

Walk-Run rehab

Tuesday, 07 Apr 2020 - 12:02 PM

A bit further than normal and mixed hills with the 3 min walk 2 min run and repeat cycle.

<https://connect.garmin.com/modern/activity/4750319834>

- SUMMARY
- COMMENTS
- RIDE PLOTS

RUN SUMMARY

3.90

📍 MILES

50:06

🕒 ELAPSED TIME

6,640

👣 TOTAL STEPS

137

👣 STEPS / MIN

12:37

👣 PACE

74.1k

📊 TOTAL SHOCK (Gs)

LEFT LACES

📶

RIGHT LACES

📶

49:11

moving time

29:14

running time

19:57

walking time

00:55

stationary time

EFFICIENCY

HIGH

SHOCK

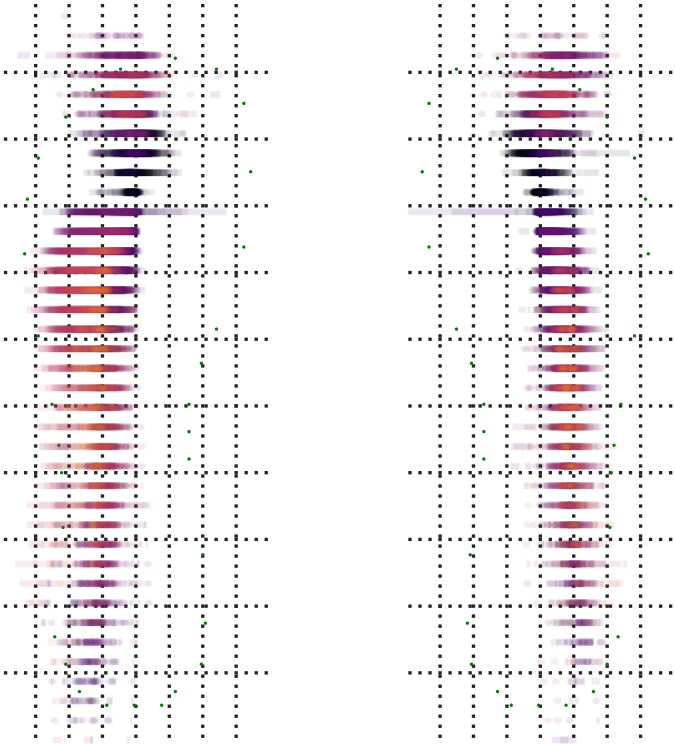
LOW

SYMMETRY

L

R

BALANCED



SHOE RIDE

SHOE PRINTS

MOTION METRICS

Altra: Escalante

BLACK

×

▼

- TERRAIN

ROAD

SMOOTH TRAIL

✎
- WORKOUT TYPES

RUN

WALK

WALK-RUN

✎
- PAIN POINTS

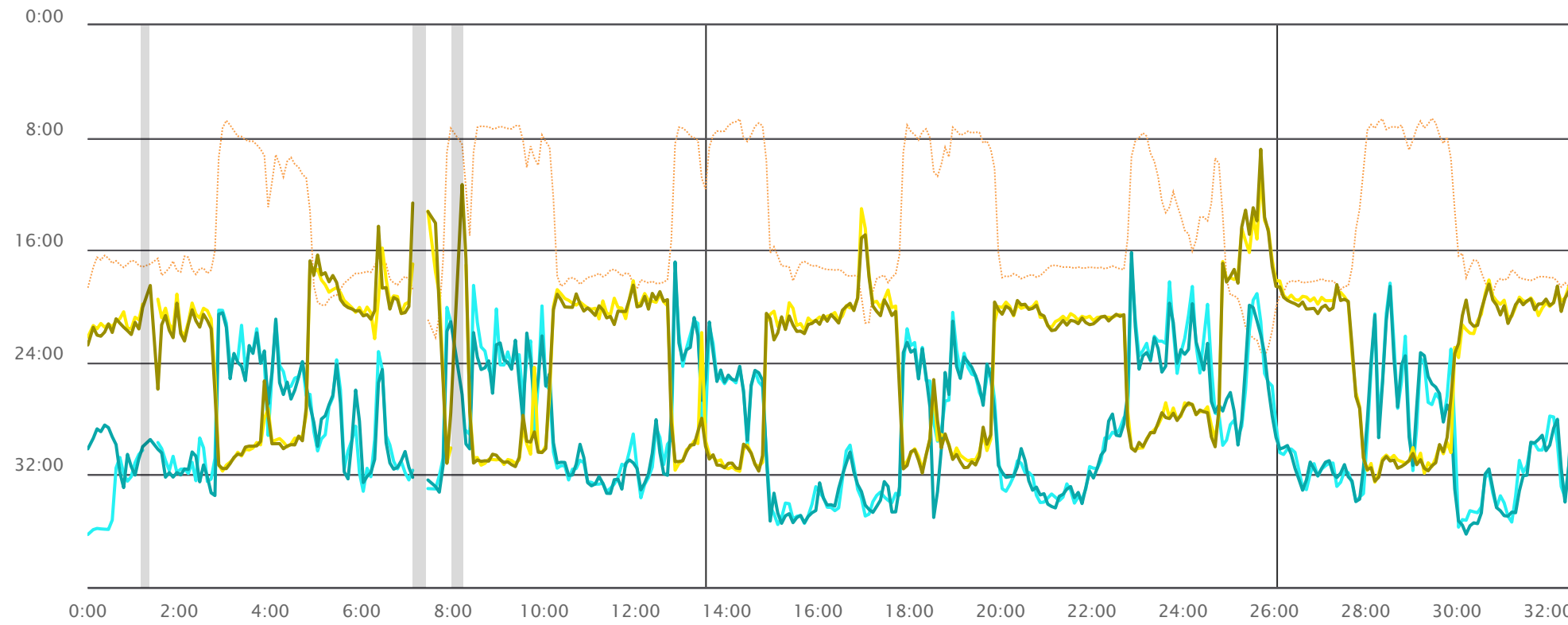
✎
- NET PAIN FACTOR

RATE OF PERCEIVED EXERTION (RPE)



GRAPHS

Trim (/runs/267919/trim)



☒ PACE	12:21 min/mi
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EFFICIENCY METRICS

☐ STEP RATE	137 s/min
☐ STRIDE LENGTH	6.00 ft
☒ CONTACT TIME	498 ms490 ms
☐ FLIGHT RATIO	6 %6 %
☒ POWER	213 W

SHOCK METRICS

☐ SHOCK	10.6 G11.0 G
☐ IMPACT GS	7.1 G7.8 G
☐ BRAKING GS	7.5 G7.3 G

MOTION METRICS

☐ FOOTSTRIKE TYPE	10.210.9
☐ PRONATION EXCURSION	-14.2 °-9.9 °
☐ MAX PRONATION VELOCITY	396 °/s309 °/s

DERIVED METRICS

PEAK VERTICAL GRF	1.9 F(Bw)	1.9 F(Bw)
CONTACT RATIO	125 %	122 %
FLIGHT TIME	-47 ms	-41 ms
STRIDE ANGLE	3.5 °	3.1 °
LEG SPRING STIFFNESS	40.0 kN/m	25.3 kN/m
VERTICAL SPRING STIFFNESS	19.4 kN/m	15.5 kN/m
VERTICAL GRF RATE	22.5 N/kg/s	22.8 N/kg/s
HORIZONTAL GRF RATE	4.3 N/kg/s	4.3 N/kg/s
SWING FORCE RATE	0.8 N/kg/s	0.8 N/kg/s
TOTAL FORCE RATE	62.3 N/kg/s	62.4 N/kg/s
VO ₂	20.1 ml/kg/min	20.1 ml/kg/min

PLUS METRICS

TIME (MAX SWING→FS)	90 ms	91 ms
TIME (FS→MPV)	38 ms	35 ms
TIME (MPV→MP)	44 ms	36 ms
TIME (MP→TO)	422 ms	424 ms
TIME (TO→MIN SWING)	68 ms	69 ms
TIME (MIN SWING→MAX SWING)	304 ms	307 ms
MEDIO LATERAL GS	2.5 G	2.4 G
BRAKING GS (AMPLITUDE)	6.5 G	5.9 G
IMPACT GS (AMPLITUDE)	5.0 G	5.8 G
VERTICAL SPEED	-1.76 m/s	-2.16 m/s
ELEVATION GAIN	-84.5 m	-75.5 m
SWING EXCURSION	83.0 °	81.1 °
YAW EXCURSION	-3.5 °	4.1 °
YAW EXCURSION (MP→TO)	1.6 °	-0.3 °
YAW EXCURSION (SWING)	-2.29 °	3.46 °

MAX STANCE VELOCITY (FS→MP)	660 °/s	612 °/s
MAX STANCE VELOCITY (MP→TO)	588 °/s	578 °/s
TEMPERATURE	22.6 °	23.0 °

RESEARCH METRICS

STEP LENGTH	3.01 ft	3.01 ft
PRONATION EXCURSION (MP→TO)	-4.7 °	-7.9 °
STANCE EXCURSION (FS→MP)	10.2 °	7.5 °
STANCE EXCURSION (MP→TO)	68.1 °	68.3 °