

ROWERS WANTED FOR UC & ROWING AUSTRALIA METABOLIC STUDY



During the study you will:

- Attend the AIS physiology lab for 2 sessions, for approximately 1-1.5 hours.
- Contribute to knowledge for Rowing Australia & the AIS.
- Find out your maximal oxygen uptake, lactate thresholds and training zones for both rowing and cycling.

If you are interested in participating:

- You must be **18-50** years.
- Male or Female.
- Currently training.
- Competed in 2016 National Championships or equivalent.
- Not be sick, or injured.

If you are interested in taking part in this research or would like to know more information, please contact:

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Dr Andrew McKune (University of Canberra)