QS Running Workshop

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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 own risk
- Do not participate in the test / or push it to the top when there are injuries, risks or concerns
Results: Data

- Pierre
- Seb
- Ralph
- Jos

Legend:
- Safety Zone
- Anaerobic Threshold
- Measured
- Estimate Self
- Estimate Rule of Thumb
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!

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