

Review of: "Comparing a Marathon Attempt to a Personal-Best Deadlift as They Relate to Their Respective World Records"

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Potential competing interests: No potential competing interests to declare.

As a researcher, I had a hard time understanding the article.

General comments

This appears to be a single-case investigation, but the athlete in question does not finish the marathon test and interrupts it on several occasions. No scientifically structured methodology has been followed. It seems more like a reflection on a personal experiment than an investigation.

Abstract

General comment

In this first section, the author indicates that his intention is to compare his personal best in the marathon and deadlift with the world records and analyse which one is closer. He discusses three possible methodological approaches to make these comparisons but does not offer any results in this section.

Specific comments

Introduction

General comment

In this section, the author talks about his limited walking and running experience, his eating habits, and his regular strength training, then discusses his experience with trying to run the marathon and finally asks whether it is better to compare the marathon record or the deadlift record to estimate a person's performance. But he does not make an introduction to the subject in question, does not provide information from similar research, or references.

The results should not be in this section. The table provided is totally unstructured.

Materials and Methods

General comment

In this section, the research question is posed, but it does not coincide with the one posed in the abstract. In fact, this question is asked after the tests have been performed; however, it should have been defined before the test.

There is no description of the protocol followed or of the materials used for the test measurements. Nor is anything related to the statistical analysis indicated (no statistics are given).

Specific comments

1. Percentage approach: this approach seems the most reasonable, but the comparison between deadlift and marathon does not seem very accurate. Let me explain: measuring the weight lifted by a subject in a 1RM and comparing it with the world record seems adequate, and you can see the difference and how far the athlete is from the reference mark (i.e., 1075 lb).

But comparing the race of a person who has not completed the marathon distance to the marathon makes no sense (i.e., the participant has not completed the event, it cannot be compared). And using the marathon world record time to see what distance the participant has run in that time and comparing it to the marathon time is meaningless. The athlete's goal was to run the marathon, not to run 2h 35". If his goal had been that, instead of running 42 km, his pace would have been different. It is incomparable.

2. Pace-based approach

Absolutely incomparable; we cannot ask a participant to run the marathon distance at marathon pace for 42 km. Another possible approach would have been for the participant to run the maximum possible distance at marathon pace, but without the goal of completing the marathon.

For the deadlift, the pace factor should simply be how fit or unfit, if the "1:1:1 tempo" is met, because the goal is to lift as much weight as possible, not to lift it faster or slower.

Danny Grigsby and Kelvin Kiptum's data is incorrect.

3. Anthropomorphic approach

It might be adequate to compare the weight/power/strength ratio of the athletes, but the participant has a morphology clearly more adapted to weightlifting than to marathon running, making this comparison meaningless.

Discussion

General comment

This section should compare the results obtained with previous studies, and the only thing that is provided is the opinion of experts on the shortcomings of the study, but the results obtained are not compared with those of any other researcher.

Conclusion

General comment

It is not related to the research question; it only comments on the importance of strength training for people's health.

There should be no bibliographic references in this section.

I discourage the publication of this article.