Carbless in Seattle

Adrienne Andrew Slaughter
May 10-11 2014
Glycogen Stores

~2 hours
Glycogen Stores

~2 hours
Make this a Route

**TOTAL CLIMB**

- Elevation: 223 ft
- Distance: 1.34 mi
- Time: 11:18

- **539**

**AVERAGE SPEED**

- **8.61**
Am I really slower, or does it just feel harder?

How long was it going to last?

How does low-carb eating impact my athletic performance?
Hypothesis:
When eating a low-carb diet, my time to commute to work will be longer.
Duration placeholder: Needs to be replaced with chart that includes outliers.

Bike Commutes: Duration

Duration (min:sec)

Day

n = 58
Bike Commutes: Duration

Duration (min:sec)

Day

Top Quartile
Mean
Bottom Quartile

n = 51

Placeholder: Needs to be replaced with chart that includes outliers.
Sanity Check: Duration Improvement

<table>
<thead>
<tr>
<th>Event</th>
<th>Time improvement</th>
<th>Number of days between</th>
</tr>
</thead>
<tbody>
<tr>
<td>event1</td>
<td>3:35</td>
<td>8</td>
</tr>
<tr>
<td>event2</td>
<td>6:17</td>
<td>7</td>
</tr>
<tr>
<td>event3</td>
<td>4:07</td>
<td>6</td>
</tr>
<tr>
<td>event4</td>
<td>1:04</td>
<td>4</td>
</tr>
<tr>
<td>event5</td>
<td>0:11</td>
<td>9</td>
</tr>
<tr>
<td>event6</td>
<td>2:18</td>
<td>1</td>
</tr>
</tbody>
</table>
What did I learn?

- Carbohydrate intake influences athletic performance.
What did I learn?

• Carbohydrate intake influences athletic performance.
• It’s reversible.
• It doesn’t last forever.
What did I learn?

- Carbohydrate intake influences athletic performance.
- It’s reversible.
- It doesn’t last forever.
- The fatigue was real.

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Breakout: Telling Stories with Data
Saturday, 3pm