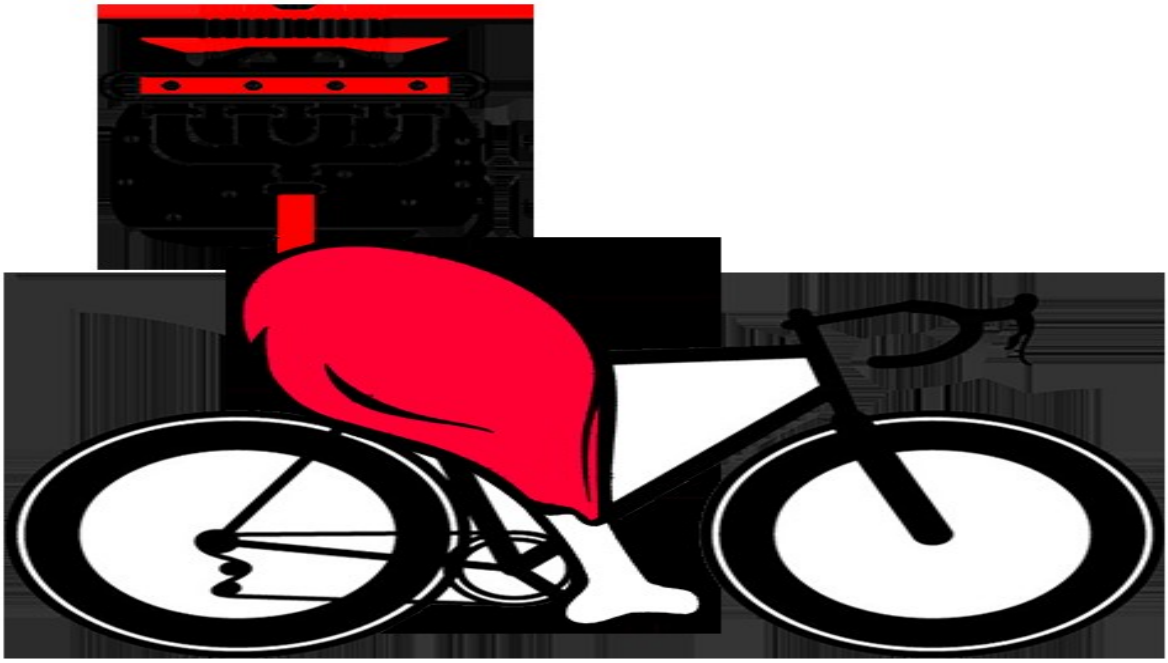

Meat Motor Releases Summary of Study Debunking Performance Benefits of Motivational Music for Competitive Cyclists

May 11, 2023

Fort Worth, Texas - May 11, 2023 -
New research reveals no significant performance differences in cyclists who listen to motivational music during intense 10km time trials.

A summary on the Meat Motor website of a study published in the International Journal of Sports Physiology and Performance has found that listening to self-selected motivational music during a simulated 10km competitive cycling time trial does not provide any concrete performance benefits or changes. The results challenge long-held beliefs that music can offer a competitive edge in high-intensity endurance events.

The study, led by Jana Hagen and a team of international researchers, involved well-trained cyclists completing a 10km time trial on two separate occasions ? once while listening to their chosen motivational music and once without any auditory input. The team discovered no meaningful differences in time to complete the trial, average and peak power output, peak heart rate, peak blood lactate levels, or ratings of perceived exertion between the music and non-music trials.

These findings suggest that motivational music may not be the "ergogenic aid" many endurance athletes have relied on in the past. While music could positively impact psychological factors such as motivation or mood, these effects do not translate into tangible benefits in speed, power, or physical effort during high-intensity competition.

This study only evaluated the effects of self-selected music, leaving the door open for further research to explore the potential impact of different music types or volumes. Older studies structured differently and measuring various results have found varying conclusions, highlighting the need for additional investigation.

For athletes, using music during intense competition may ultimately come down to personal preference, as performance is unlikely to be directly affected. Music could still potentially enhance mood and motivation in training sessions, providing psychological benefits during long workouts or intervals. However, in competition settings, an athlete's focus and motivation should primarily come from within, rather than relying on external factors like background sounds.

It is essential to note that safety should always be the top priority for cyclists. When using music, athletes should never block their ability to hear and remain aware of their surroundings in group cycling or non-closed loop environments.

For more information on this study or to request an interview with the research team, please contact Meat Motor at jordan@meatmotor.com.

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