

Comparing Predicted Marathon Times based on a comprehensive submaximal treadmill test with Actual Race Times in an Older Multi-Marathon Cohort

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Older multi marathoners (>100 marathons) maintain cardiovascular fitness at high levels while also achieving high race performance metrics. As subjects age, there is often reluctance among exercise physiologists to bring subjects to maximal exertion to assess cardiovascular fitness. Using a graded but submaximal treadmill test, the predicted marathon times of 14 older multi marathoner runners (mean age 53 years) were compared to official marathon finishing times. The results demonstrated that there was no statistical difference between predicted and actual marathon times.