gains. When we expose our muscles to an unusual level of training, our bodies compensates the demand of strength needed to perform the activity. By focusing lots of energy on healing the micro-cuts muscles fibers suffer from the training, provoking our muscular mass to increase, and depending on the type of work out, our stamina or the time we can perform that activity will also increase. Further experiments could improve by using more precise tools to measure the of time, distance, and speed. Also, instead of five days, expanding the experiment for weeks or maybe months could produce better data. In addition, having multiple subjects participating on the experiment will provide more reliable data as well.

references

<https://www.runnersworld.com/runners-stories/a20814134/watch-people-running-ryan-halls-marathon-pace-on-treadmill/>

<https://www.iamlivingit.com/running/average-human-running-speed>

Images

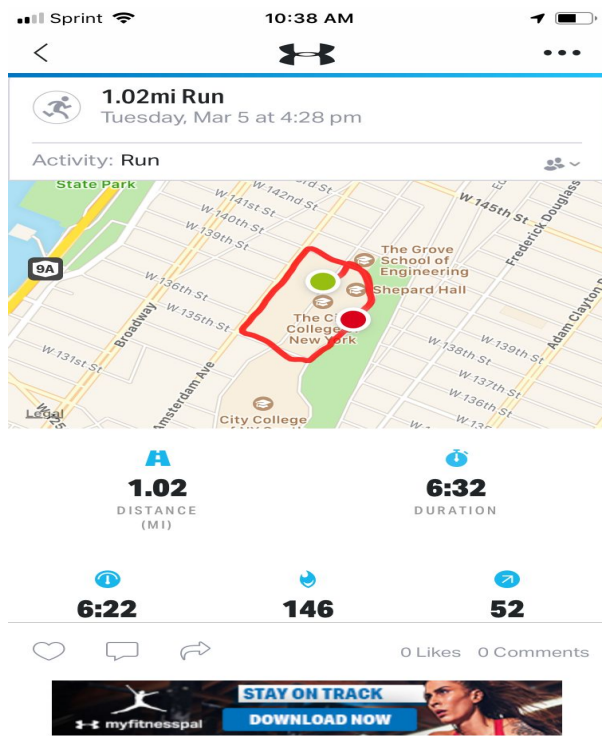


Image 1



Image 2

Distance (mile)	Time (minútes)	Average Speed (mph)
1	8:10	8
1	10:36	10.3
1	8	8
1	7:40	7.2
1	6:32	6.2

Image 3

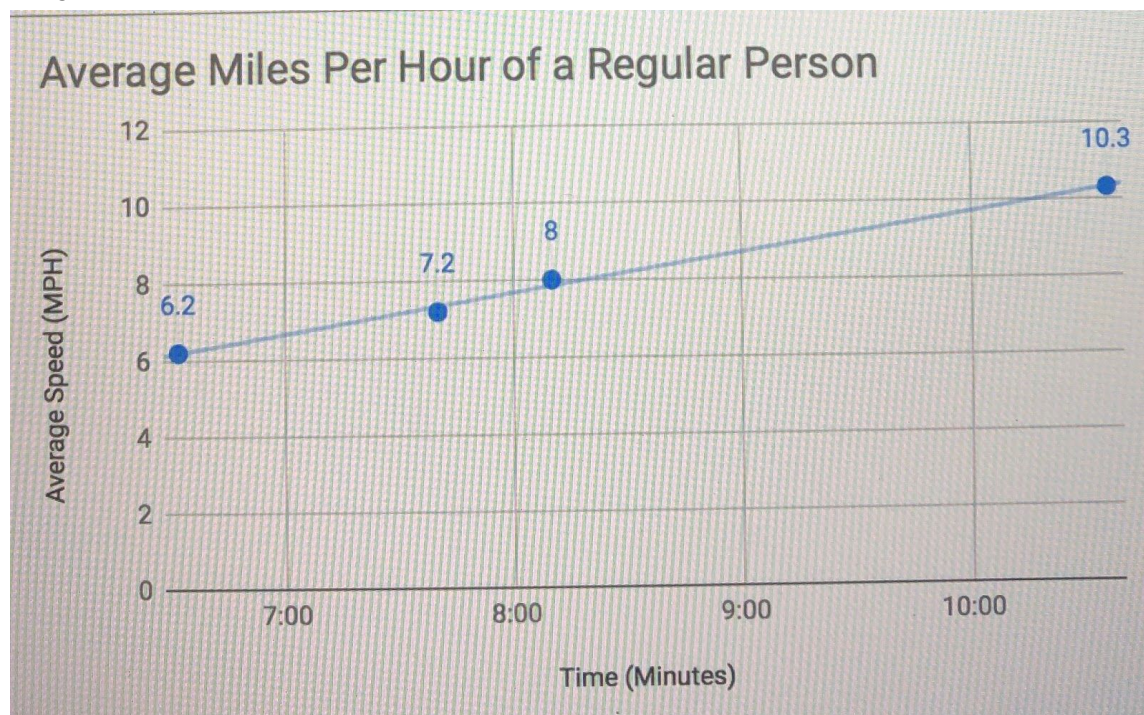


Image 4