

Wearable Gait Metrics Track Recovery After Marathon Running

Dave Grohl-Mensah

1. Introduction

This manuscript investigates Wearable Gait Metrics Track Recovery After Marathon Running. Open peer review means this text, its data, and every reviewer comment are part of the permanent public record on Review Slave.

2. Methods

We describe a reproducible protocol with pre-registered analysis. Materials and code are linked in the supplementary archive. All statistics report effect sizes with 95% confidence intervals.

3. Results

The primary endpoint reached significance under a conservative correction. Secondary analyses are reported transparently, including null results, because the record is the point.

4. Discussion

We situate the findings in the literature, state limitations plainly, and outline falsifiable next steps. This is a wellness- and research-grade contribution not medical advice.

5. Data & Code Availability

All artifacts are openly licensed. Reviews of this manuscript carry citable identifiers and appear on each reviewer's public Crew Card.