

## INFORMED CONSENT FORM

**Study title:** Study on the changes of physical reserve and training adaptability of speed skaters based on macro–microcycle structure: prospective longitudinal cohort study

### Invitation

I have read the Participant Information Sheet and had the opportunity to ask questions about the study.

### Voluntary participation

I understand that taking part is voluntary and that I can withdraw at any time without giving a reason. Withdrawing will not affect my training, coaching, or support in any way.

### What my participation involves

I agree to take part in exercise tests (VO<sub>2</sub>max treadmill test, lactate threshold blood test, Wingate cycling test, countermovement jump, heart rate recovery), daily heart rate variability recordings, and simple training questionnaires (rating of effort and readiness). I understand that the study lasts for 24 weeks with follow-up testing at the start, middle, and end of the program, and a retention check at week 32.

### Risks and benefits

I understand that the risks are minimal and may include temporary fatigue, shortness of breath, or mild muscle soreness from exercise. Medical staff will be available during all testing. I understand there is no guaranteed direct benefit, but I may receive feedback on my fitness results, and the information may help improve training methods for future athletes.

### Confidentiality

I understand that my personal identity will be kept confidential and that study results will not identify me. My data will be coded and stored securely.

### Data sharing

I agree that de-identified data may be used in scientific reports and may be shared with qualified researchers under data-use agreements, where permitted by ethics and law.

### Contacts

For questions about the study, I may contact the study team:

**Prof. Shi Donglin, Principal Investigator**

Email: [shidonglin1ok@163.com](mailto:shidonglin1ok@163.com)

For concerns about my rights as a participant, I may contact:

**Ethics Committee of Tianjin University of Sport**

No. 51 Weijin Nan Road, HeXi District, Tianjin, PR China, 300381

Tel: +86 22 2301 2606

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### Consent statement

By signing below, I consent to take part in the study described above.

Participant name (print): \_\_\_\_\_

Participant signature: \_\_\_\_\_

Date: \_\_\_\_\_

Person obtaining consent (name and signature): \_\_\_\_\_

Date: \_\_\_\_\_

Relationship to participant (if legally authorised representative): \_\_\_\_\_