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Anthropometric Analysis in Recreational Runners: A Narrative Review

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ABSTRACT

Recreational runners are a diverse group whose performance is influenced by multiple factors, including biomechanical, physiological, and anthropometric variables. Recent studies have explored how training modalities like running-specifi c strength training, endurance training, and concurrent training affect both performance and anthropometric parameters in this population. Understanding these predictors is crucial for optimizing performance and preventing injuries among recreational endurance athletes.

This review aims to evaluate the role of anthropometric variables in predicting performance in recreational runners, summarising findings from studies on various training methods and their impacts on these parameters. Thus study focussed on recreational runner, assessed anthropometric variables related to performance, and discussed training modalities such as strength, endurance, or concurrent training. The studies were published as full-text articles in English. PubMed and Google Scholar were searched using terms like “anthropometric analysis,” “recreational runners,” “performance predictors,” and “training effects”. Relevant data on anthropometric variables, training methods, and performance outcomes were extracted from selected studies.

A total of 5 studies were included. Studies from Brazil, Spain and Greece. Anthropometric variables such as body composition, limb proportions, and muscle mass were significant predictors of performance. Training methods had varying effects on these variables, infl uencing endurance and overall performance. Anthropometric analysis provides valuable insights into recreational runners’ performance. Tailored training strategies can enhance outcomes and reduce injury risks.

Keywords: Concurrent training, Endurance training, Performance predictors, Strength training

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