

Scientific Publication

Sports medicine: Blood results help to predict fitness improvements in older marathon runners

Helmuth Haslacher et al.

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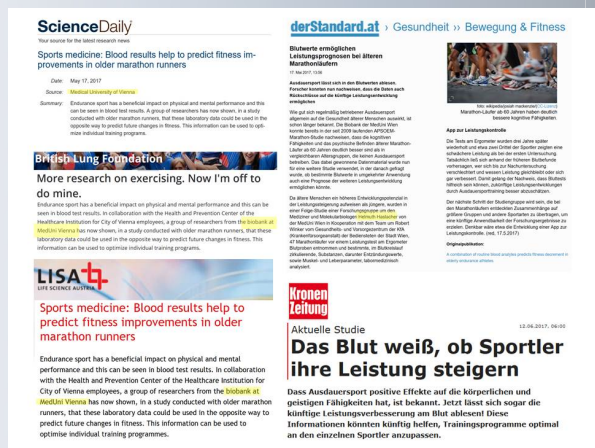
Endurance *sport* has beneficial impact on physical and mental performance and this can be seen in blood test results.

H. HASLACHER et al. show in this paper that these laboratory data could be used in the opposite way to predict future changes in fitness.

Read more:

- Scientific publication in PLoS One
- Article in Science Daily
- Article in Der Standard (German)
- Med Uni Wien Website (German)

Picture "runners" @Achim-Achilles.de



The collage contains four news snippets:

- ScienceDaily:** "Sports medicine: Blood results help to predict fitness improvements in older marathon runners". Summary: Endurance sport has a beneficial impact on physical and mental performance and this can be seen in blood test results. A group of researchers has now shown, in a study conducted with older marathon runners, that these laboratory data could be used in the opposite way to predict future changes in fitness. This information can be used to optimize individual training programs.
- derStandard.at:** "Blutwerte ermöglichen Leistungsprognosen bei älteren Marathonläufern". Zusammenfassung: Ausdauer Sport hat sich in den Blutwerten abbildet. Forscher konnten nun nachweisen, dass die Daten auch Rückschlüsse auf die künftige Leistungssteigerung ermöglichen.
- British Lung Foundation:** "More research on exercising. Now I'm off to do mine." Endurance sport has a beneficial impact on physical and mental performance and this can be seen in blood test results. In collaboration with the Health and Prevention Center of the Healthcare Institution for City of Vienna employees, a group of researchers from the Biobank.at MedUni Vienna has now shown, in a study conducted with older marathon runners, that these laboratory data could be used in the opposite way to predict future changes in fitness. This information can be used to optimize individual training programs.
- Kronen Zeitung:** "Aktuelle Studie: Das Blut weiß, ob Sportler ihre Leistung steigern". Dass Ausdauersport positive Effekte auf die körperlichen und geistigen Fähigkeiten hat, ist bekannt. Jetzt lässt sich sogar die künftige Leistungsverbesserung am Blut ablesen. Diese Informationen könnten künftig helfen, Trainingsprogramme optimal an den einzelnen Sportler anzupassen.