A group of runners participating in a marathon on a paved road with green trees in the background. The runner in the foreground is wearing a blue cap, a patterned long-sleeve shirt, and a white race bib with the number 03. Other runners are visible in the background, including a woman in a blue shirt and a man in a black shirt.

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

STRAVA DASHBOARD TRAINING EXPLORE CHALLENGES SHOP Upgrade to Premium Matthew Uploaded Activity

Your Run

3:40pm on Saturday, February 23, 2013
A bit lost in Vienna: 23 Feb 2013

9.4 mi 1:25:10 9:04/mi
Distance Moving Time Pace

Elevation 319ft Calories 1,352
Suffer Score — Slowed Time 1:32:19

Device: Strava iPhone App Shoes: —

TOP RESULTS 3rd fastest time on 1k (4:33)

Activity Feed

My Activities

Tuesday, August 6, 2013

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

Abingdon-on-Thames

Sunday, August 4, 2013

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

Fairford Leys

Friday, August 2, 2013

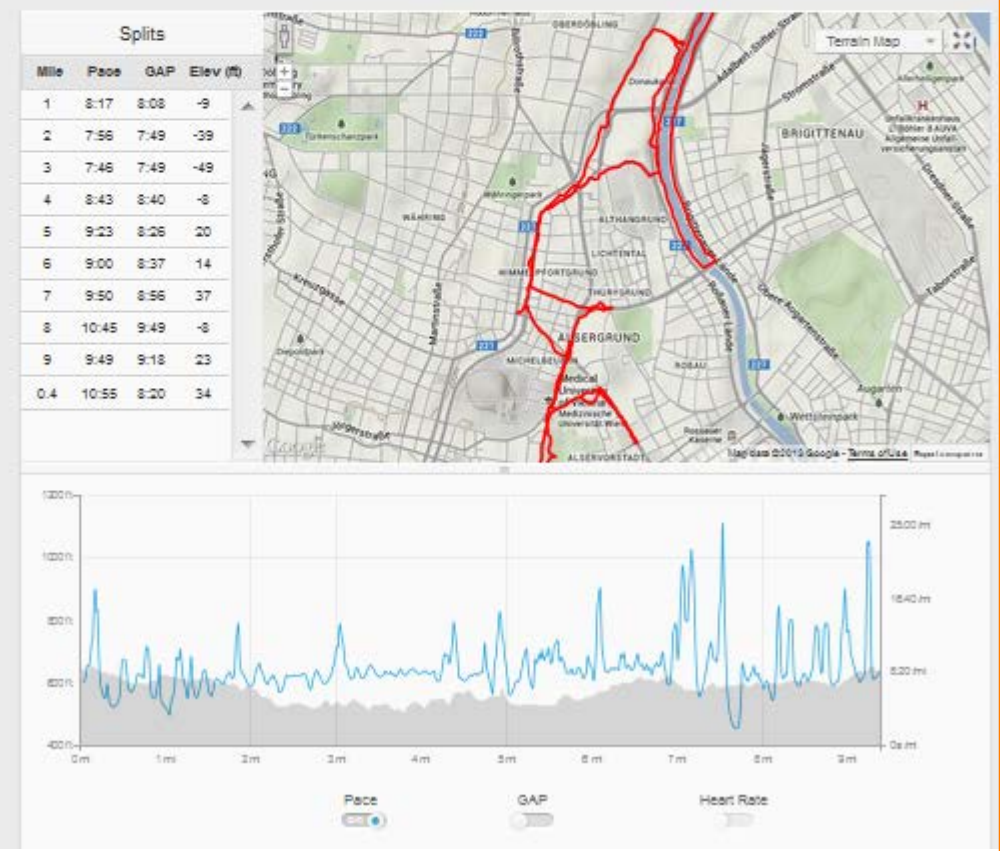
Matthew Beard
Alberto & Julien
3.7mi 8:52/mi

Radley

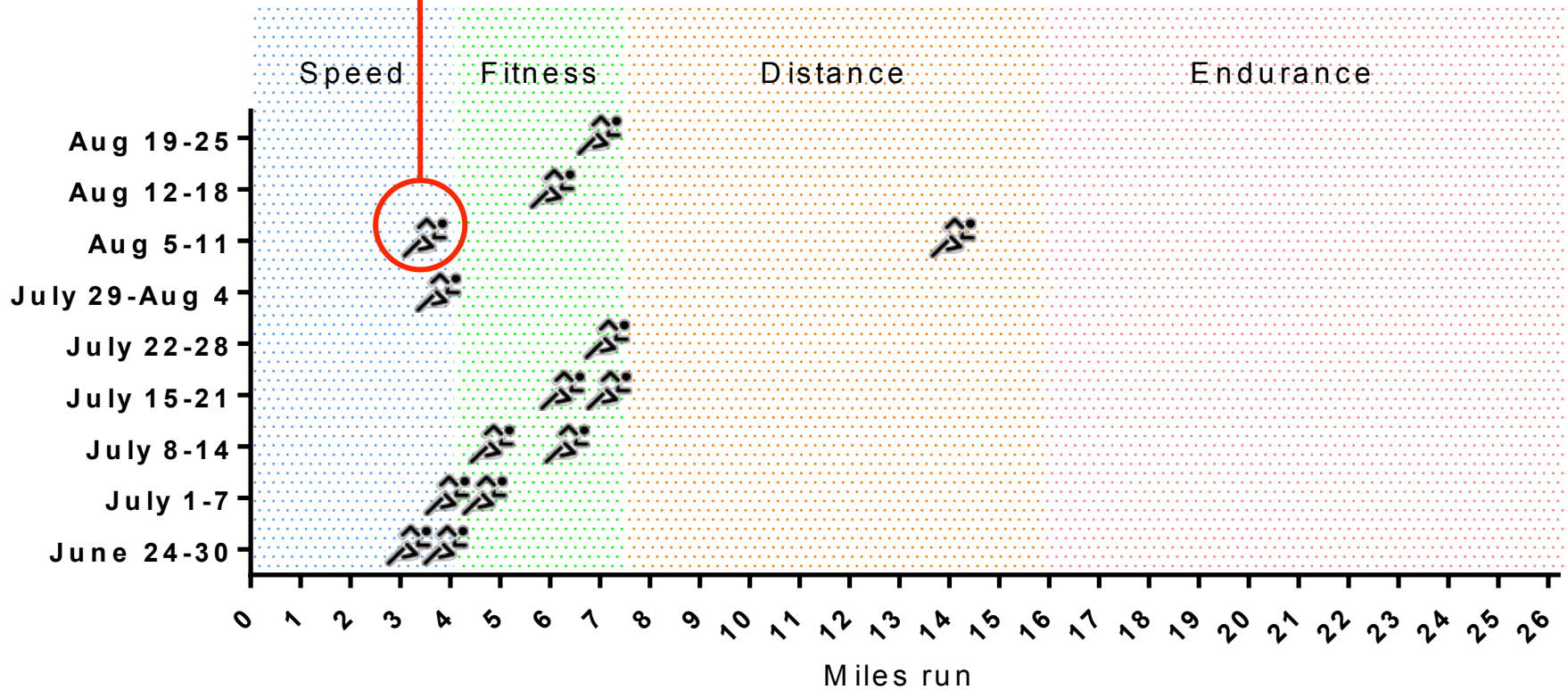
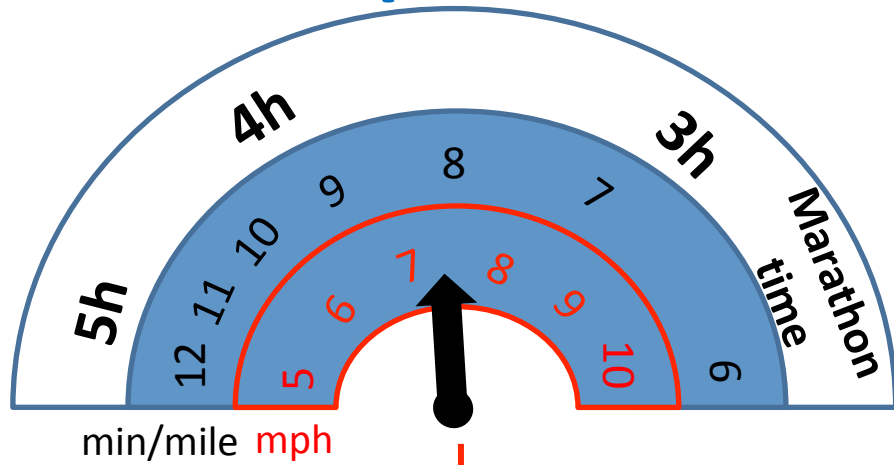
Friday, July 26, 2013

Matthew Beard

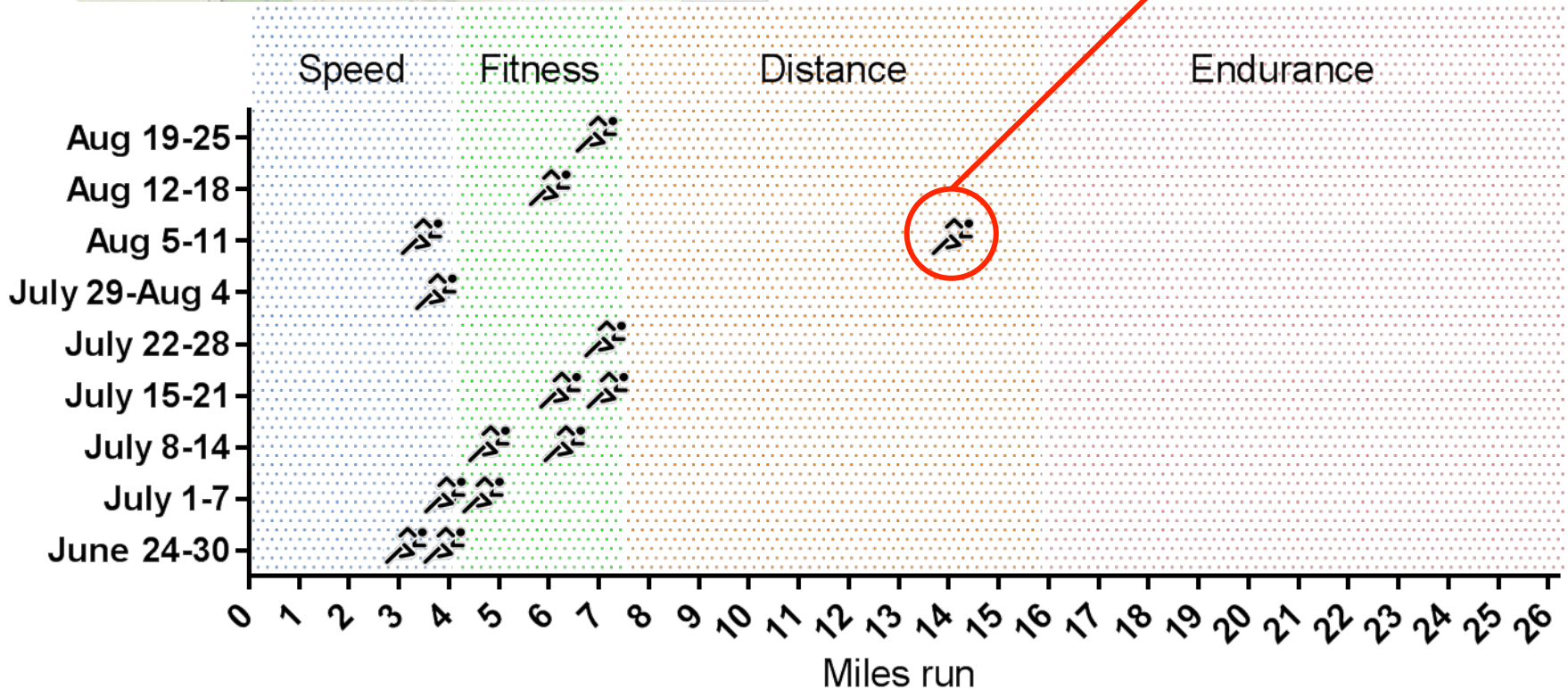
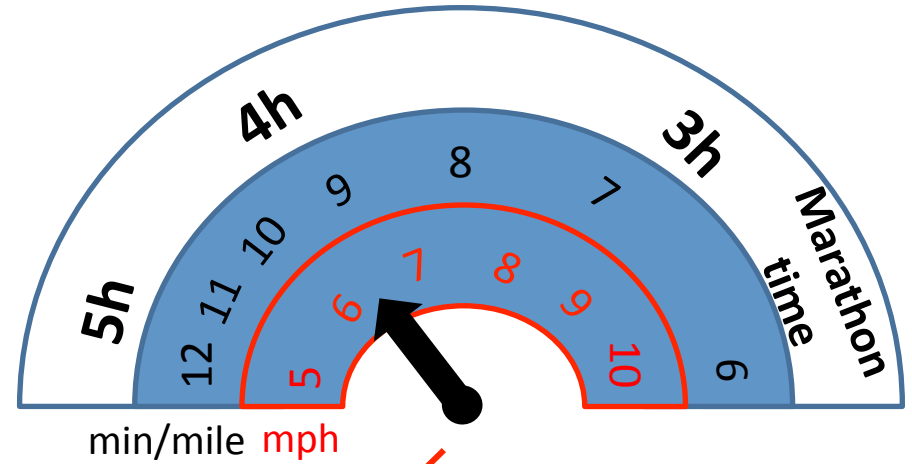
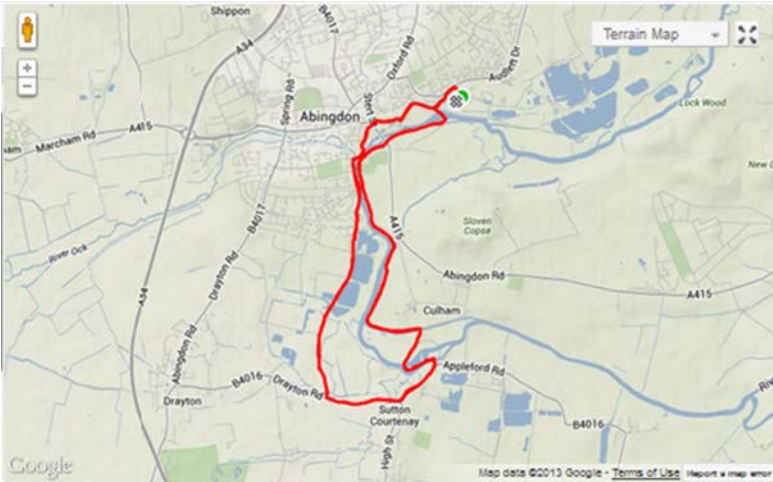
Abingdon-on-Thames



Train for pace



Build distance



Collect other data

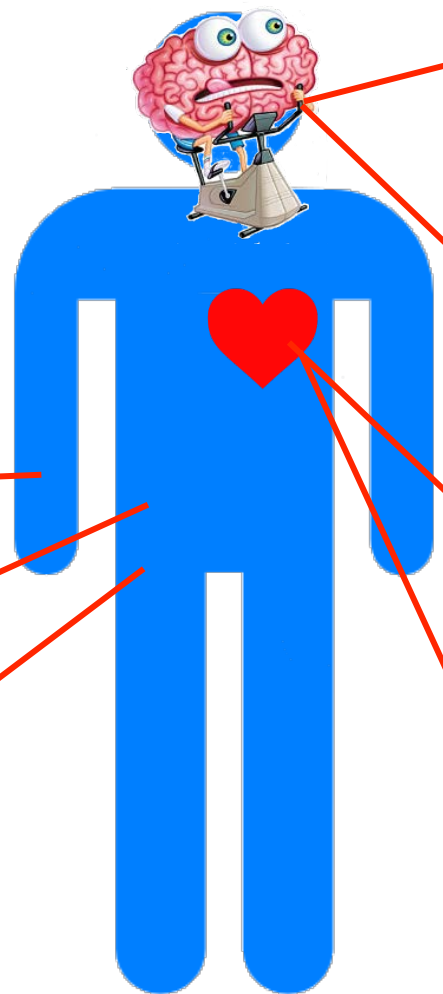
Biometrics

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

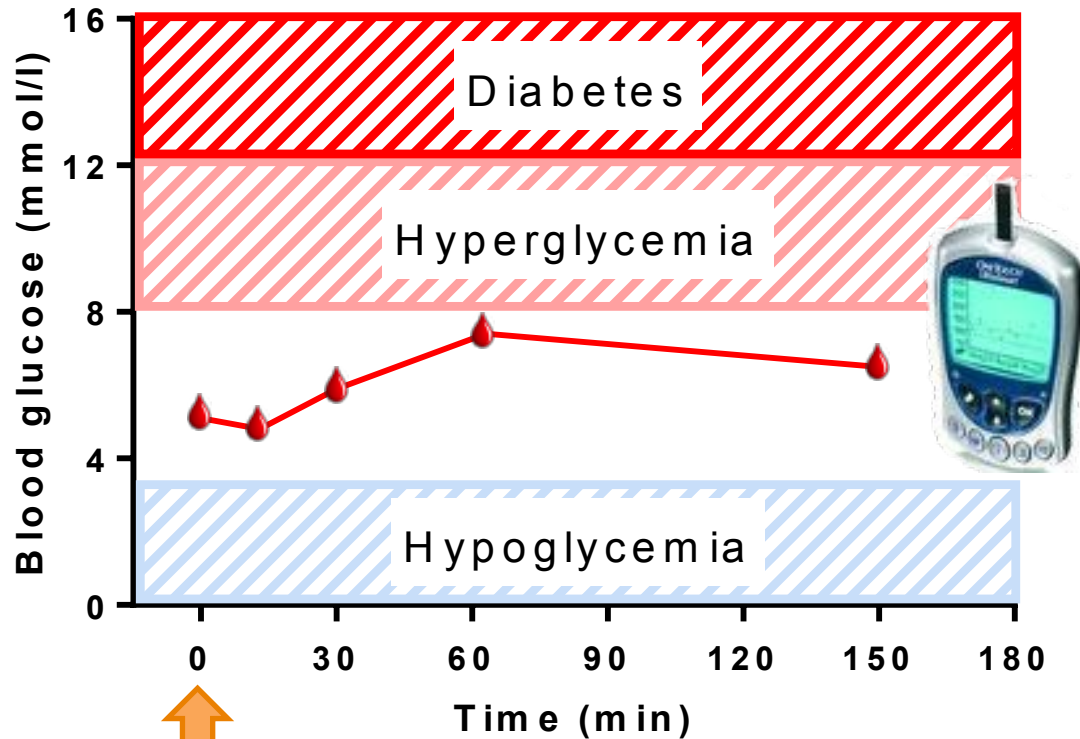
Resting pulse
60±3 bpm

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?



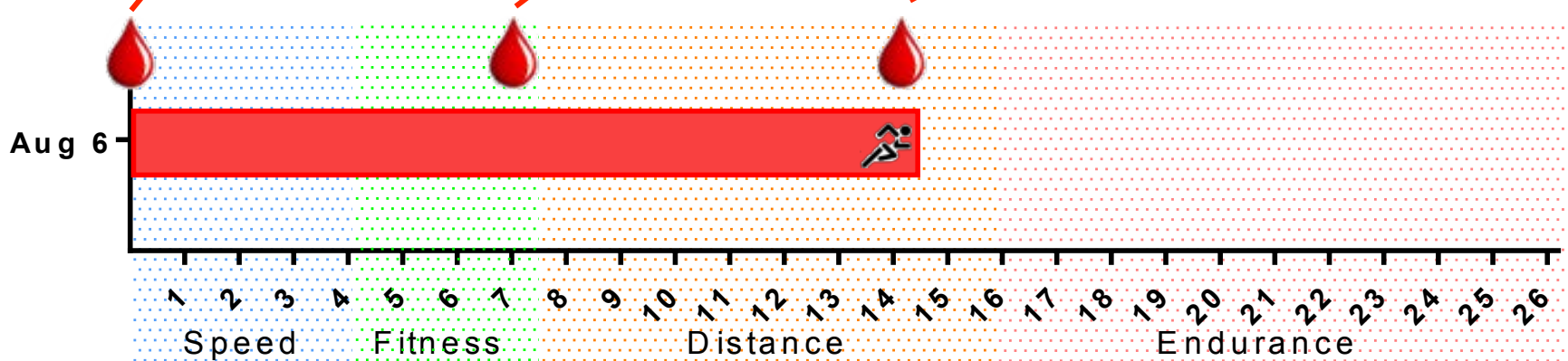
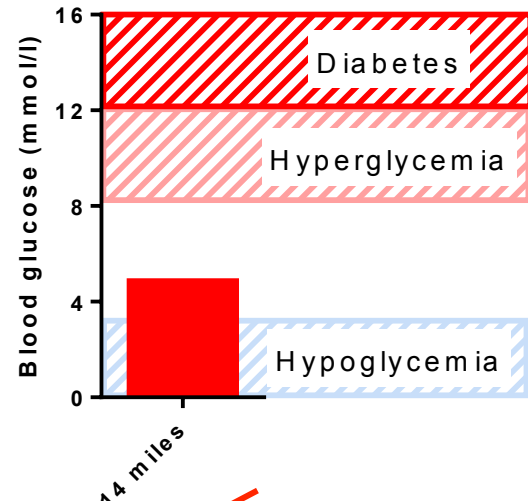
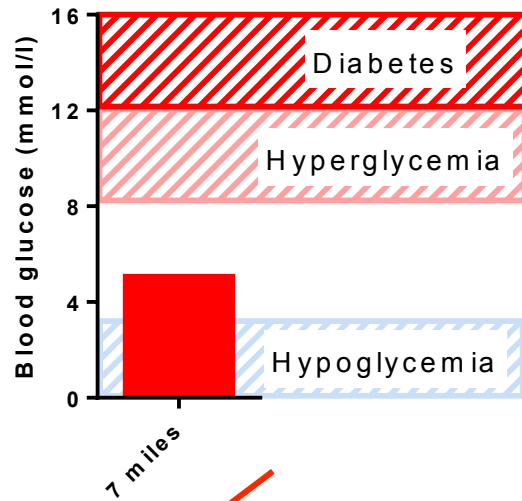
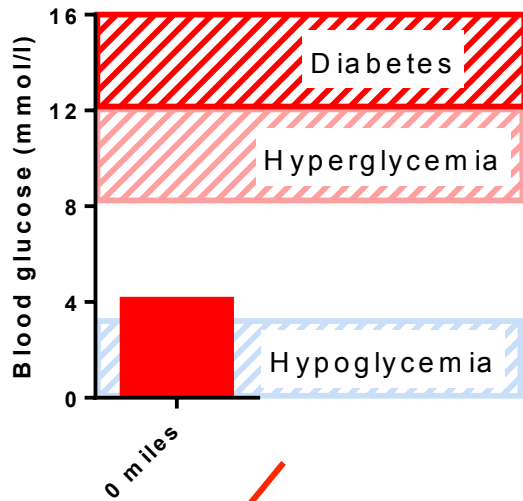
Oral Glucose Tolerance Test

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:

