

A photograph of a marathon race. In the foreground, a man wearing a blue cap, glasses, and a tiger-print long-sleeved shirt is running. He has a white race bib with the number '00' on his chest. To his left, a woman in a blue t-shirt and black leggings is also running, with a bib number '25' visible. Other runners are visible in the background, some in various colored athletic wear. The scene is set on a paved road with lush green trees in the background under bright daylight.

Long Run Quantification

Matthew Beard
Quantified Self London
Wednesday 28th August 2013

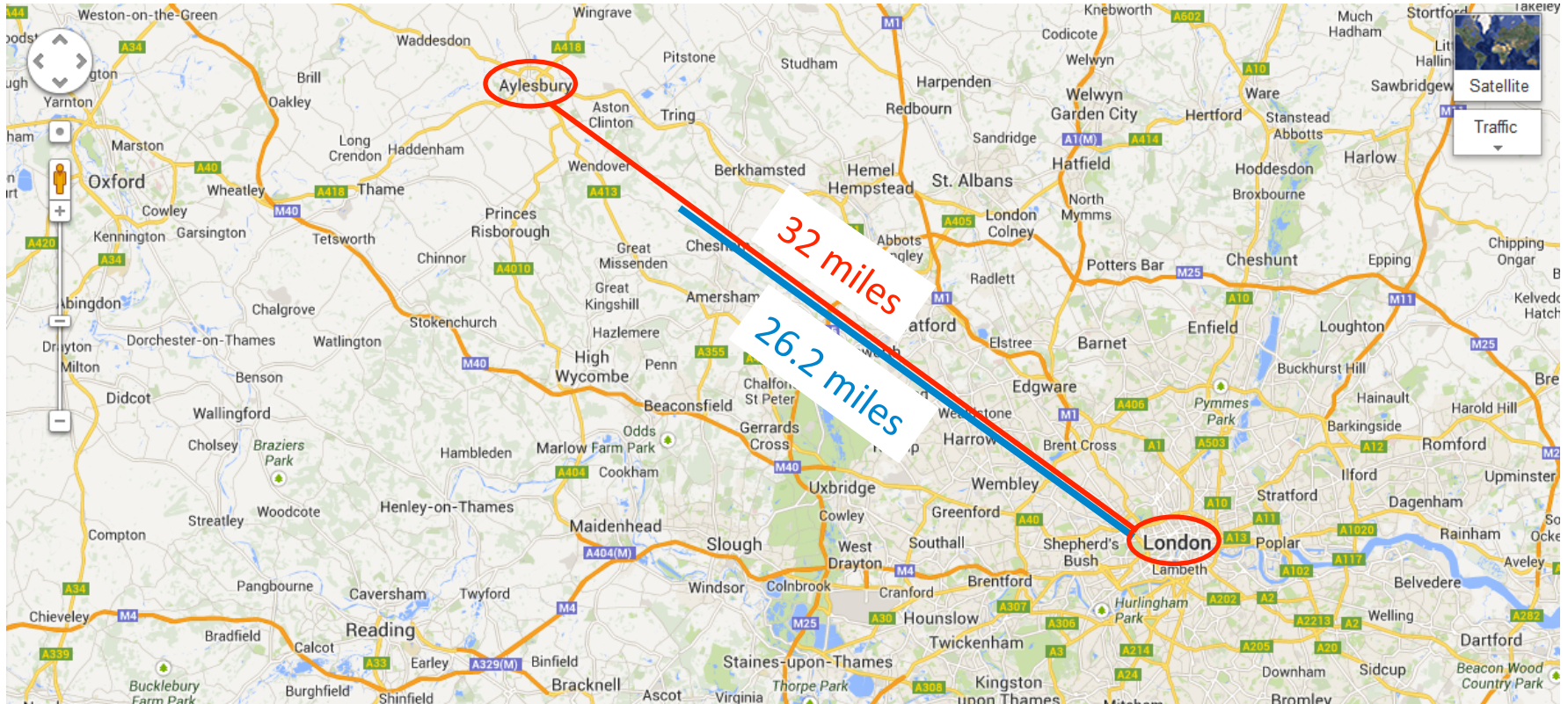
Why am I tracking?

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

Activity Feed

Tuesday, August 6, 2013



Matthew Beard
SC x2 14 miles
14.2mi 9:38/mi

Add Comment

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Sunday, August 4, 2013



Matthew Beard
Run for pace
3.5mi 8:05/mi

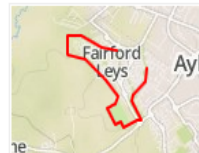
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Friday, August 2, 2013



Matthew Beard
Alberto & Julien
3.7mi 8:52/mi

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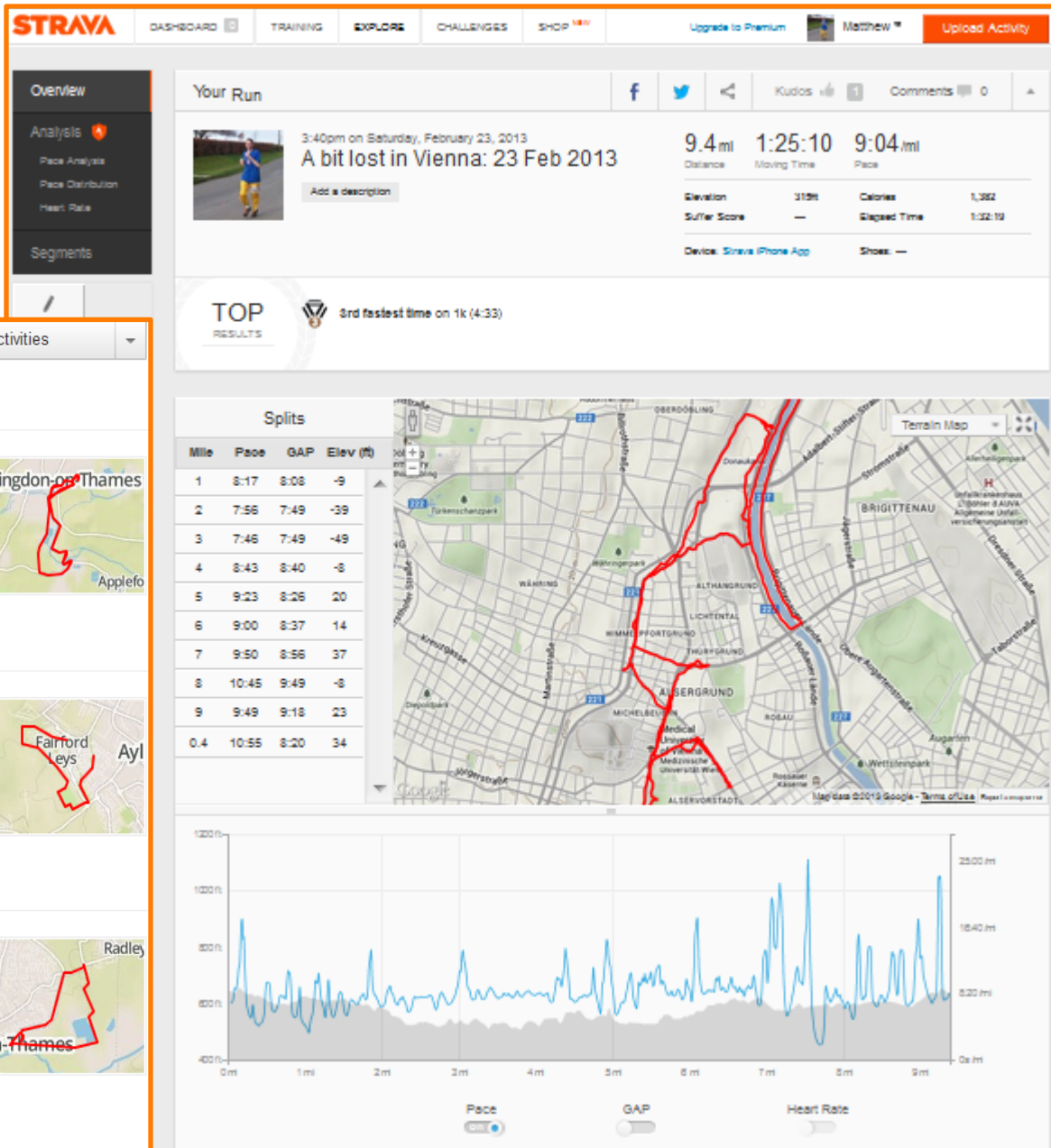
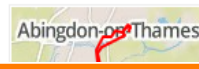
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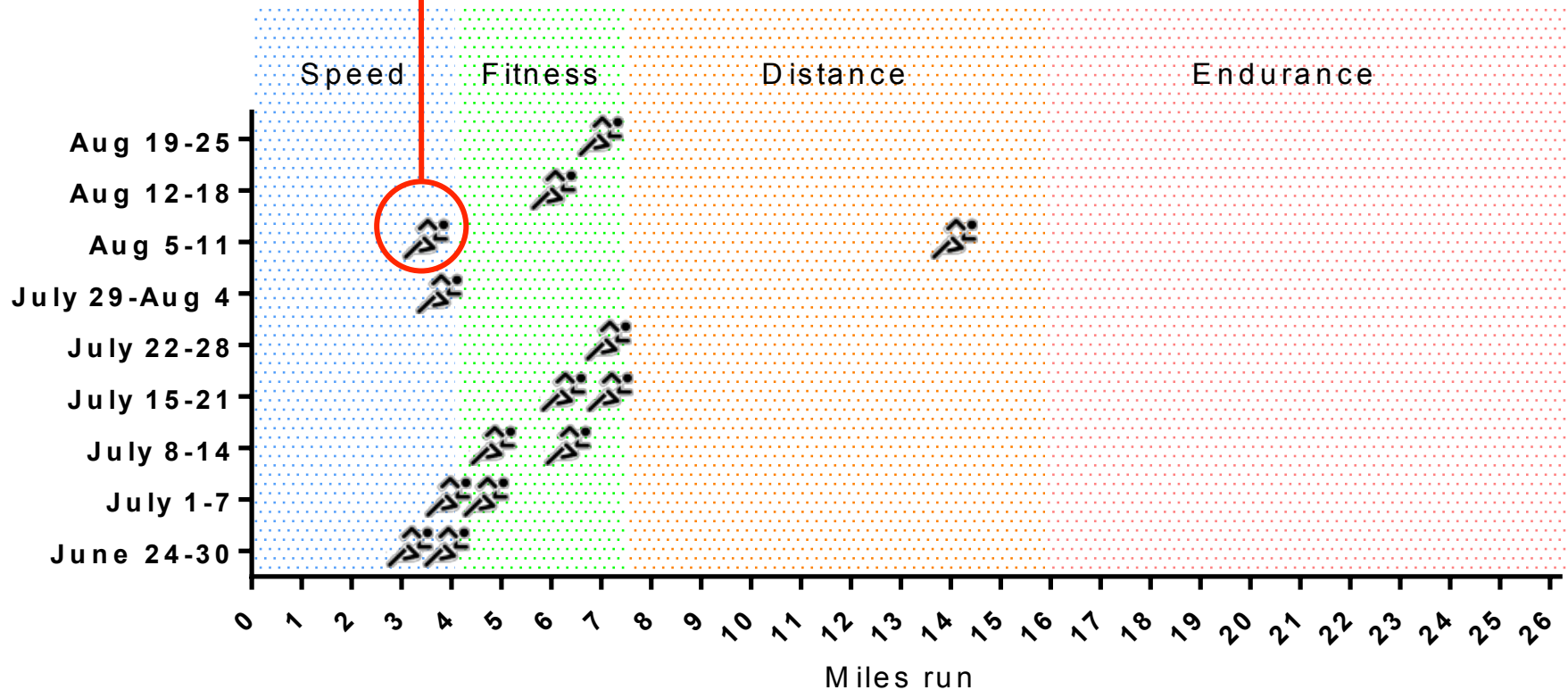
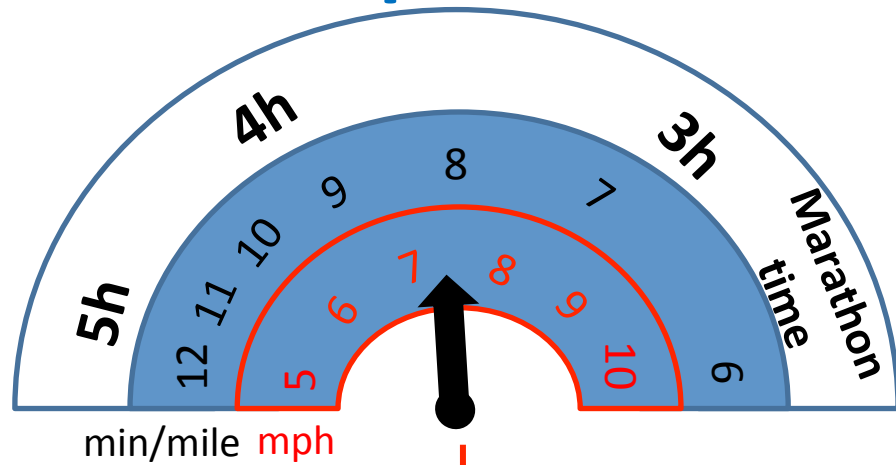
Friday, July 26, 2013



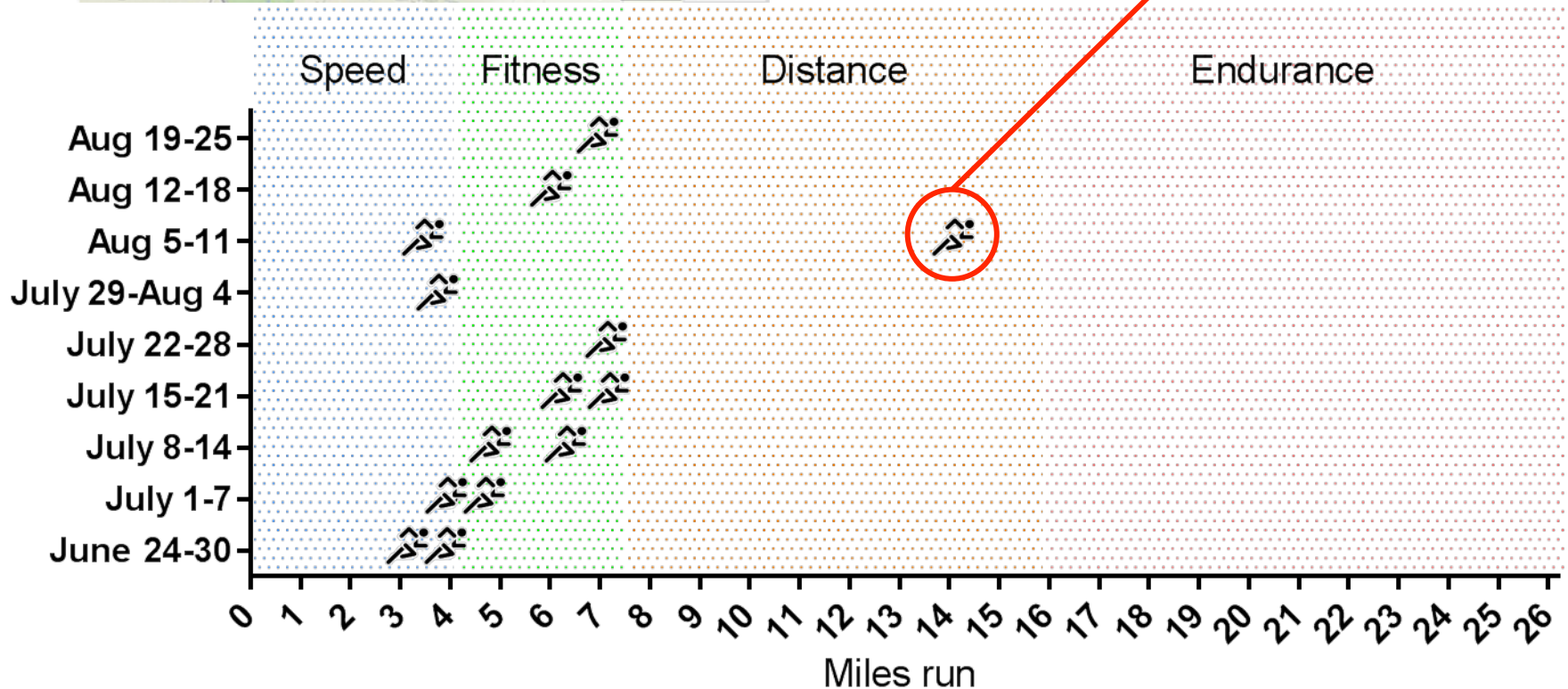
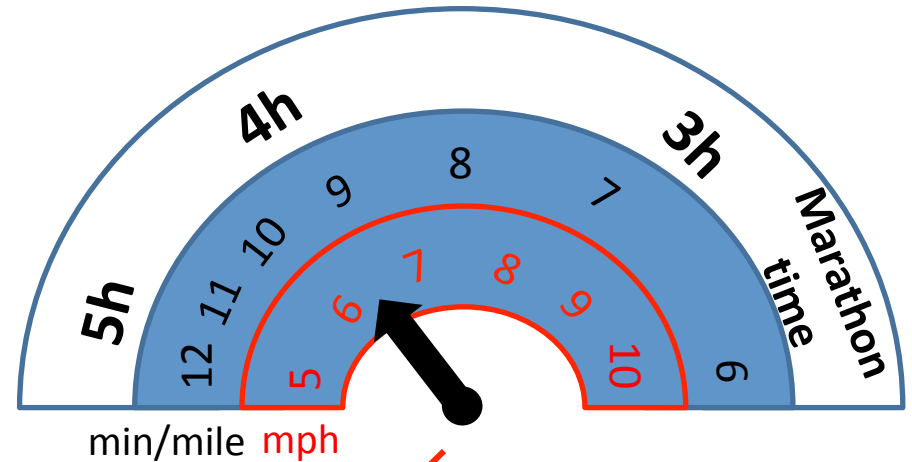
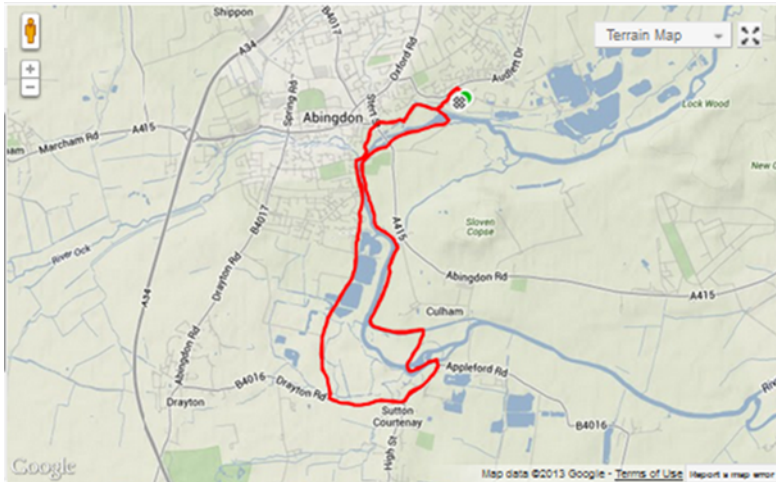
Matthew Beard



Train for pace



Build distance



Collect other data

Biometrics

Height

183cm (6'0")

Right forearm

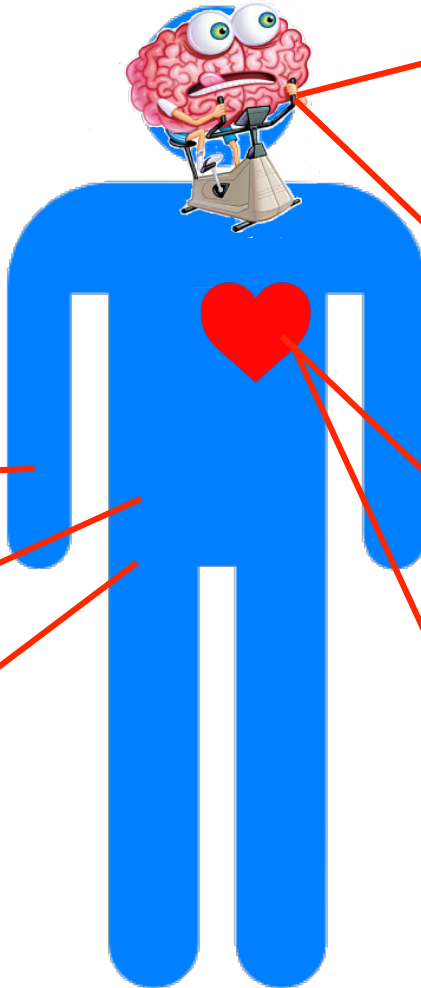
26.0±0.0 cm

Waist

81.2±0.5cm

Hips

92.0±0.0cm



Sleep

6h 36min ± 0h 37min per night

Reaction speed

205±19ms

Resting pulse

60±3 bpm

VO₂ Max

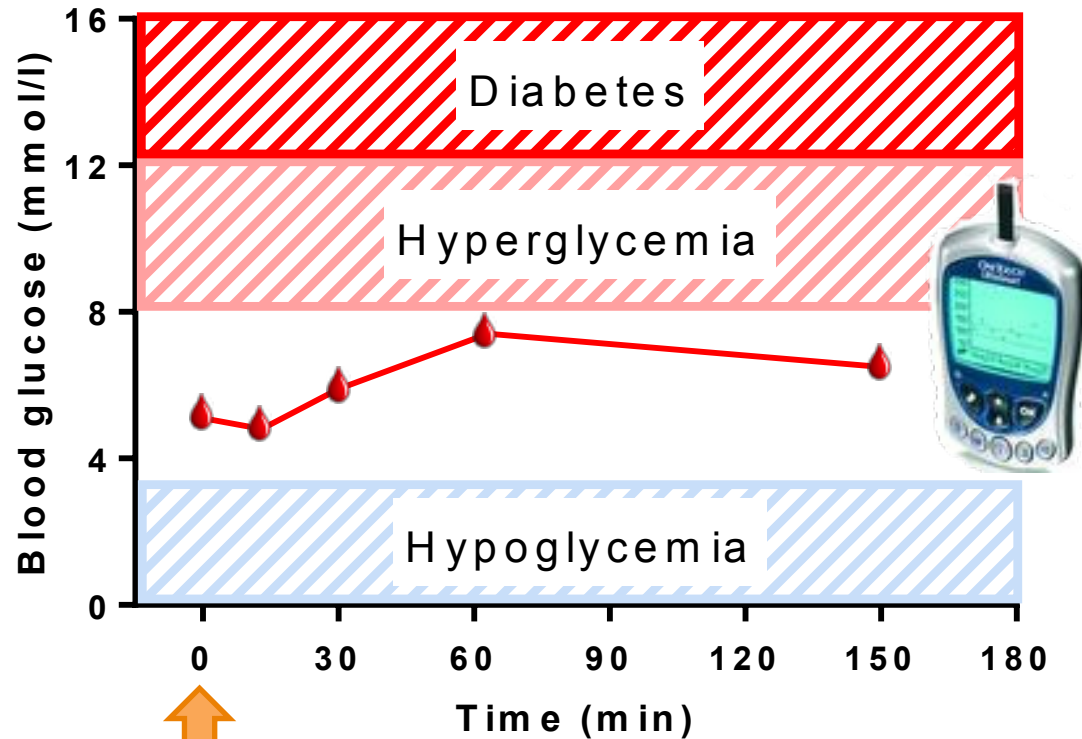
47.50±0.70 ml/kg/min



Weight

69.7±0.5 kg (10 st 10lbs)

What am I feeling when I feel tired?



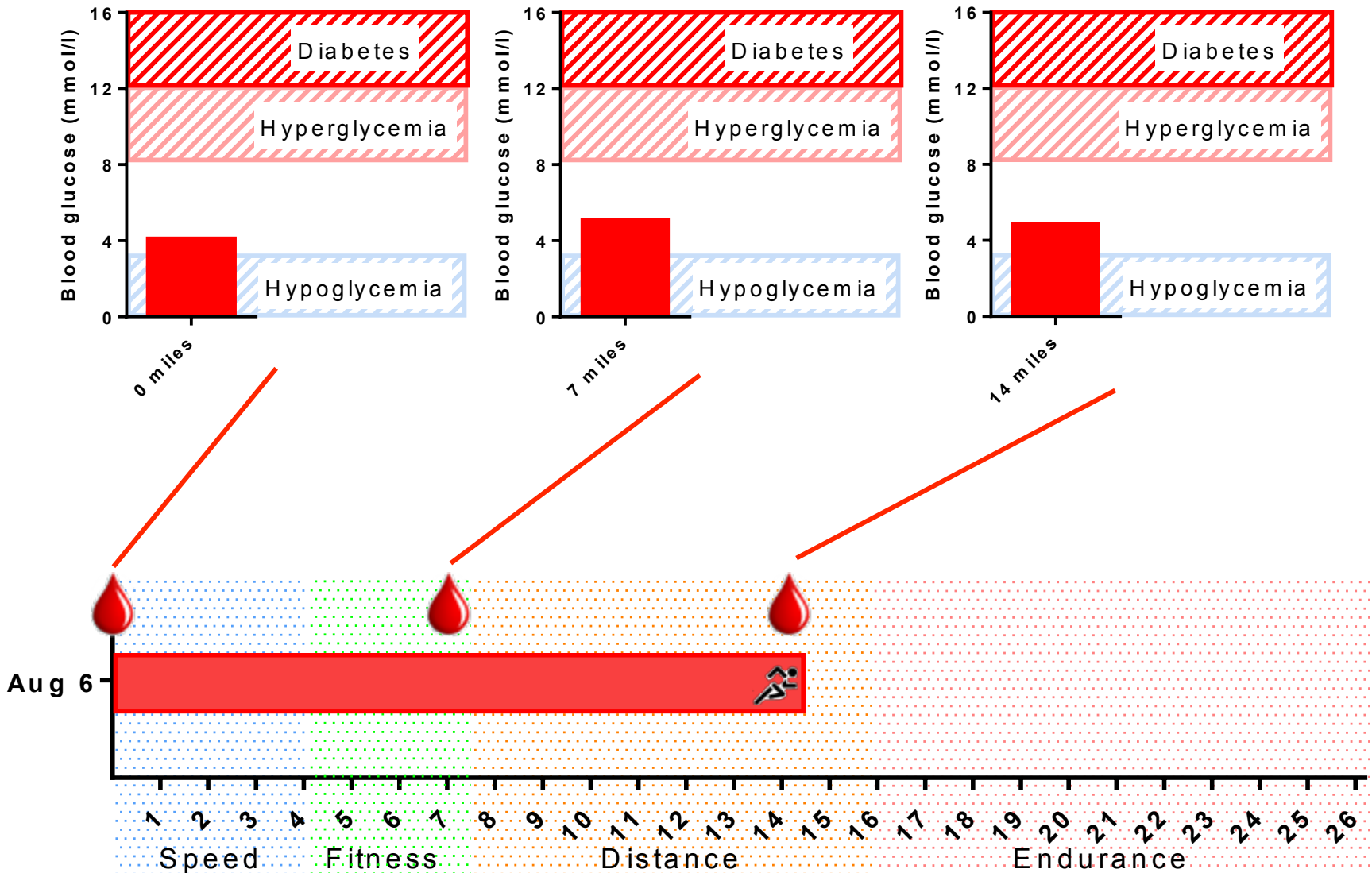
Oral Glucose Tolerance Test

Test date: 3 August 2012

Challenge: Lucozade original (410ml)

Sample: Capillary blood

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:

