Long Run Quantification

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Quantified Self London
Wednesday 28th August 2013
Why am I tracking?

Utility
• More that works (less that doesn’t)
• Some tests have training value

Story
• Motivation
• Sense of progress
• Nostalgia / social narrative
Collect data

- Course
- Distance
- Speed
Train for pace

Graph showing speed, fitness, distance, and endurance with dates and distances plotted.

- Speed: Aug 19-25, Aug 12-18, Aug 5-11, July 29-Aug 4
- Fitness: July 22-28, July 15-21, July 8-14, July 1-7
- Distance: June 24-30
- Endurance: July 22-28, July 15-21, July 8-14, July 1-7

Miles run axis ranges from 0 to 26.
Build distance

Speed Fitness Distance Endurance

Miles run

Min/mile mph

Marathon time

5h 4h 3h 5 6 7 8 9 10
Collect other data

Biometrics

- **Height**: 183cm (6’0”)
- **Right forearm**: 26.0±0.0 cm
- **Waist**: 81.2±0.5 cm
- **Hips**: 92.0±0.0 cm
- **Weight**: 69.7±0.5 kg (10 st 10lbs)
- **Sleep**: 6h 36min ± 0h 37min per night
- **Reaction speed**: 205±19ms
- **Resting pulse**: 60±3 bpm
- **VO₂ Max**: 47.50±0.70 ml/kg/min
Oral Glucose Tolerance Test

Test date: 3 August 2012
Challenge: Lucozade original (410ml)
Sample: Capillary blood

What am I feeling when I feel tired?
Plenty of blood sugar at half marathon
Training goals and plan

Goals:
- Build speed: October half marathon at 9 min/mile pace
- Build distance: 10 miles as standard run by January
- Build speed & distance: 18+ miles at sub 10 min/mile pace by March
- Get used to the way that running feels

Plan: