

Zero Calories Five Days 100 Miles

Polished off 'last supper' at 3pm on Fri (2 pork chops with plenty of healthy fat). Feeling full, but with tummy bug from clearing up after puppy, arrived Henley, where they rolled out the bunting

Lab rat time: metabolic rate tested to determine daily resting energy requirement, source of energy (fat or carbohydrate), and efficiency with which cells use oxygen for energy production. Surprised to find resting lactate was 5 mmol/L, James said his anaerobic threshold was 4

Played out of Henley by a brass band, eager, high on energy and low on injury. Had my sea salt and after a couple of km walking it was time to run. 6min/km was a decent steady pace along the Thames then onto the Kennet & Avon canal for the next 120km or so...

At 25km a bit of knee pain, so James & I did a 'run a km, walk a km' regime to ease pain. Running seems like an exercise in joint pain management. 500ml water seemed fine for me but did cause stitch. James did his best impression of a camel: hydration not running technique, honest. But enjoying rare time with my brother in law, we got distracted and seemingly passed the others 3 times as we managed to follow a canal in a circle adding a good 4km. Time to switch on Garmin

Blood glucose dropped from 7.5 mmol/L (tummy bug) down to 3.0 as that cleared. On high carb that would be missed: all the highs get attributed to carbs. No need to rescue a hypo with jelly babies, glucagon kicked in nicely and safely brought me back to a perfectly normal (for anyone) 4.5 where it stayed for the evening. Ketones rose from 2.7 mmol/L pre-run, to 3.3 two hrs post-run, to 4.6 at 10pm. This shows my brain is burning ketones and my muscles are burning fatty acids: i.e. fuelling my body on fat not glucose... the whole point of this event

Last insulin injected was 3U rapid at 11am. I expect to use little or no insulin for the next 4 days... if only I didn't have to eat again, life with T1 diabetes would be so much easier!

Some might say 'you need carbs to live' or 'you definitely need carbs for exercise'. Today showed if you are adapted to burning fat you need zero carbs. I safely ran 38km fasted and with Type 1 diabetes. Some might say this is irresponsible. I would say eating carbohydrates way in excess of anything your ancestors ever did is irresponsible, and if you are by definition carb intolerant (diabetic) you are accelerating your journey towards heart attack, stroke, amputation, blindness & kidney disease

Day 1: Sat 19 Sept, 38km Henley to Newbury

