Effects of Running in Solo, Partnered, and Group Conditions on Half Mile Completion Time

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The quest to find various forms of performance enhancement is never ending. Many people tend to run alone. Training to run any distance with a partner or within a group can have additional benefits to an individual's performance. Running under these conditions can add extra pressure or motivation to run at a faster speed. **PURPOSE:** The purpose of this study was to compare performance times while running alone, with a partner, and within a group. **METHODS:** Twenty-six participants (20.5 yrs), 24 male and 2 female, completed three half-mile runs around an outdoor track on three separate days. The first day, subjects ran three half-miles alone. On the second day, participants were paired with another individual who ran a similar time during their solo runs. For the final set of runs, groups of 3-5 were made in the same fashion. To analyze the data collected, a one way ANOVA with repeated measures was completed on the fastest time under each condition. **RESULTS:** The analysis did not reveal any significant interaction or main effects ($F_{(2,50)}=2.37$, $p=.11$), meaning participants performed approximately the same when running alone (171.27 ± 18.05 sec), with a partner (176.81 ± 20.00 sec), and within a group (180.07 ± 14.89 sec). **CONCLUSION:** Though no significance was found between the running conditions, running solo had faster times than running within a group. A larger sample size may have allowed the difference between running alone and running with a group become statistically significant. Running as a group can add a social factor that causes participants to approach this condition differently than running solo. When running alone, participants were more focused on the run itself causing a faster time.