

Run Speed

Dashboard

Select the date range that you want to view. It defaults to the previous 4 weeks.

Selecting a race distance here will display a line on the speed graph on the "Analysis" tab (see Analysis section).

Click "Sync" to display your data. It should automatically update after 2-3 seconds.

Use this part of the panel to upload new data. Click browse, select your csv file. After it says "complete", press "Upload Data". It will show a message when successful.

Game Speed Intel

Select Date Range:
2018-03-01 to 2018-05-01

Which event are you focusing on?
selected

Sync

Upload New Data

Browse... No file selected

Upload Data

Dashboard Analysis Running Targets

Your most recent run

Heart Rate	Distance	Speed
134	4.63km	3.1m/s

Expected heart rate given your daily average distance and speed

Heart Rate	Distance	Speed
131	15.4km	3.4m/s

Distance (km)

Speed (m/s)

Response

Change across the selected date range

Response	Distance	Speed
9.1%	123.9%	7.5%

Compared to previous month

Response	Distance	Speed
89.5%	82.5%	91.2%

Conclusion

Great work! Your response increased substantially compared to the previous month and you managed to increase your training volume.

This displays information about your most recent run, regardless of the date range.

The dashboard features a sidebar on the left with the 'Game Speed Intel' logo, a date range selector (2018-03-01 to 2018-05-01), an event focus dropdown (selected), a Sync button, and an Upload New Data section with a file browser and Upload Data button. The main content area includes navigation tabs (Dashboard, Analysis, Running Targets) and a red-bordered box highlighting the 'Your most recent run' summary. Below this are charts for 'Expected heart rate given your daily average distance and speed', 'Distance (km)', 'Speed (m/s)', and 'Response'. To the right of these charts are two summary boxes: 'Change across the selected date range' and 'Compared to previous month', each with expandable metrics for Response, Distance, and Speed. A 'Conclusion' section is at the bottom.

Your most recent run		
Heart Rate	Distance	Speed
134	4.63km	3.1m/s

Expected heart rate given your daily average distance and speed		
Heart Rate	Distance	Speed
131	15.4km	3.4m/s

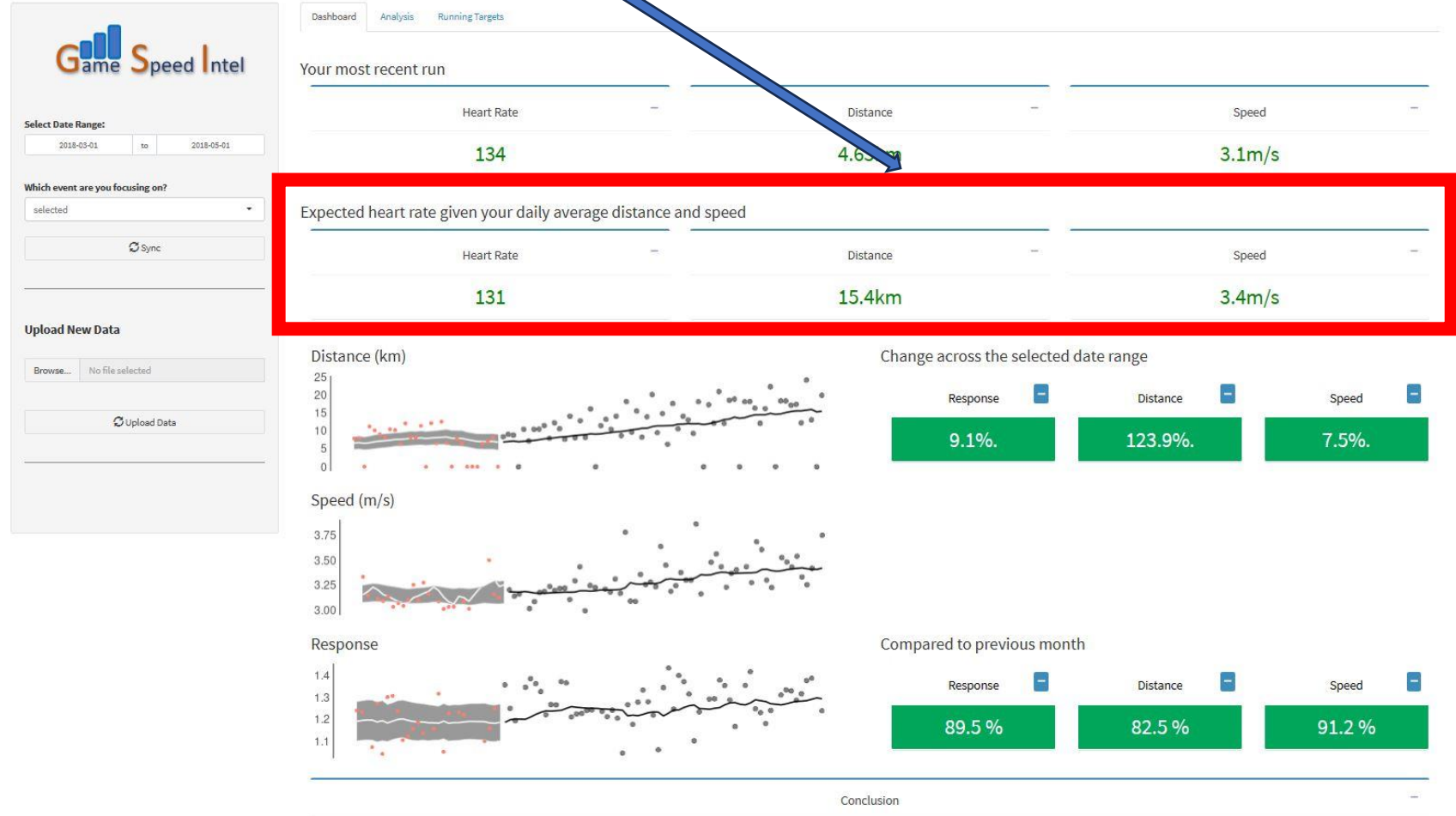
Change across the selected date range		
Response	Distance	Speed
9.1%	123.9%	7.5%

Compared to previous month		
Response	Distance	Speed
89.5 %	82.5 %	91.2 %

Conclusion

Great work! Your response increased substantially compared to the previous month and you managed to increase your training volume.

This panel shows your expected heart rate for the next day (the day after the end of the selected date range), given your average distance and average speed. It can be used as a crude indicator of fitness relative to the most recent run. For example, here the data show the individual is fitter by the end of the selected date range (compared to the most recent run) because they were running faster for longer distance and with a lower heart rate. This is primarily due to the changes seen in the responses, distance and speed below.



Great work! Your response increased substantially compared to the previous month and you managed to increase your training volume.

This provides a visual comparison of distance, speed and response across the selected date range (grey line and grey points) compared to the same metrics across the previous 4 weeks (white line and red points)

Game Speed Intel

Select Date Range:
2018-03-01 to 2018-05-01

Which event are you focusing on?
selected

Sync

Upload New Data

Browse... No file selected

Upload Data

Dashboard Analysis Running Targets

Your most recent run

Heart Rate	Distance	Speed
134	4.63km	3.1m/s

Expected heart rate given your daily average distance and speed

Heart Rate	Distance	Speed
131	15.4km	3.4m/s

Distance (km)

Speed (m/s)

Response

Change across the selected date range

Response	Distance	Speed
9.1%	123.9%	7.5%

Compared to previous month

Response	Distance	Speed
89.5%	82.5%	91.2%

Conclusion

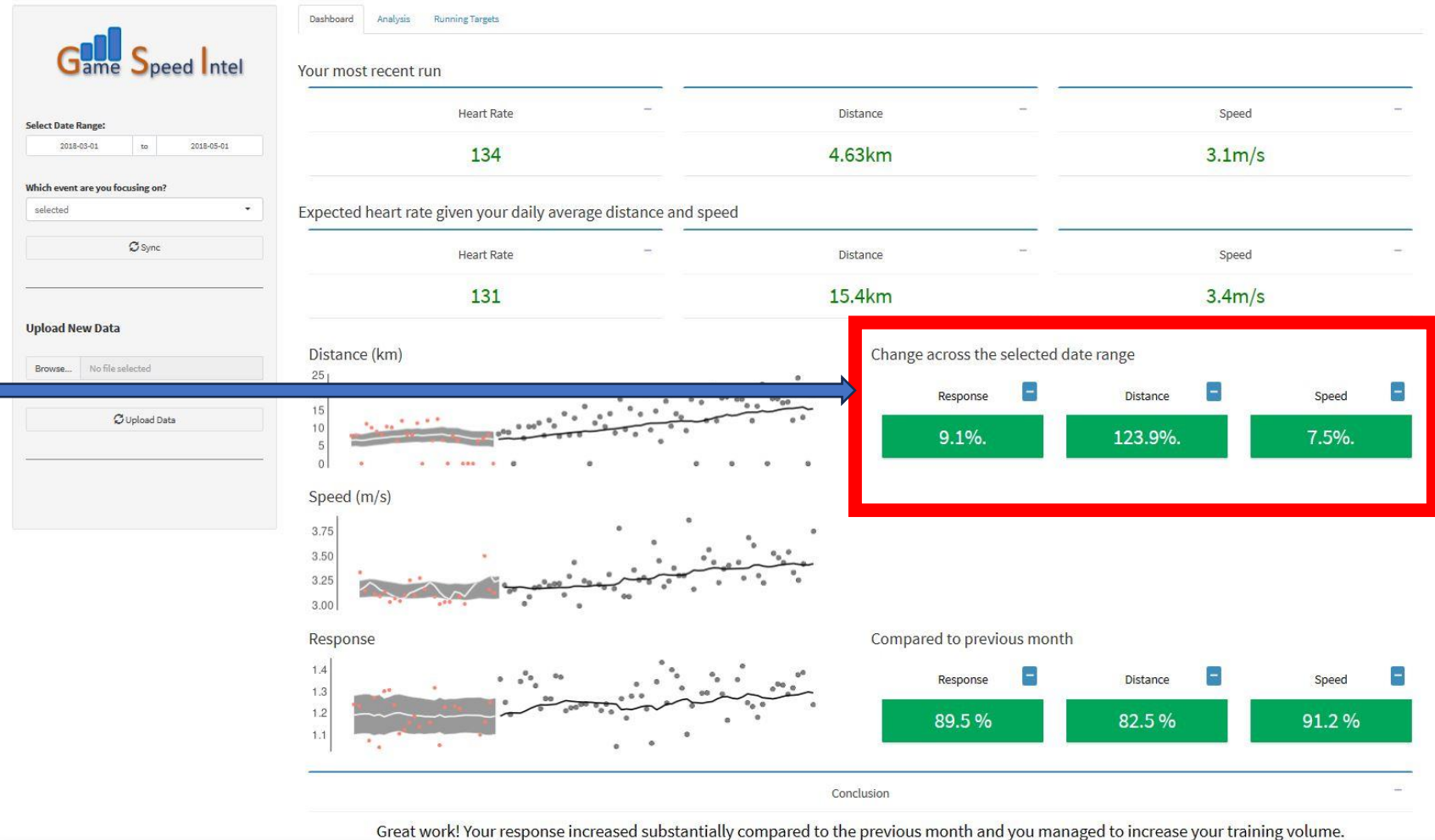
Great work! Your response increased substantially compared to the previous month and you managed to increase your training volume.

These are the changes in your average response, average distance and average speed from the beginning to the end of the selected date range. For example, here the data show a 9.1% improvement in responses and 123.9% increase in distance across the selected data range.

The challenge is to increase response and distance simultaneously (i.e. both green) on a day-to-day and week-to-week basis. This can be done by manipulating training frequency, training volume and managing speed and recovery.

Green indicates positive adaptations (response) and positive increases in fitness (greater average distance) and positive increases in speed across the selected date range.

Red indicates decreased values. Note that red is not always bad. For example, during a taper, distance should decrease! This is more about whether we see values that are expected based on our training plan. During a taper we should see increased responses for example.



These are the percentage of runs in the selected date range that have responses, distances and speeds above the average for the previous 4 weeks. For example, in this case, 89.5% of runs in the selected date range had responses above the average response in the previous 4 weeks.

Values more than 50% indicate positive increases in response, distance and speed relative to the previous 4 weeks (i.e., green).

Studies show that safely increasing the average distance over time is one of the major determinants of improved running performance.

Select Date Range:
2018-03-01 to 2018-05-01

Which event are you focusing on?
selected

Sync

Upload New Data
Browse... No file selected

Upload Data

Dashboard Analysis Running Targets

Your most recent run

Heart Rate	Distance	Speed
134	4.63km	3.1m/s

Expected heart rate given your daily average distance and speed

Heart Rate	Distance	Speed
131	15.4km	3.4m/s

Distance (km)

Speed (m/s)

Response

Change across the selected date range

Response	Distance	Speed
9.1%	123.9%	7.5%

Compared to previous month

Response	Distance	Speed
89.5%	82.5%	91.2%

Conclusion

Great work! Your response increased substantially compared to the previous month and you managed to increase your training volume.

These tabs allow you to switch between:

Dashboard (the current screen) which provides an overview of the current training status;

Analysis, which provides a detailed breakdown of responses, distance and speed by week and by day and;

Running Targets, which provides a way to update your goals for the major distance races (5k, 10k, Half-Marathon and Marathon).

Game Speed Intel

Select Date Range: 2018-03-01 to 2018-05-01

Which event are you focusing on? selected

Sync

Upload New Data

Browse... No file selected

Upload Data

Dashboard Analysis Running Targets

Your most recent run

Heart Rate	Distance	Speed
134	4.63km	3.1m/s

Expected heart rate given your daily average distance and speed

Heart Rate	Distance	Speed
131	15.4km	3.4m/s

Distance (km)

Speed (m/s)

Response

Change across the selected date range

Response	Distance	Speed
9.1%	123.9%	7.5%

Compared to previous month

Response	Distance	Speed
89.5%	82.5%	91.2%

Conclusion

Great work! Your response increased substantially compared to the previous month and you managed to increase your training volume.

Game Speed Intel

Select Date Range:
 2018-03-01 to 2018-05-01

Which event are you focusing on?
 selected

Sync

Upload New Data
 Browse... No file selected

Upload Data

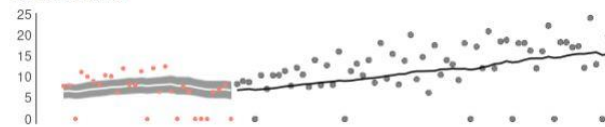
Your most recent run

Heart Rate	Distance	Speed
134	4.63km	3.1m/s

Expected heart rate given your daily average distance and speed

Heart Rate	Distance	Speed
131	15.4km	3.4m/s

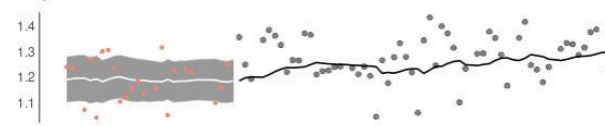
Distance (km)



Speed (m/s)



Response



Change across the selected date range

Response	Distance	Speed
9.1%	123.9%	7.5%

Compared to previous month

Response	Distance	Speed
89.5 %	82.5 %	91.2 %

Conclusion

Great work! Your response increased substantially compared to the previous month and you managed to increase your training volume.

The conclusion provides some general feedback on interpreting the numbers and in some cases gives some general suggestions.

This is still in development.

Analysis

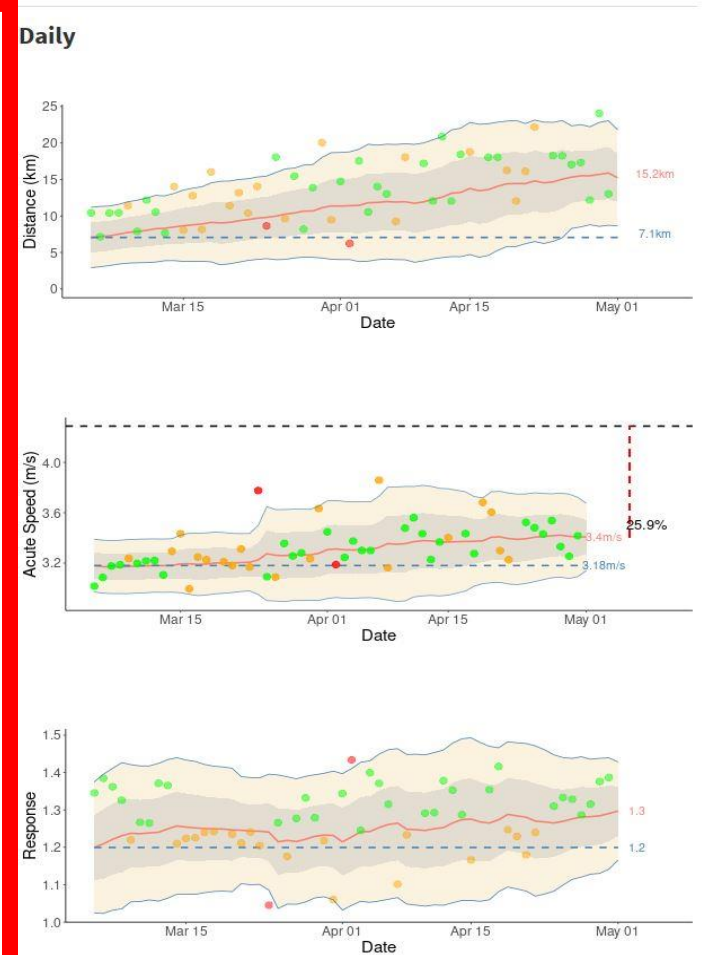
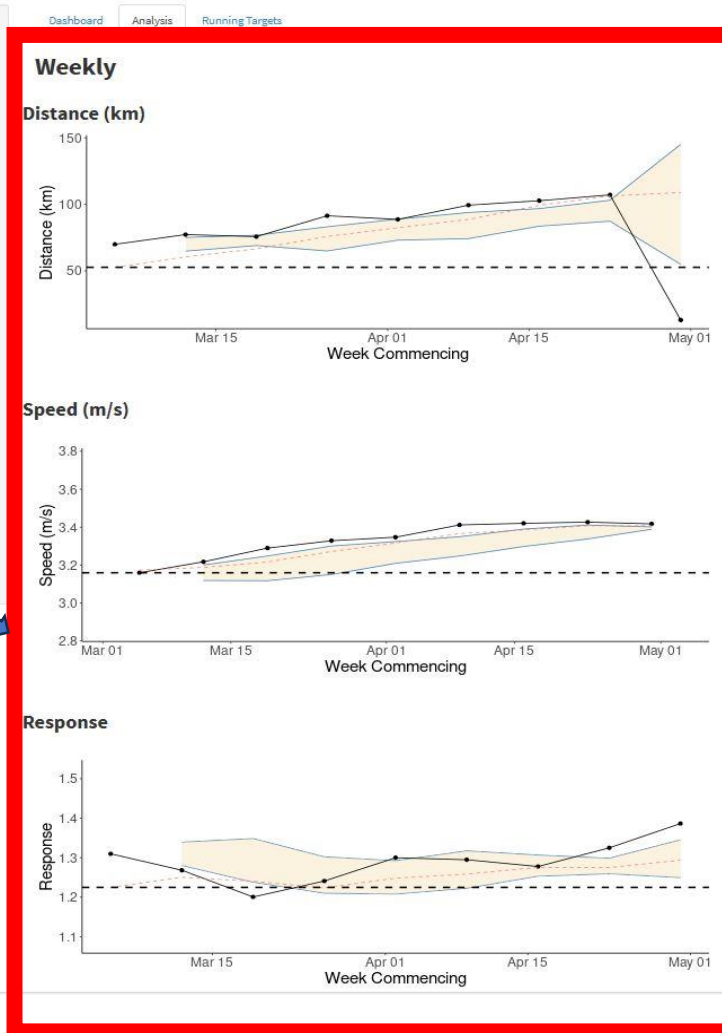
This section shows average weekly distance, speed and response across the selected date range (the black solid points and lines). Each point represents a week. The distance is a sum (i.e., total distances for the week) while speed and response are averages for each week.

The black horizontal dashed line shows where the long-term average value was at the beginning of the date range. This is used to visualise if the values increase over time. In all cases in this example, it is clear that weekly distance, speed and response did increase.

The yellow shaded areas show variability for the previous 4 weeks. When values are outside the shaded area it indicates a substantial change. For example, distance is higher than typical in four of the weeks shown here. The last week shown was substantially lower than normal.

Similarly, responses generally increase but there was a substantial poor response in March and two high responses in late April and early May.

The dashboard interface for Game Speed Intel includes a logo at the top left. Below it, there is a 'Select Date Range' section with input fields for '2018-03-01' and '2018-05-01'. A dropdown menu is set to 'HalfMarathon'. There are 'Sync' and 'Upload New Data' buttons. The 'Upload New Data' section has a 'Browse...' button (showing 'No file selected') and an 'Upload Data' button.



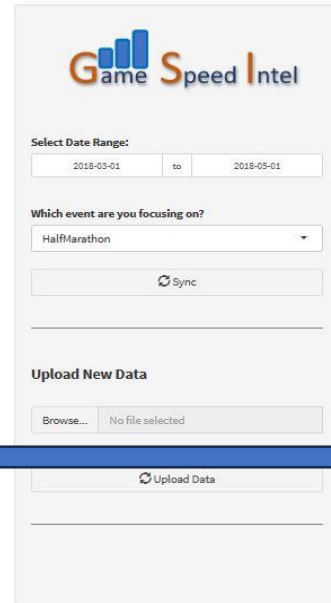
This section is similar to the weekly section but shows run-by-run information. Each point is an individual run allowing you to see how you responded on any given day.

The red coloured line shows the rolling average values. The horizontal blue dashed line shows the value at the start of the selected date range.

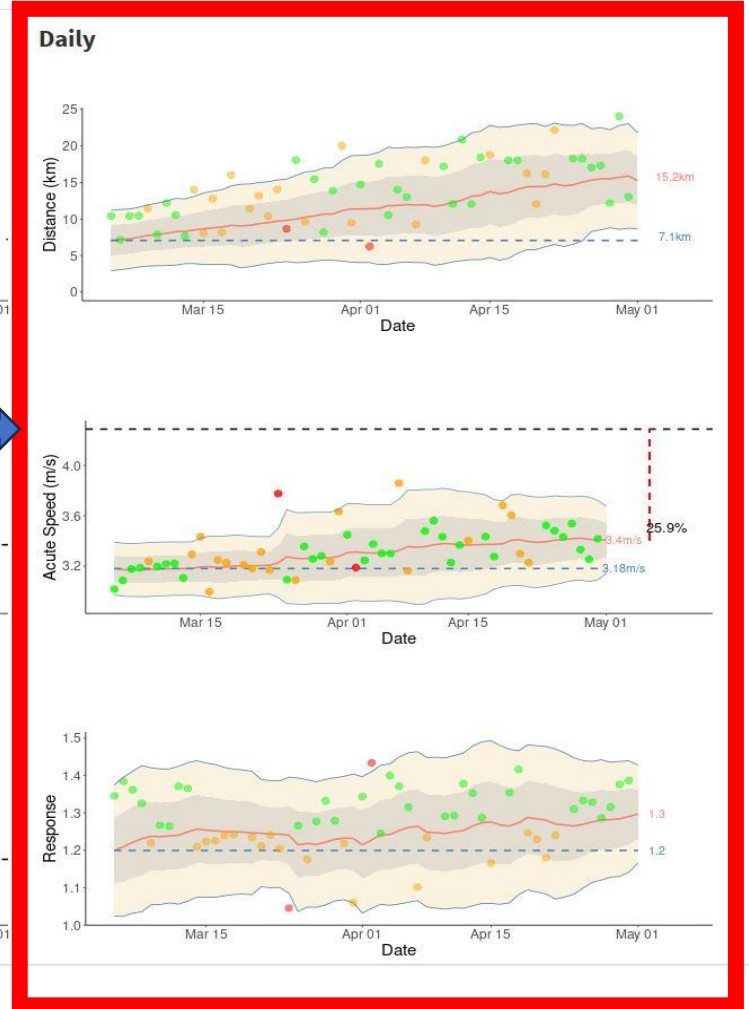
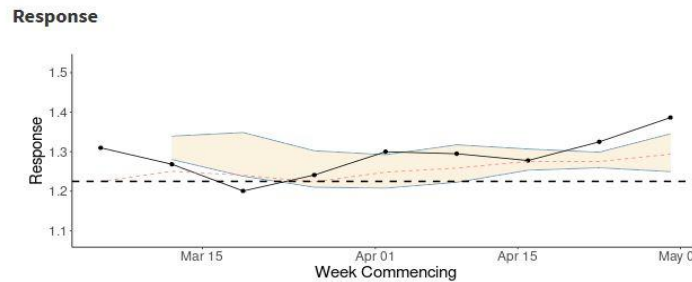
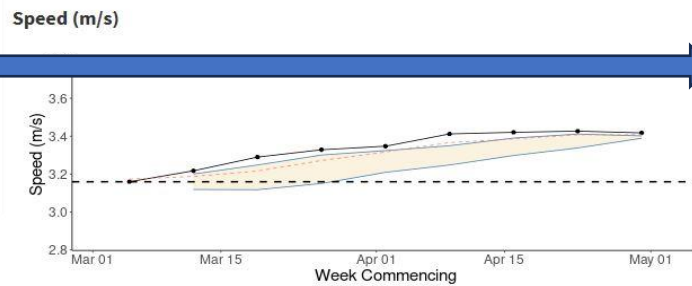
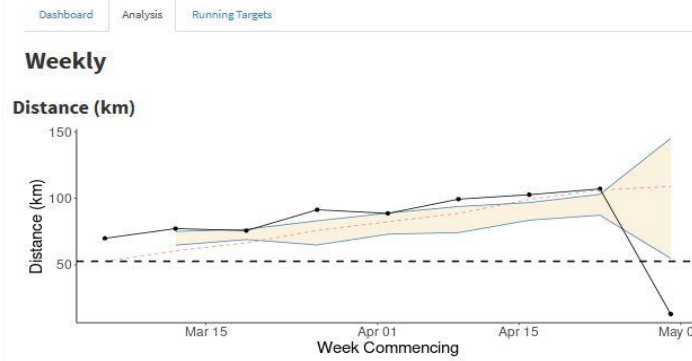
The grey shaded area is 1 standard deviation (i.e., a measure of variability) and the yellow shaded area is 2 standard deviations.

The points are coloured according to your responses (see the bottom graph). Points that are above the red line within the shaded area are green (positive response). The yellow points are in the shaded area but below the red line (negative response). The red points are those that are higher or lower than typical.

These colours are consistent in the distance and speed graphs. We can see in this example that the red negative response in March (in the bottom graph) was on a day when I ran faster than usual (middle graph).



The dashboard interface for Game Speed Intel includes a logo at the top left. Below it, there is a 'Select Date Range' section with input fields for '2018-03-01' and '2018-05-01'. A dropdown menu is set to 'HalfMarathon'. There are 'Sync' and 'Upload Data' buttons. At the bottom, there is an 'Upload New Data' section with a 'Browse...' button and a 'No file selected' message.



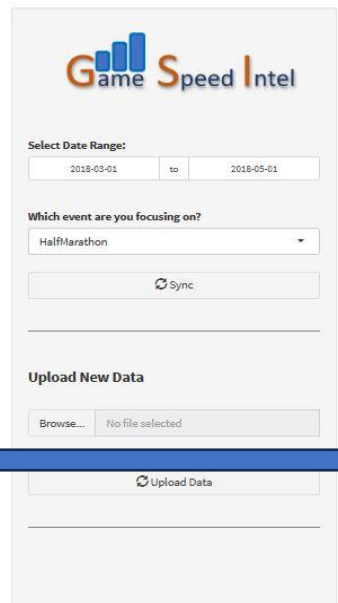
An additional point about the speed graph...

Notice the horizontal black dashed line at the top and the vertical red line hanging down on the right with a number attached to it...

The horizontal line is the average speed based on your target race and target time (there is a setting on the left panel). It is currently on HalfMarathon in this example so the horizontal line is target half marathon speed.

The vertical line goes from the target speed down to your current average speed. The number attached to it is the percentage difference. In this example, my rolling average speed is about 26% slower than my target half-marathon speed.

This is in the ideal range. When training long distances, daily average speed should be much lower than race pace (approximately 25%-40% depending on race distance).



Game Speed Intel

Select Date Range: 2018-03-01 to 2018-05-01

Which event are you focusing on? HalfMarathon

Sync

Upload New Data

Browse... No file selected

Upload Data

