

Three Marathons on Zero Calories

by Mikey Sklar

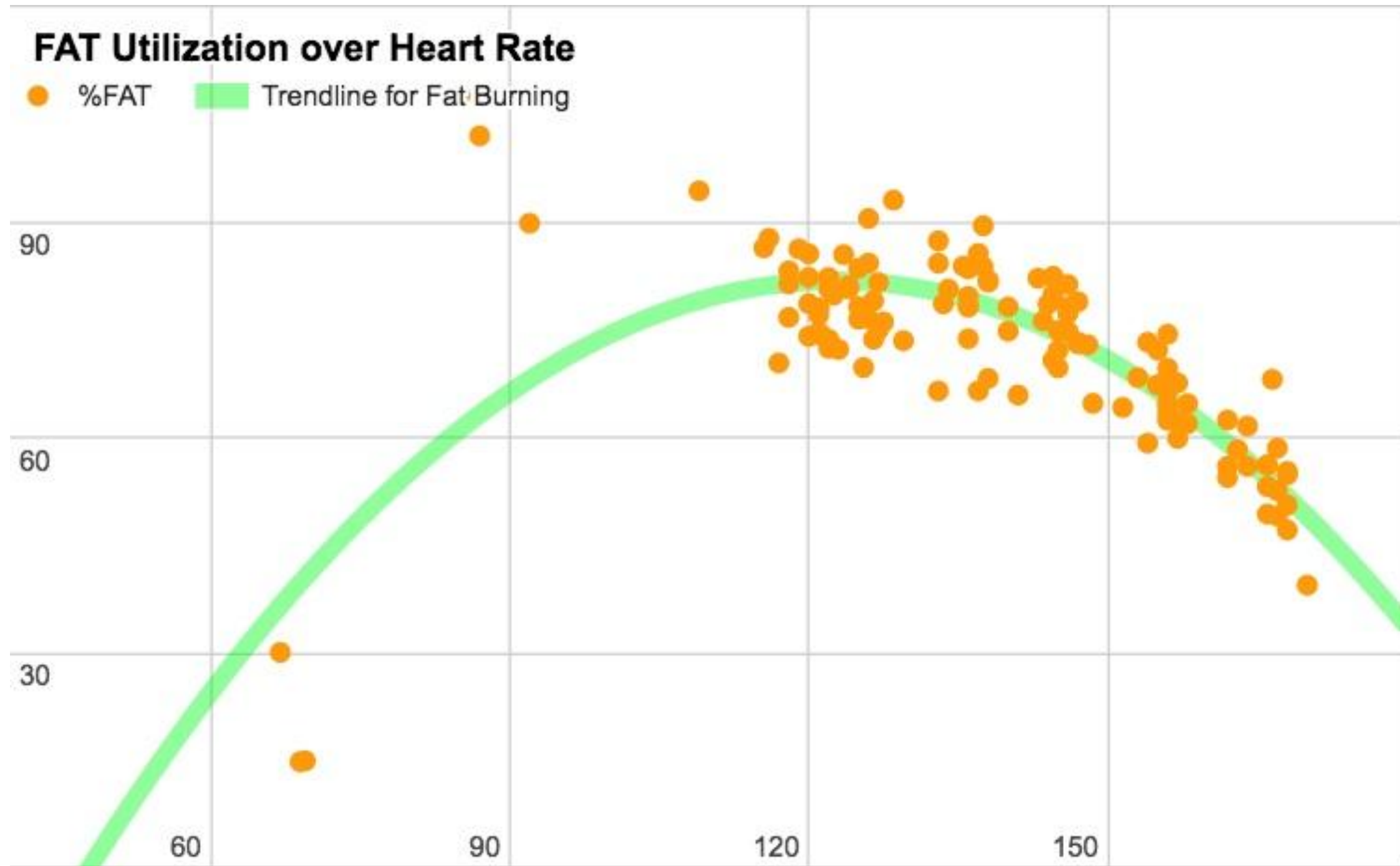


Goal: Run 100 miles, in 24 hours, without calories





Max Fat Burn

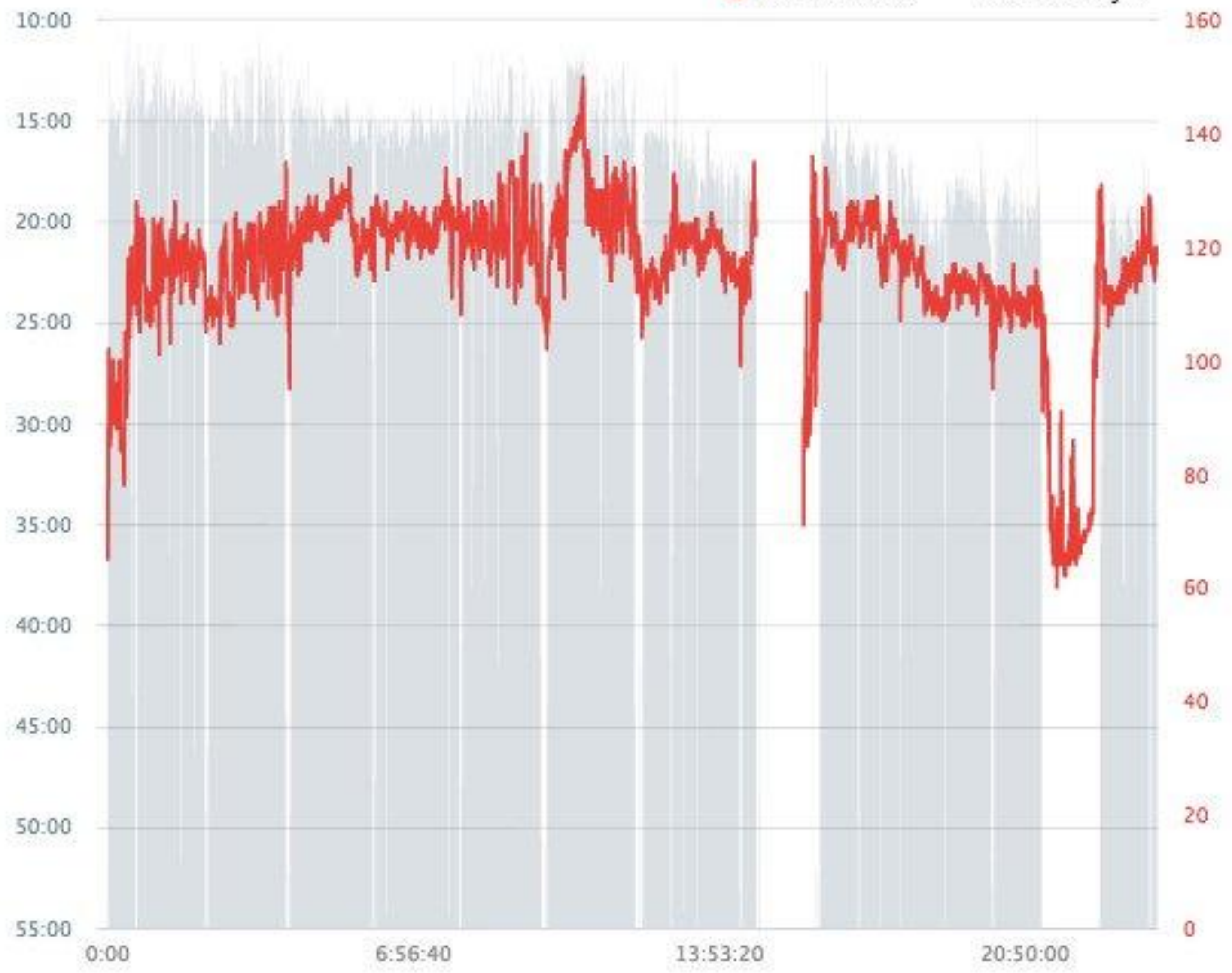


64%

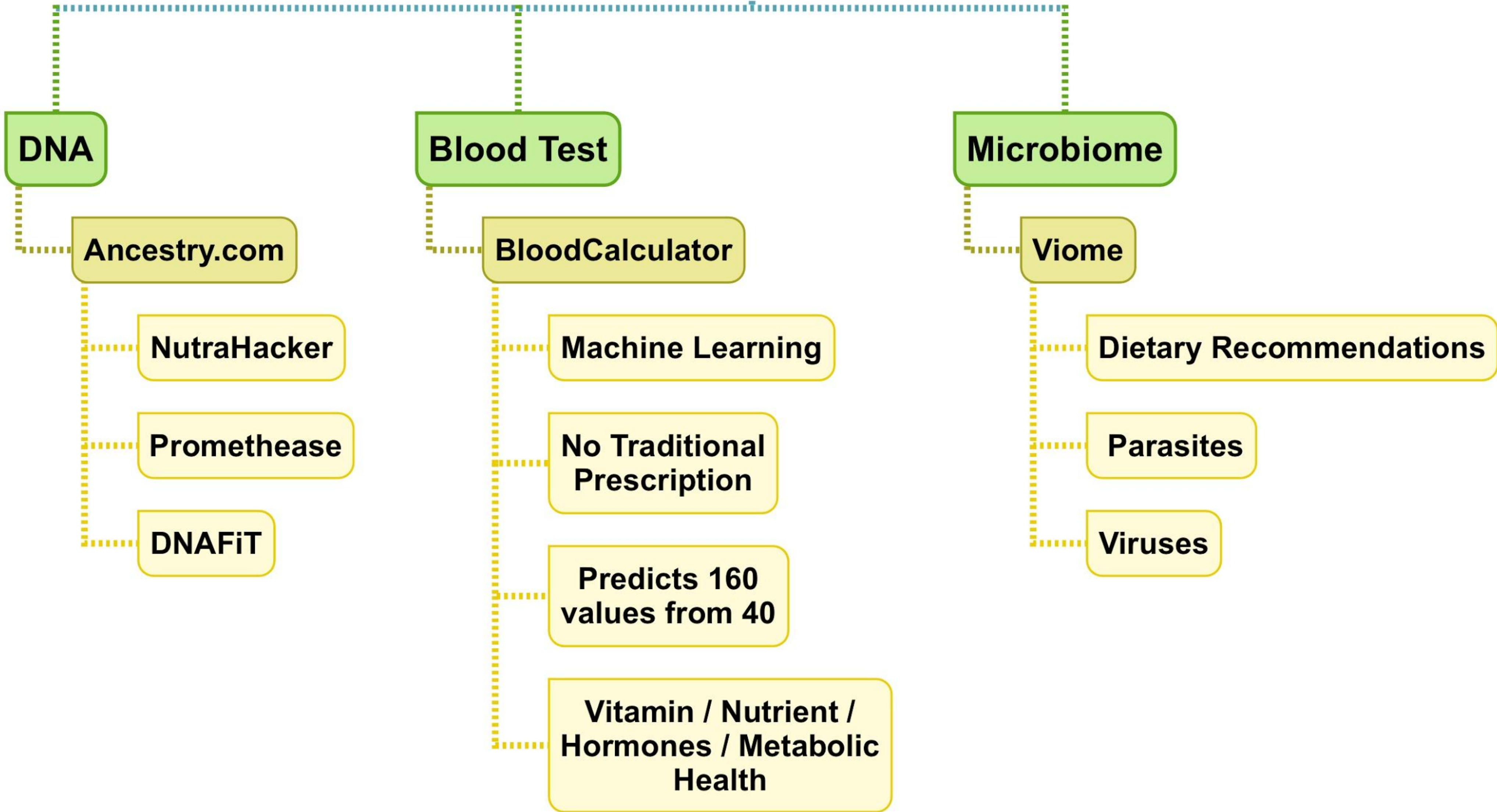


● Pace

● Heart Rate ▼ No Overlay ▼



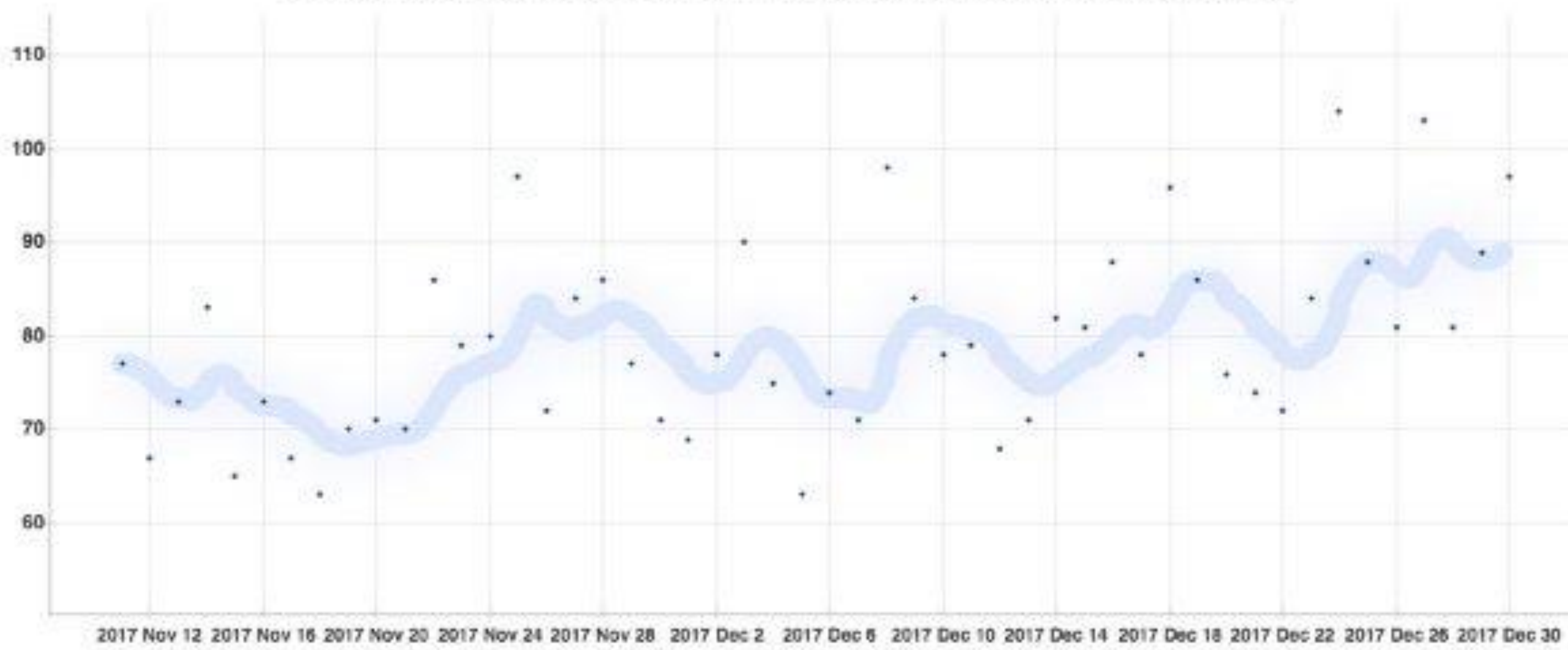
3rd Party Analysis



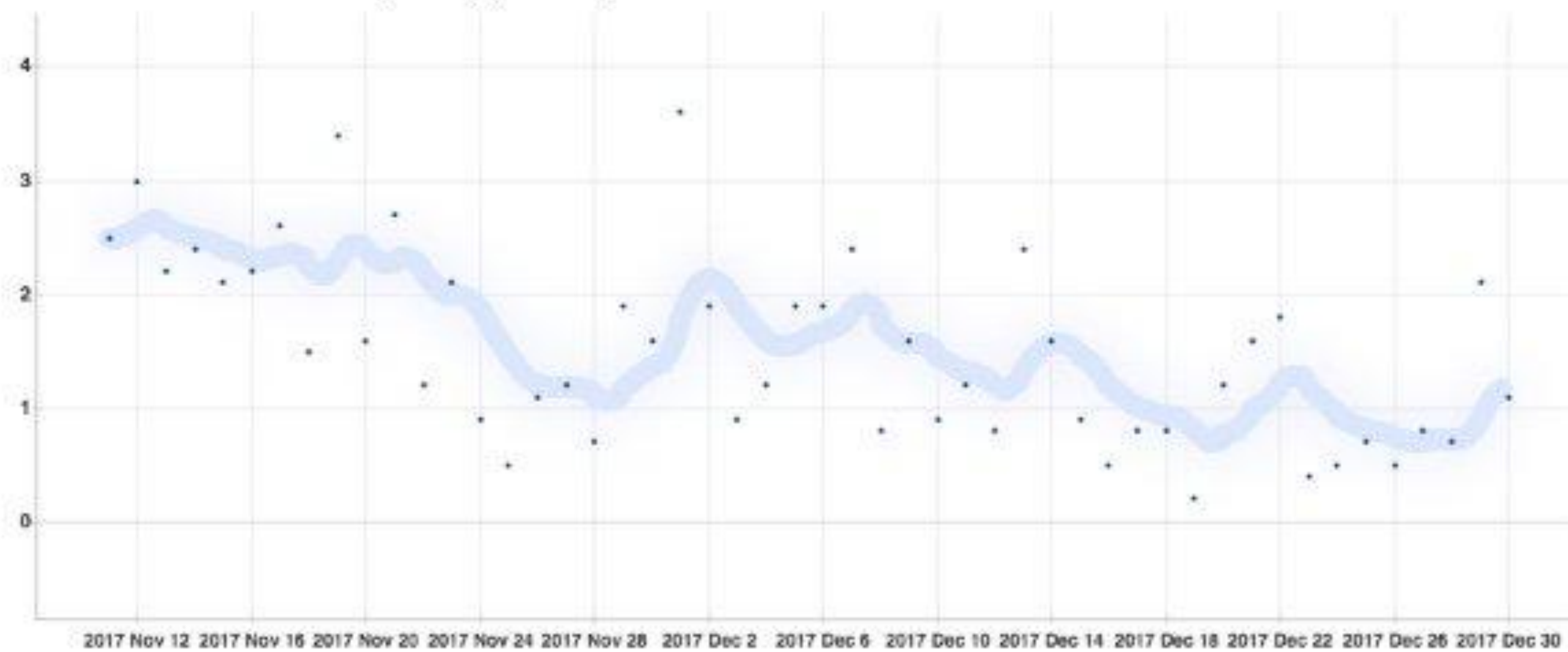


Biometric Charts

Blood Glucose (mg/dL) from 2017 November 11 to 2017 December 30



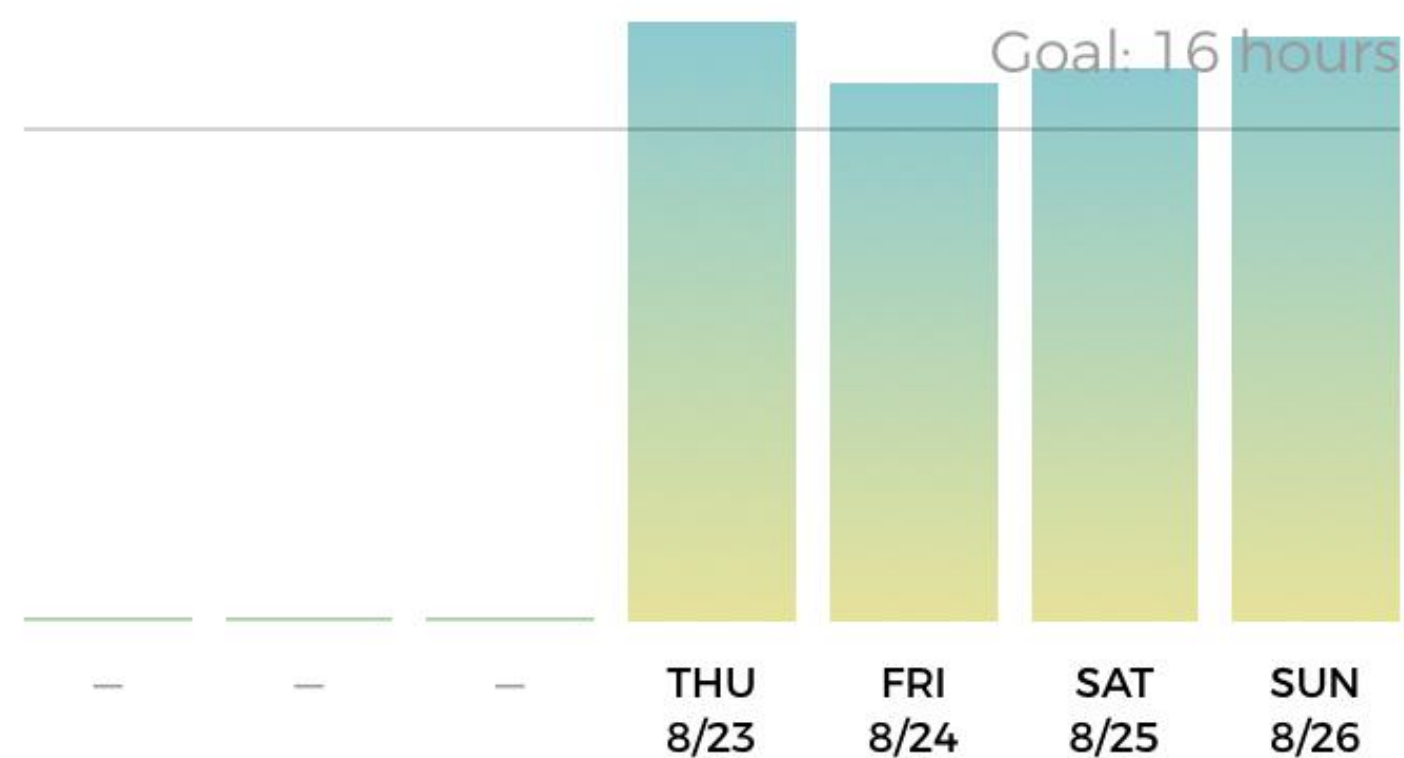
Ketones (Blood) (mmol/L) from 2017 November 11 to 2017 December 30



Monitoring



LAST 7 FASTS



STARTED

DURATION

Sun, 8/26

19hr



Sat, 8/25

18hr



Fri, 8/24

17hr 29min



Thu, 8/23

19hr 30min



AVERAGE

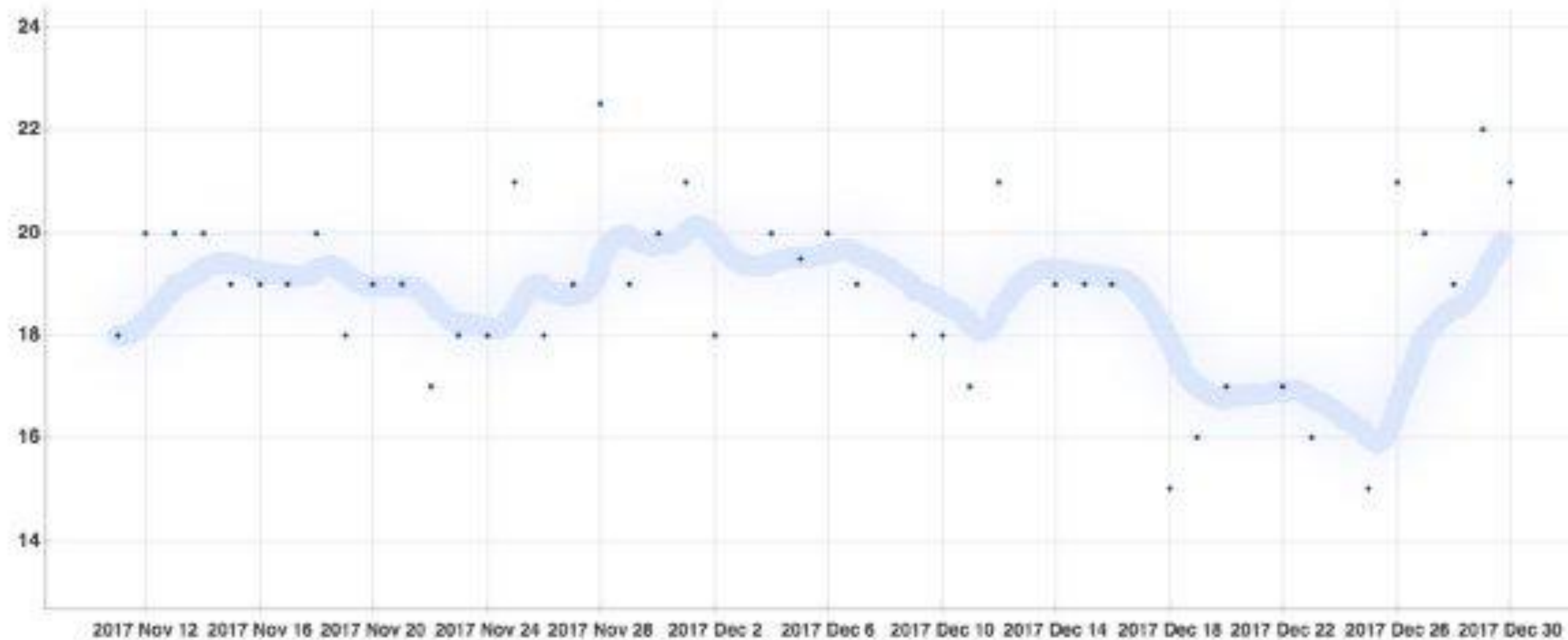
18hr 30min

TOTAL

74hr

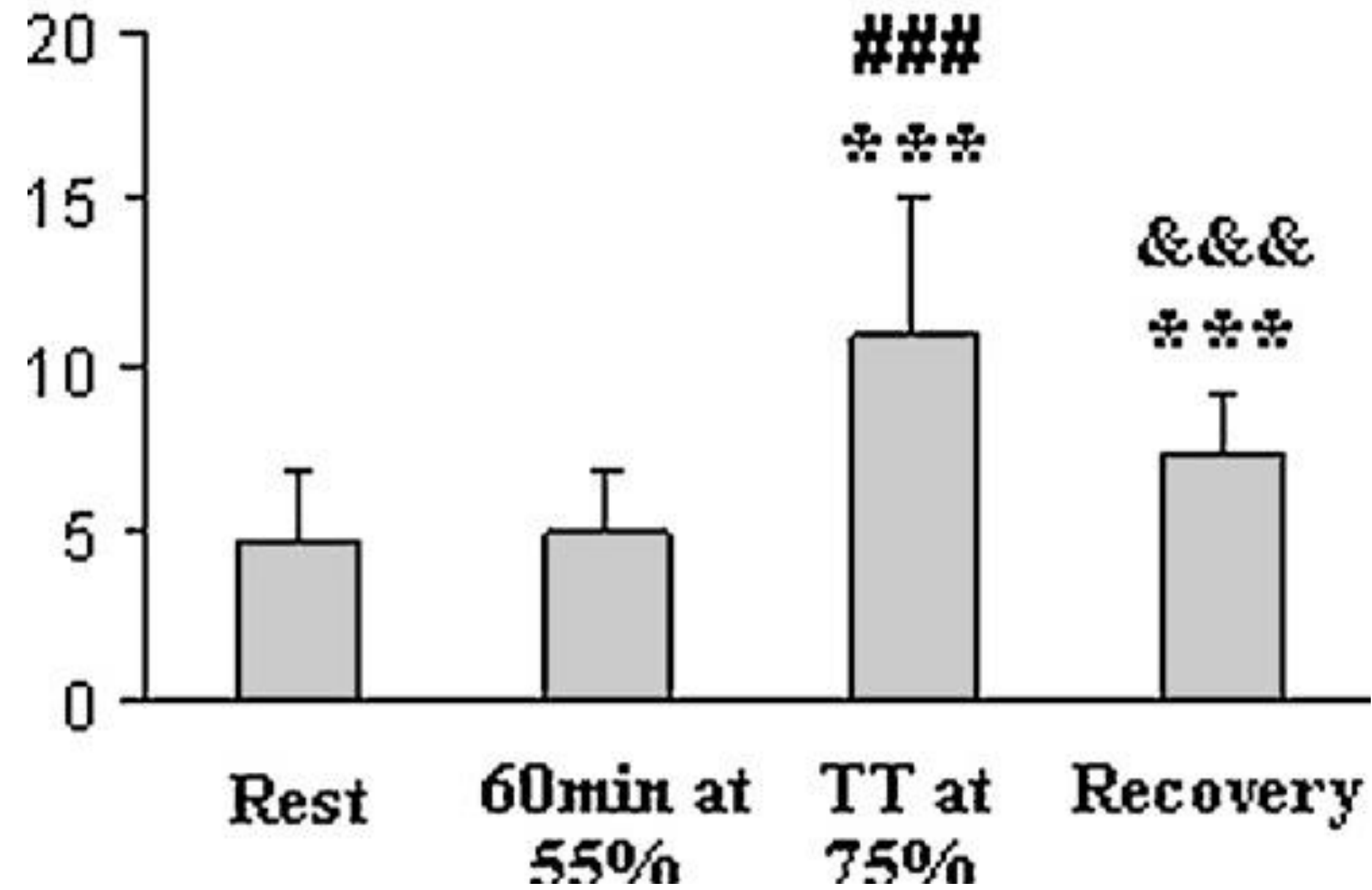
Intermittent Fasting 18:6 (TRE - Time Restricted Eating)

Fasting (hours) from 2017 November 11 to 2017 December 30



New Plan: Get Really High

β -endorphin (pg/100 μ L)

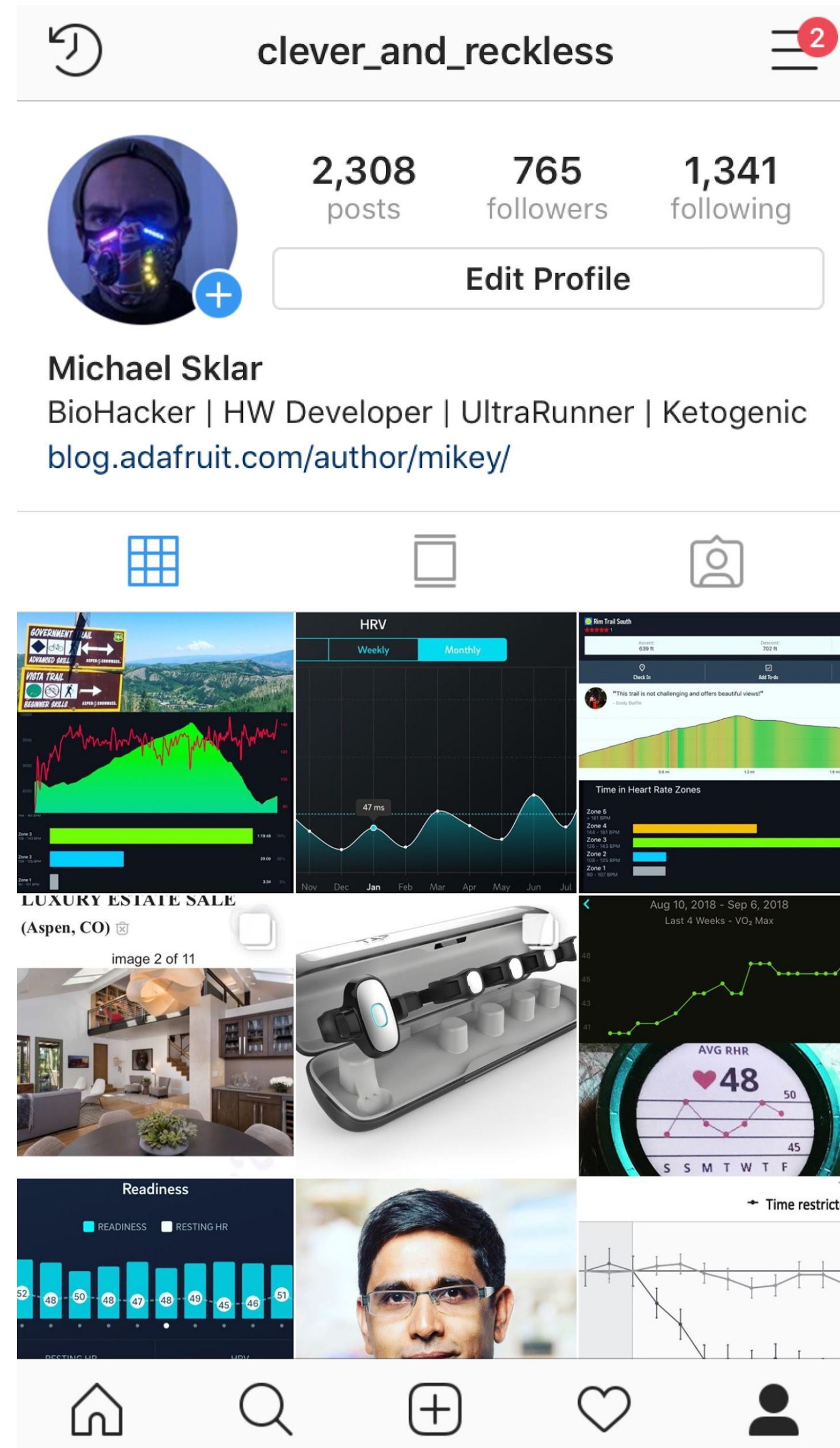


75% Effort - Peak Rewards



Next Attempt: Faster (75% effort) = set world record

Follow Me

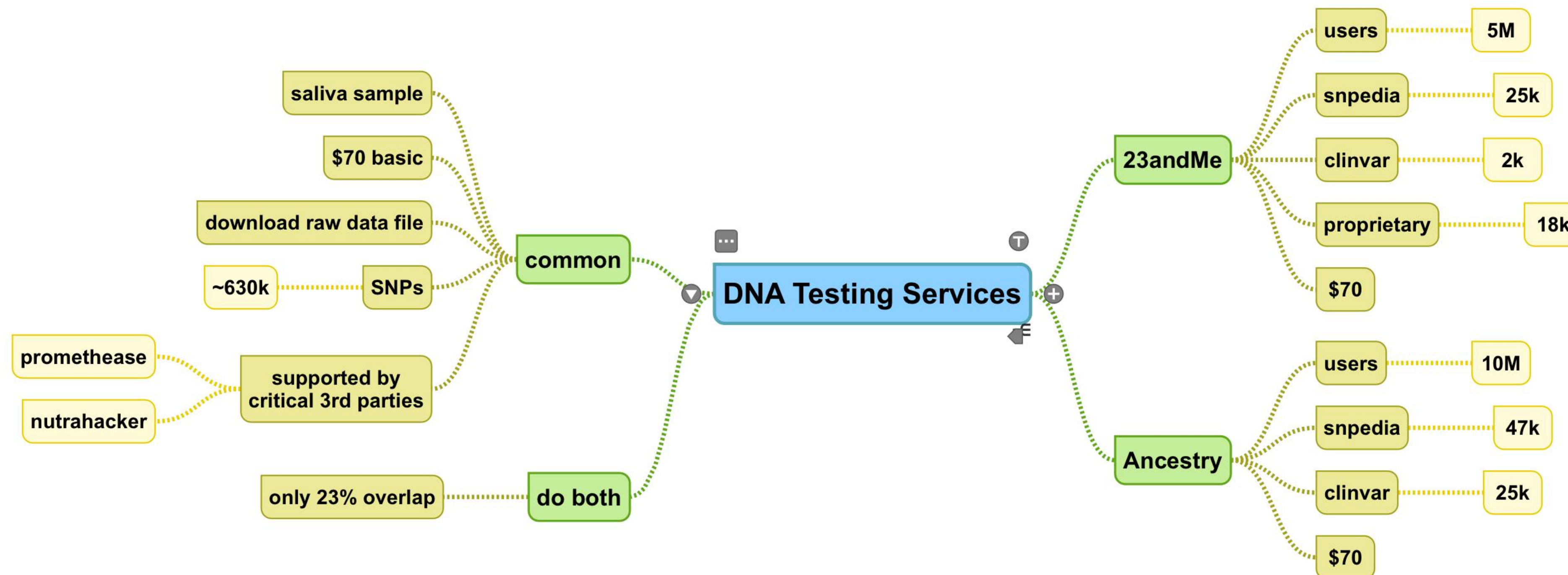


Instagram : clever_and_reckless

Breakout Discussion

DNA Testing - What Can We Learn Today?

Saturday : Session 3 : 2pm - 3pm : Location Three



How-To

Make Your Own Metabolism-Tracking Device

Sunday : Session 5 : 10:30-11:30 : Location One

