

THE SUB2HR PROJECT  
WAS LAUNCHED  
RECENTLY AT  
NORTHUMBRIA  
UNIVERSITY AND  
DAVID LOWES WAS  
THERE TO LISTEN TO  
THE VIEWS OF THE  
STAR STUDDED CAST

The conference, which saw attendees from all over the globe, began with Maughan saying: "It will be done, there is no doubt. There are limits of course, but it is now a similar situation to when the first four-minute mile was being talked about. When someone does run under two hours, it will be a fantastic achievement. Around 80% of people think it can be done. Many think around the year 2035 is a fair assumption."

Jones emphasised the determinants of endurance performance by saying: "Our two-hour marathoner will have a high VO2max and lactate threshold and be very economical."

Interestingly, he thought that the necessary training wouldn't be that different from that performed by today's best and a simple staple session may include 5x3min of hard running. A sample week would include the traditional Sunday run of 18-22 miles with sessions of 8x1200m, 10x800m and 20x400m being prime examples. The total mileage may add up to 125 miles a week, but importantly, steady state would be at around 4:40-5:00min per mile and tempo pace would be at 4:30-4:40 per mile.

He emphasised: "Improved economy may take 10-15 years of high level and consistent high-volume running."

## Determinants

Based on what is currently known, whoever eventually breaks the two-hour barrier, will have a favourable