

QS Running Workshop



Quantified Self

Marcel van der Kuil

Amsterdam, Quantified Self EU 17, Sat Jun 17

Goal

- Have a nice group run
- Estimate the max heart rate
- Observe a rule of thumb
- Determine the max heart rate
- Learn 1 or 2 things along the way...
- Have fun!



Protocol

- Warming up. Max 10k/hour (ca. 10 mins)
- Start: 2 mins at 8 km/hour
- Then: 2 mins steps. Increase with 1 km/hour, per step, until you REALLY can't anymore..push it!!
- Check your max hf immediately when you stop



Data Management: Input

- Up front: name, age, sex, max hf and max km/h (estimates)
- Afterwards: max hf, max speed (observed)
- Optionally: max hf, max speed (device), email

Please send to data to marcel@vanderkuil.com



Data Management: Output

- Anaerobic threshold
- Various feedback

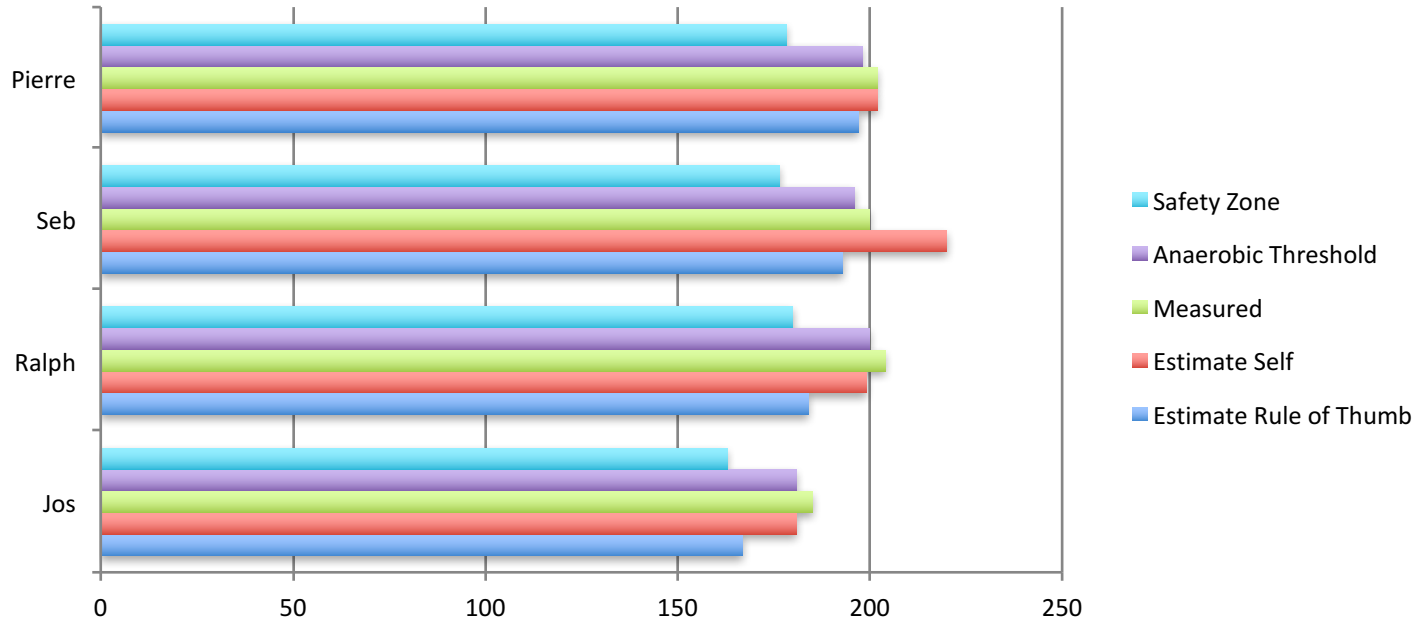


Word to the wise

- The test is voluntary and at your at own risk
- Do not participate in the test / or push it to the top when there are injuries, risks or concerns



Results: Data



Results: observations

- Simple test, not time consuming, free (compared to lab testing) → you need a device though
- All runners reached the max hf!
- Great for teams, groups, individuals and meetups! ('train the trainer')
- The Rule of Thumb seemed quite off (very fit people?!)



Results: observations (...)

- The average heart beats a 100.000 times a day, 70 ml per beat
- A typical athlete's heart churns out up to 32 liters gallons of blood per minute



QS Running Workshop: thanks!



Marcel van der Kuil

marcel@vanderkuil.com | @SelfTechie



Quantified Self