

PSP HEALTH PROMOTION PETAWAWA

SURVEY RESULTS



The Health Promotion team surveyed 31% of over 376 IRON WARRIOR participants after their race.

WHY?

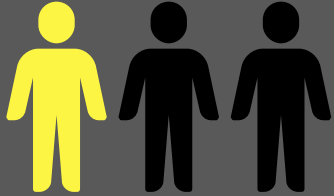
To evaluate areas of need for participants in training and race-day support.

Here's what we learned:



75%

of participants began training at least one month prior to the race BUT

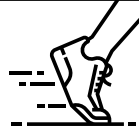


1 in 3

participants did not feel adequately prepared.

58%

cited a lack of, or inconsistency in their training as the reason for their response.



CHANGES MADE DURING TRAINING

Physical Fitness 69%

Nutrition 50%

Sleep 29%

Rest and Recovery 42%

None of the Above 20%

ADVERSE HEALTH EXPERIENCES

MENTAL FATIGUE

47% of Marathon
32% of Sprint

DEHYDRATION

28% of Marathon
11% of Sprint

NAUSEA

9% of Marathon
16% of Sprint

MUSCLE STRAIN

51% of Marathon
34% of Sprint

CRAMPS

59% of Marathon
50% of Sprint

BLISTERS

38% of Marathon
21% of Sprint



USING RESULTS

CANOE / PORTAGE CLINIC 67%

INJURY REDUCTION STRATEGIES BRIEFING 68%

MENTAL FITNESS FOR PHYSICAL PERFORMANCE BRIEFING 58%

NUTRITION FOR PERFORMANCE BRIEFING 71%

RECOVERY STRATEGIES FOR PERFORMANCE BRIEFING 76%

WEIGHTED RUNNING CLINIC 65%

The above responses reflect which services participants are interested in for a more successful race. Survey results will inform future PSP programming to equip participants with the proper tools and skills for reducing injury risk, and training for optimal performance.

Thank you to all IRON WARRIOR participants who responded to our survey. To learn more about Health Promotion at PSP Petawawa, visit Room 169 in Dundonald Hall or reach us at:



613-687-5511 x4685

HealthPromotionPetawawa@cfmws.com

