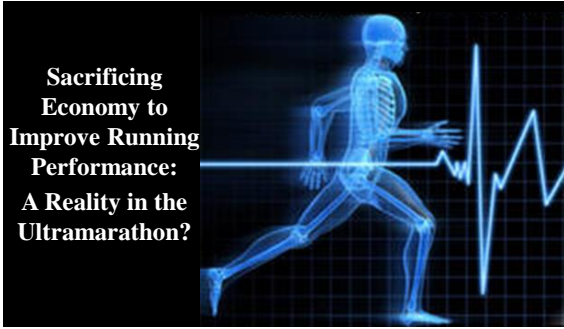


Millet et al. *PLoS ONE*, 2011
 Martin et al. *J Appl Physiol* 2010



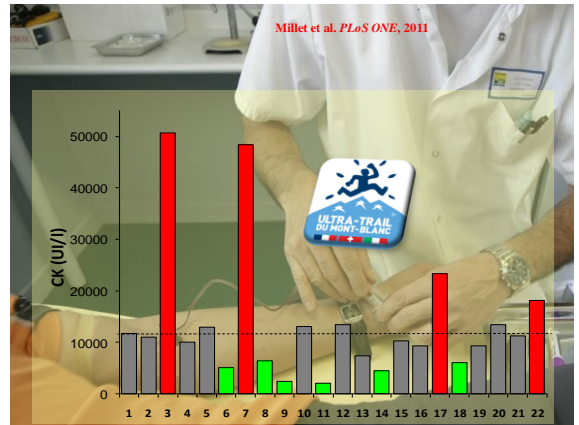
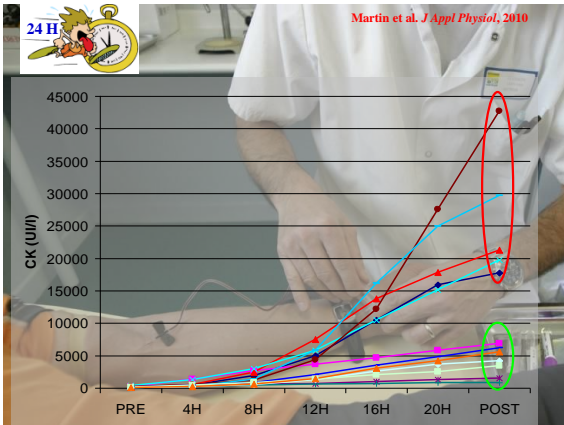
Guillaume Y Millet
 Faculty of Kinesiology
 Human Performance
 Laboratory



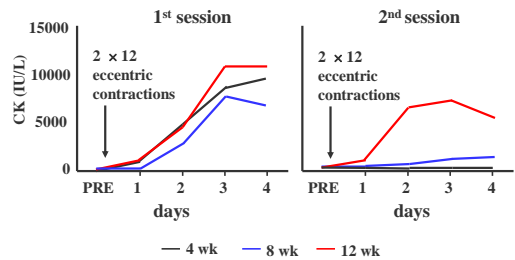
UTMB : 13,600 ± 12,600 UI/l



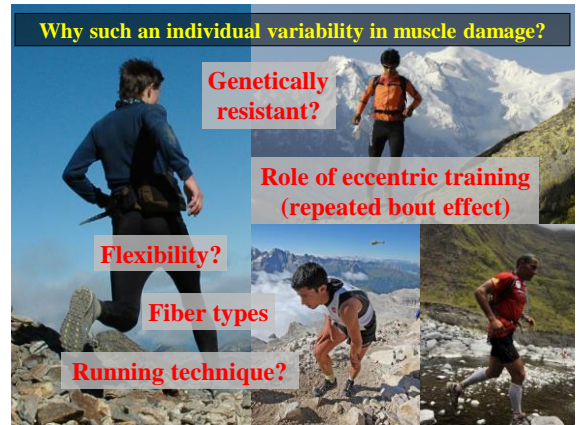
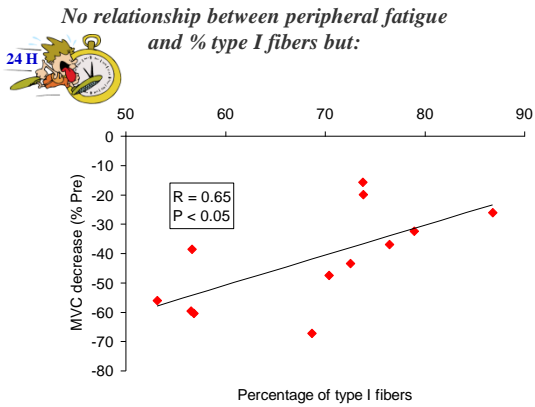
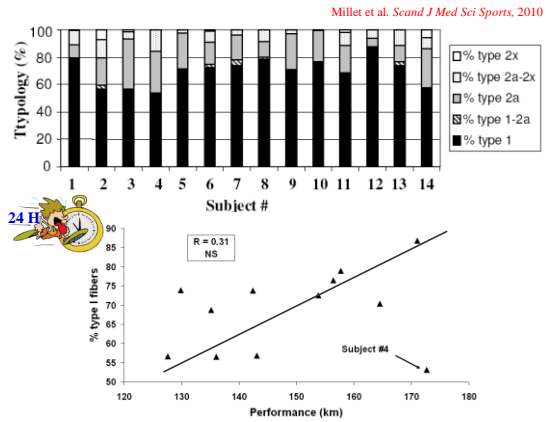
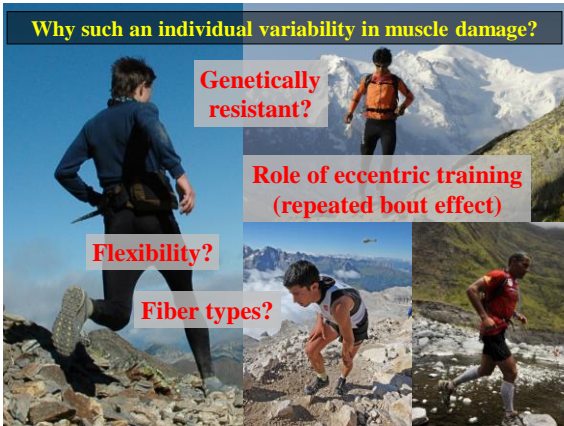
24h : 13,300 ± 13,500 UI/l



Repeated bout effect



Nosaka et al. *Can J Appl Physiol* 2005



Eur J Appl Physiol
DOI 10.1007/s00421-009-1194-3

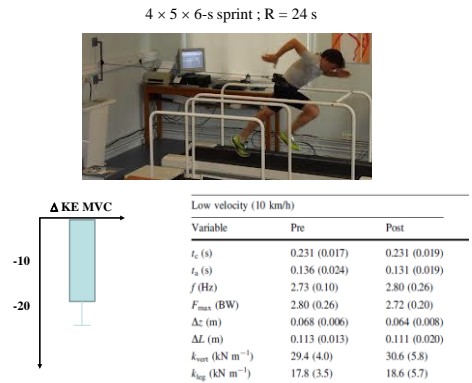
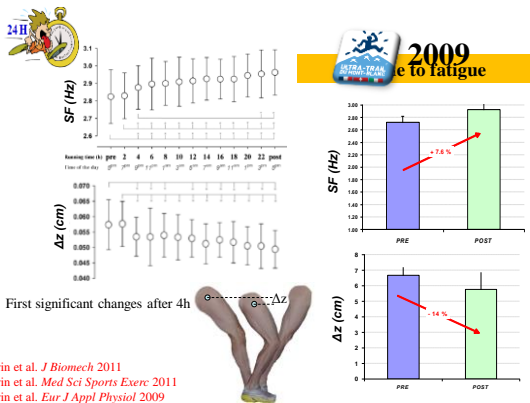
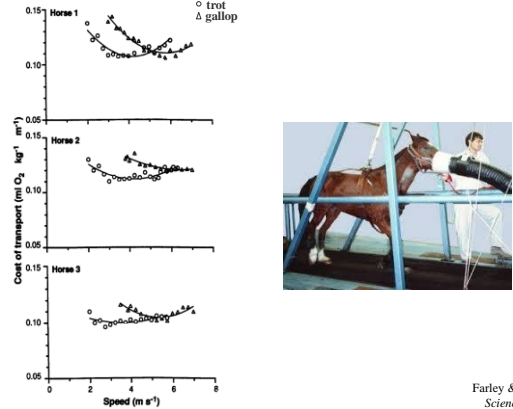
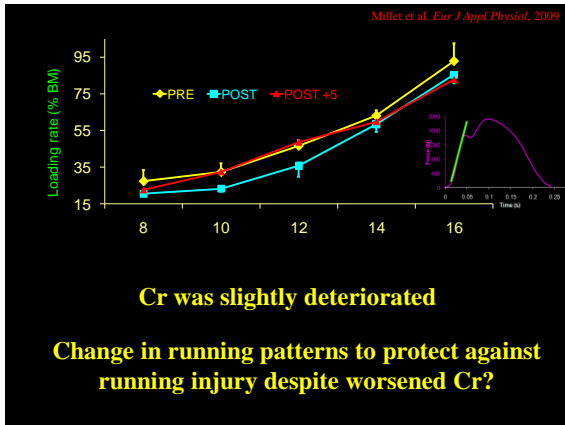
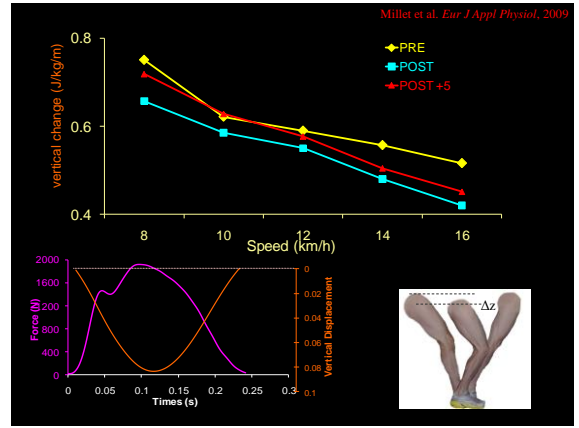
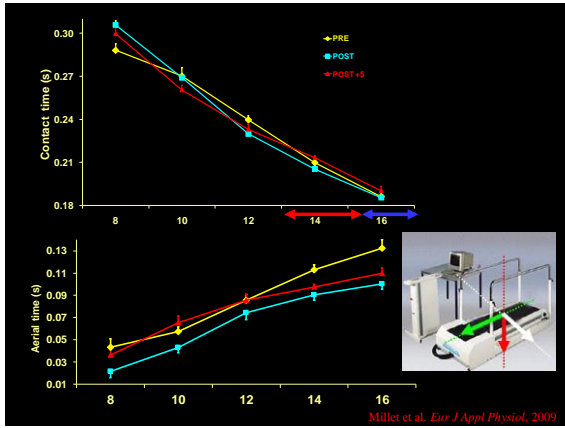
CASE STUDY

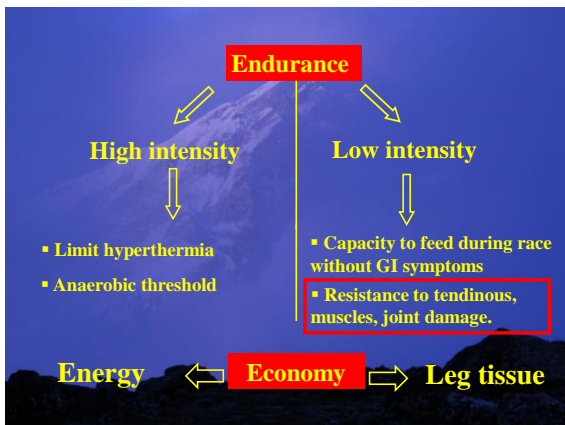
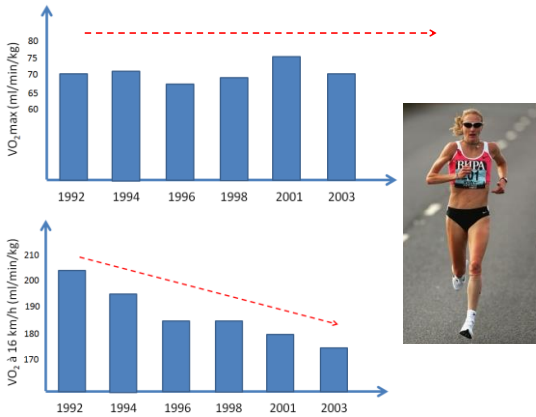
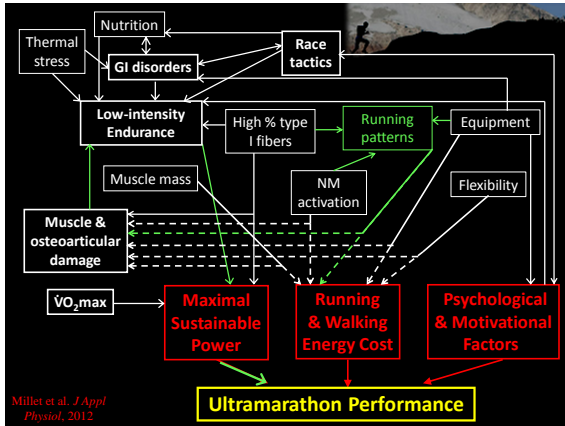
Running from Paris to Beijing: biomechanical and physiological consequences

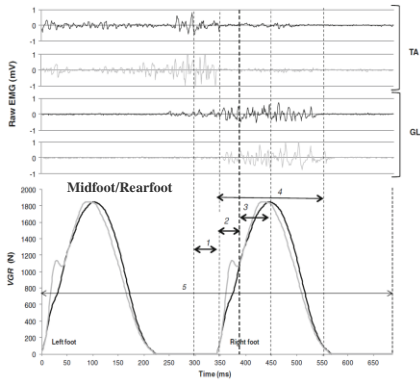
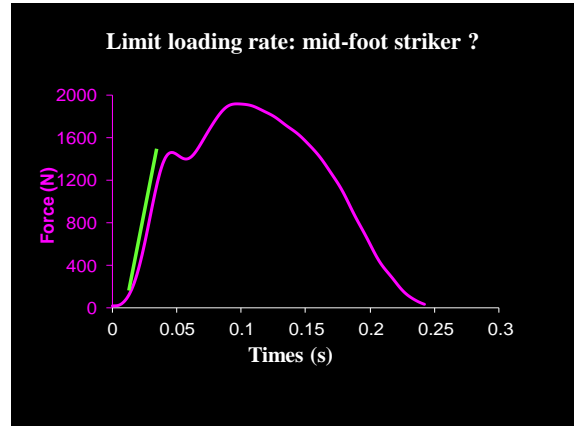
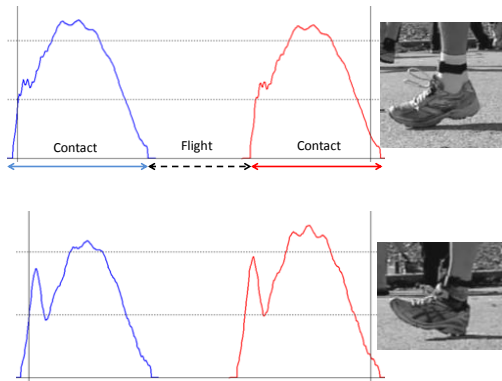
Guillaume Y. Millet · Jean-Benoit Morin · Francis Degache · Pascal Edouard · Léonard Feasson · Julien Verney · Roger Uthoff



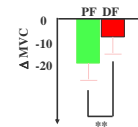
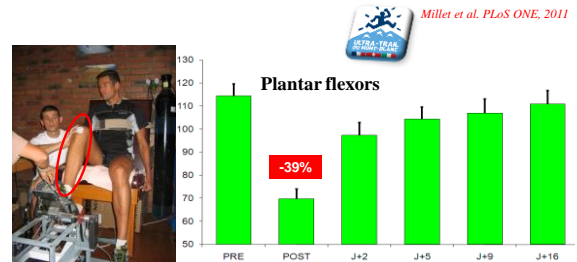
**8 500 km
161 j**







Giandolini et al. *Eur J Appl Physiol*, 2013



5H run

Fouchet et al. *Eur J Appl Physiol* 2011

Energy ↔ **Economy** ↔ **Leg tissue**

Normal SF ↔ High SF

Fore/mid foot strike ↔ Rearfoot strike

Minimalist shoes ↔ Protective shoes



