

ZeroFiveHundred Research Data Collection

8 responses

Please provide some identifier, does not have to be your real name if you want to be anonymous.

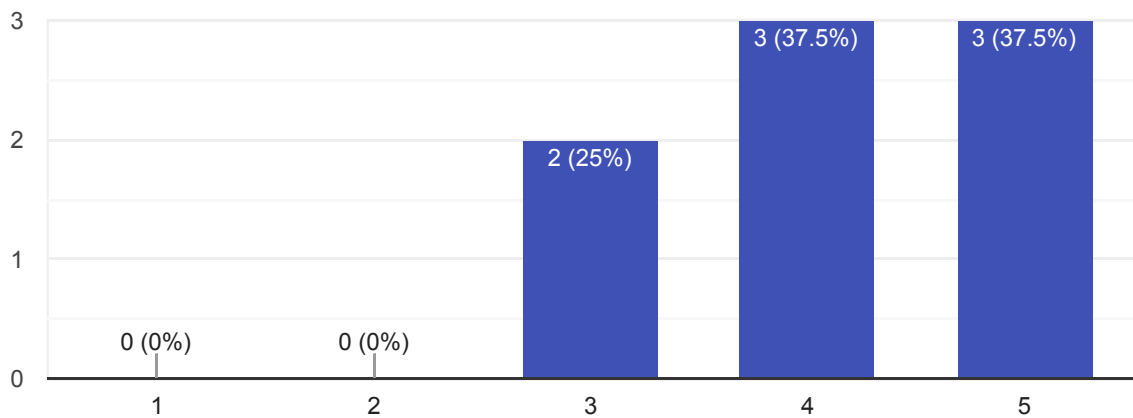
8 responses

Your Mood



How would you score your Mood on Day [1]

8 responses



Perhaps describe your Mood on Day [1]

8 responses

a bit focussed on getting a good day in. But not stressed

Buoyant. Ready to go. Eager

Excited and looking forward to the challenge

Happy but sluggish from yesterday's huge meal and potentially overdid the quantity of eaten fat!

24.5 miles in, felt great mentally and physically.

Excited, apprehensive, unsure

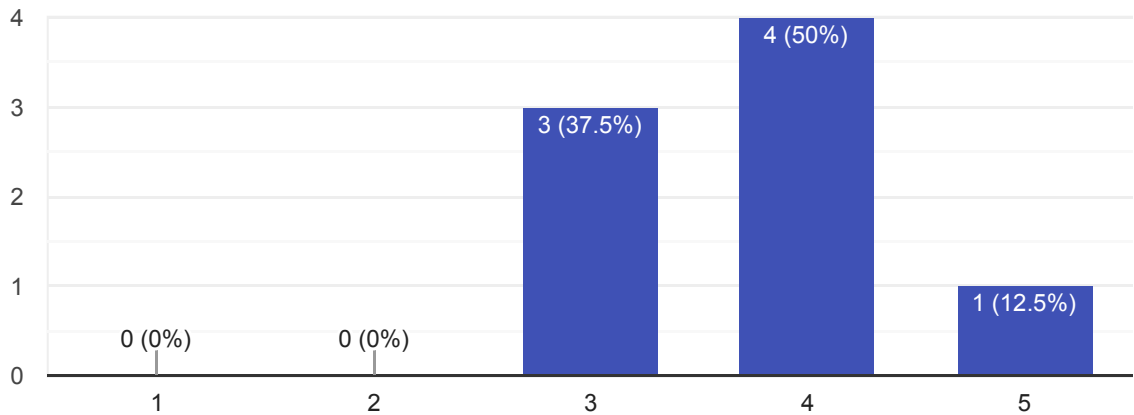
Excited and nervous

Alert as a lot going on and excited



How would you score your Mood on Day [2]

8 responses



Perhaps describe your Mood on Day [2]

8 responses

optimistic and relieved to finally get underway

Up for the next days challenge

Felt a little weary at the end of Day 3

Happy, liberated, mentally focused!

Found end of the day tougher, but still a good day

didn't feel hungry, but had sore feet. Plus last few miles just seemed really hard

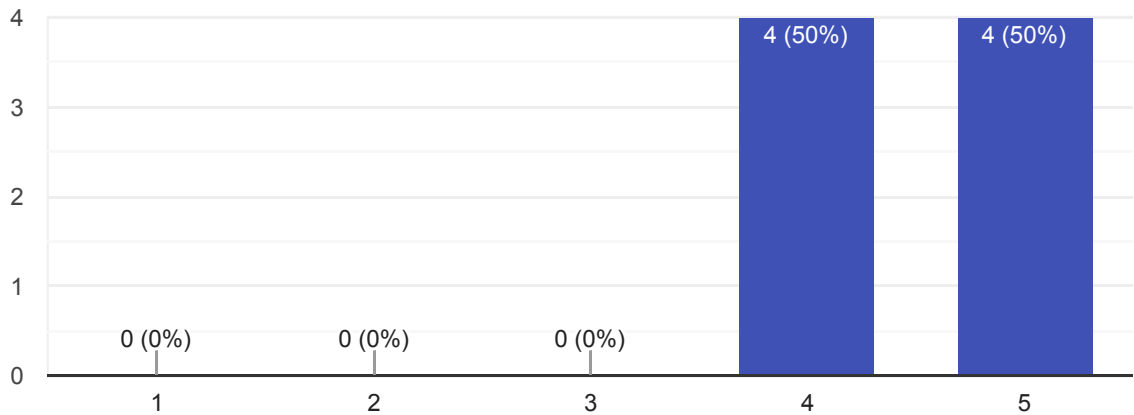
Tired. Had a bad night sleep

Still excited but daunted by length of the run and anxious I'd get really hungry



How would you score your Mood on Day [3]

8 responses



Perhaps describe your Mood on Day [3]

8 responses

Improving as we all got through half way, Hunger disappeared, on occasions stomach felt empty but not hungry. Physically a bad day but that didnt get in the way of mood

A bit frustrated with knee pain and music ache

Felt great - really energetic and now knew I could complete the challenge

Ecstatic! Almost manic! I see colours much brighter! Optimistic, clarity of thought, potentially the best I've felt in a long time ..

Didn't want to stop walking.

Clearest my brain has ever felt, colours were more vivid, thoughts were crystal clear

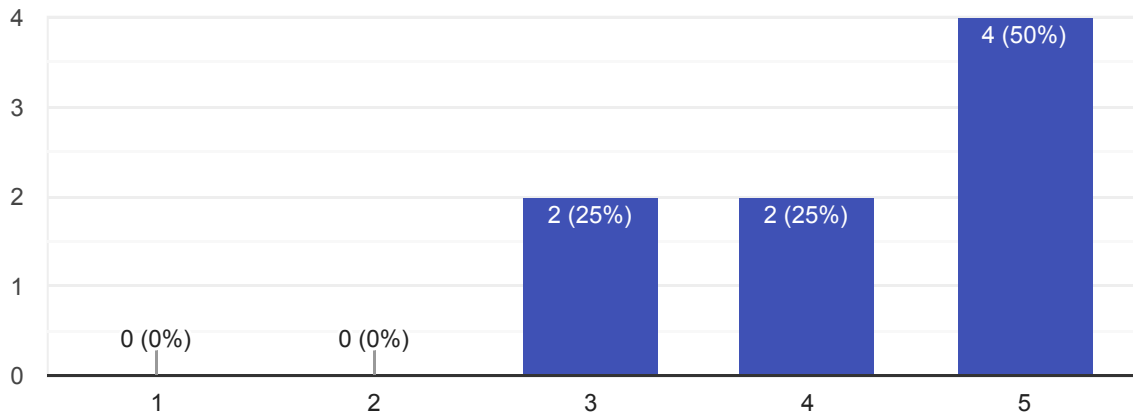
Felt better than I imagined after another sleepless night. Sore but ready to go

Happy I was in the swing of it, but felt more irritable as the day went on



How would you score your Mood on Day [4]

8 responses



Perhaps describe your Mood on Day [4]

8 responses

wired and stoked. Everything went well. Started to feel like my body was 'connecting'. It felt like it was finally doing what it should. I was approaching optimal physical and mental state

Impatient and wanted to run more but too much joint and muscle pain

As Day 3

Extremely happy, I've never felt this way ever before, I'm euphoric yet calm and clear ... extreme mental focus

Tired!

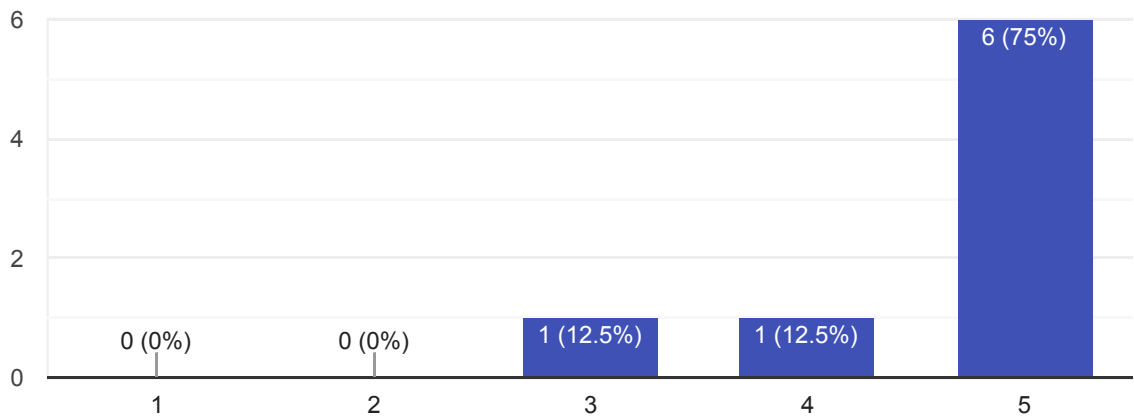
Clearest my brain has ever felt, colours were more vivid, thoughts were crystal clear

Cracked the back of it. Pleased I had nearly finished and excited to get going. Tired again after another bad sleep, but someone mentioned you can get insomnia from high ketones so relieved to know this. Energy always picked up after I got dressed



How would you score your Mood on Day [5]

8 responses



Perhaps describe your Mood on Day [5]

8 responses

Good energy, mind alert, feeling natural

Ecstatic. Totally refreshed from day before's rest (walking) and body humming. Fastest running

Euphoric as we had all achieved it

Despite no sleep for three nights surprising levels of energy and mental focus ... I'm calm, clear, focussed, with a fresh perspective on life, myself and others... I can honestly say I have never felt this way ever before in my life

Walking in pain wasn't pleasant, but once finished, a huge sense of accomplishment,

The only negative was that it was over. I loved it, I have never felt in better health

Excited. Only 10 miles to go. Super surprised how good I felt despite more insomnia.

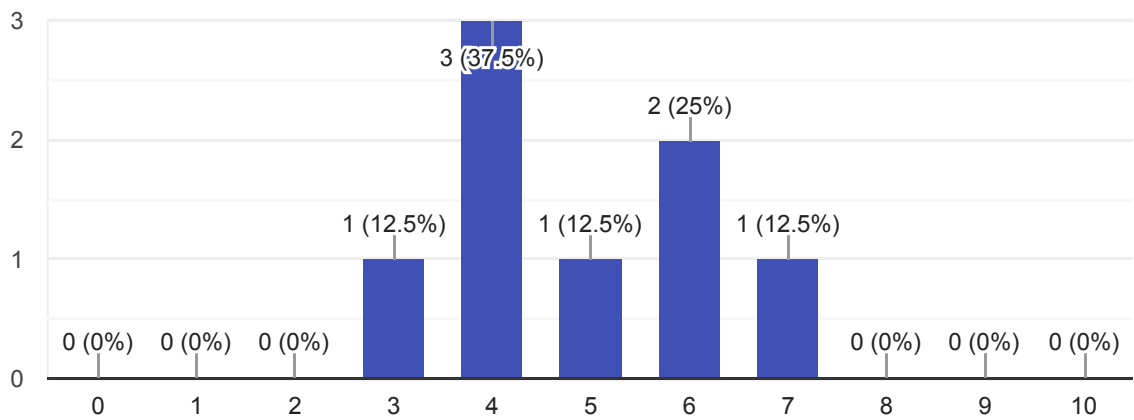
Happy that the end was in sight and I hadn't cut any corners. So pleased to have

Your Sleep



Day 1

8 responses



Any description on your score for this day?

7 responses

not tired

Stayed up too late blogging and tweeting to get the word out

Aching knees kept me awake

Woke up every hour

trouble getting to sleep, but then fine

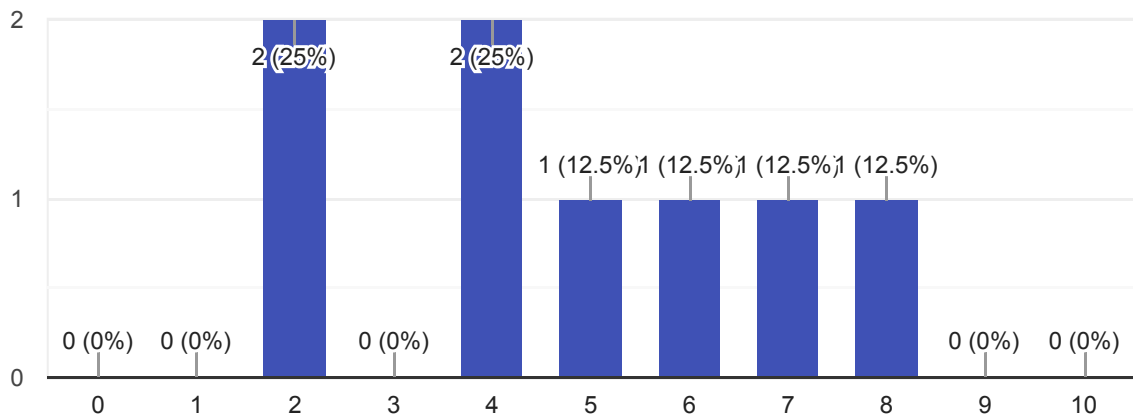
Woke at 03.30 and struggled to get back to sleep

An hour when arrived at hotel then 6 at night. Quality not that good but hot room



Day 2

8 responses



Any description on your score for this day?

7 responses

not tired

Ditto

Aching knees kept me awake

Woke up every other hour

Could not switch my brain off - I normally sleep 7-8 hours a day

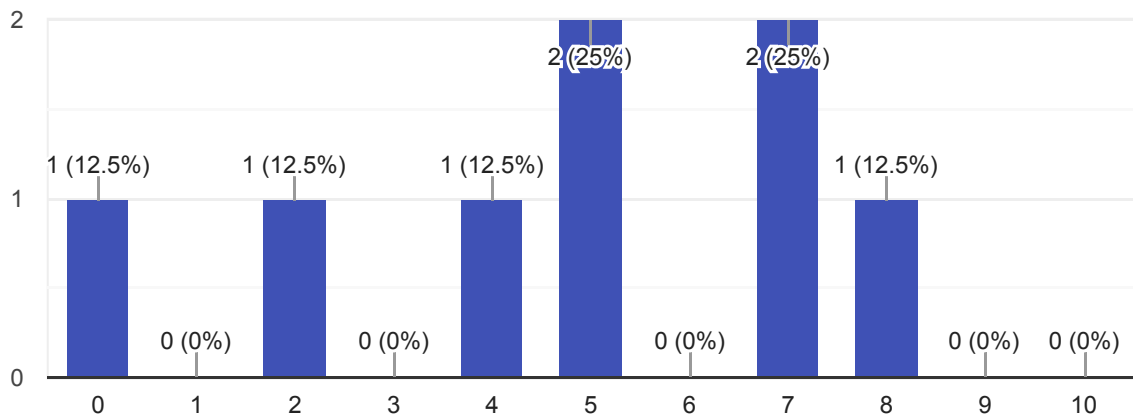
Woke at 03.30 again. Thought it was the hot room and my sore hips. Tossed and turned

Long kip 2hrs when arrived at hotel so didn't sleep that soundly at night



Day 3

8 responses



Any description on your score for this day?

7 responses

up early to blog. not tired

Had 2 hrs post run and 6 at night

Aching knees kept me awake

Only disturbed once.

Could not switch my brain off - I normally sleep 7-8 hours a day

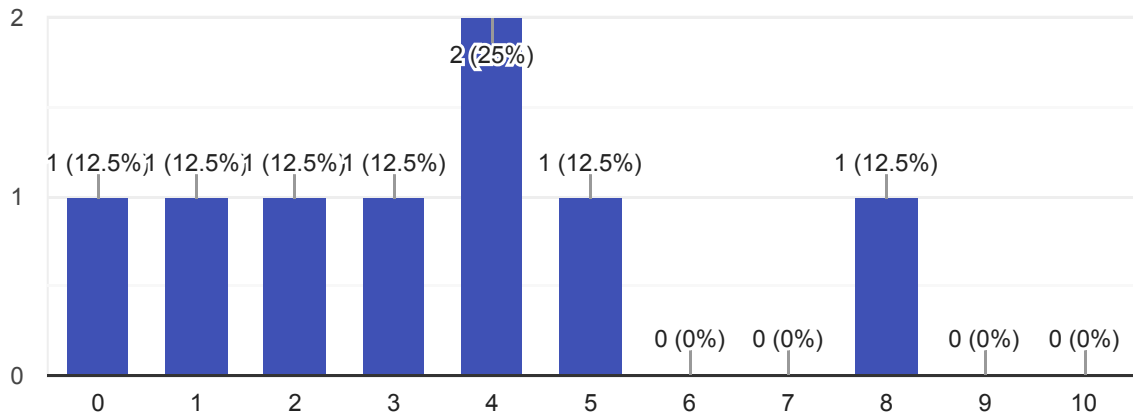
03.00 wide awake. Tossing and turning

Felt almost too tired to sleep and was hungry in middle of night.



Day 4

8 responses



Any description on your score for this day?

7 responses

couldnt get to sleep but a good sleep when i did

Had 2 hrs post run and 6 at night

Aching knees kept me awake

Couldn't sleep until 2 am (6 hours after going to bed)

Could not switch my brain off - I normally sleep 7-8 hours a day

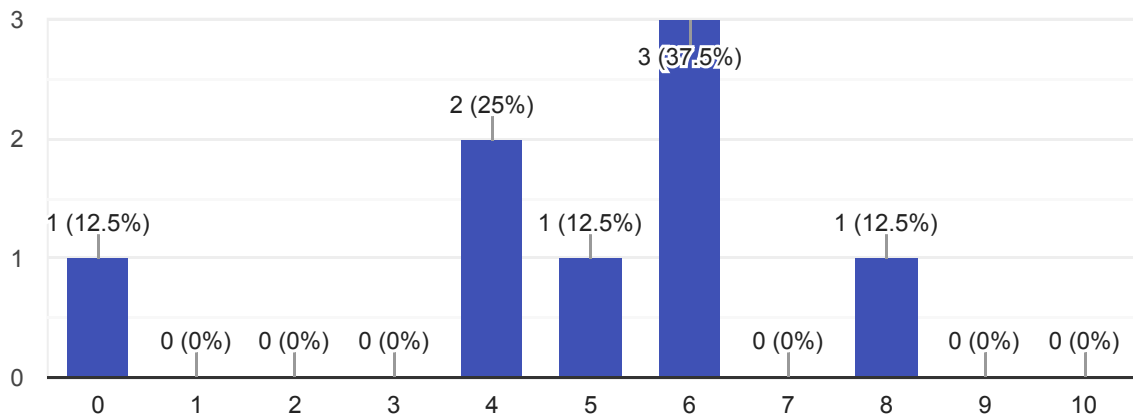
Woke at 02.30 sleep is not good

Don't know what was different but never slept that deeply despite being in bed for hours



Day 5

8 responses



Any description on your score for this day?

6 responses

end of final day, got to sleep late woke early

Blogging and tweeting

Aching knees kept me awake

Wonderful!

03.30. Lots of tossing and turning

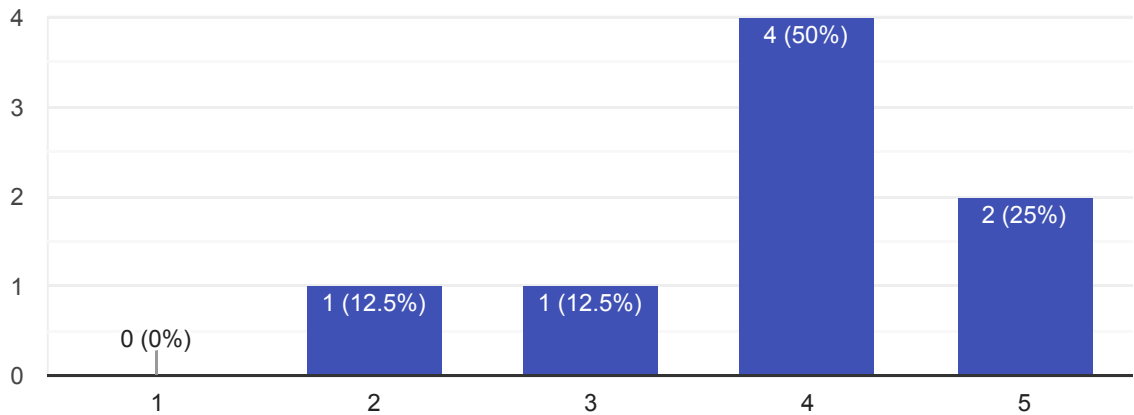
Same, tired but never fell into a deep sleep

Your EXERCISE FATIGUE



Day 1

8 responses



Any description on your score for this day?

7 responses

pains with walking as unaccustomed. no morning pain

Slight knee pain

No drop in energy levels during the day and no pains

Slightly sore feet & back

Other than sore feet, felt on top of the world

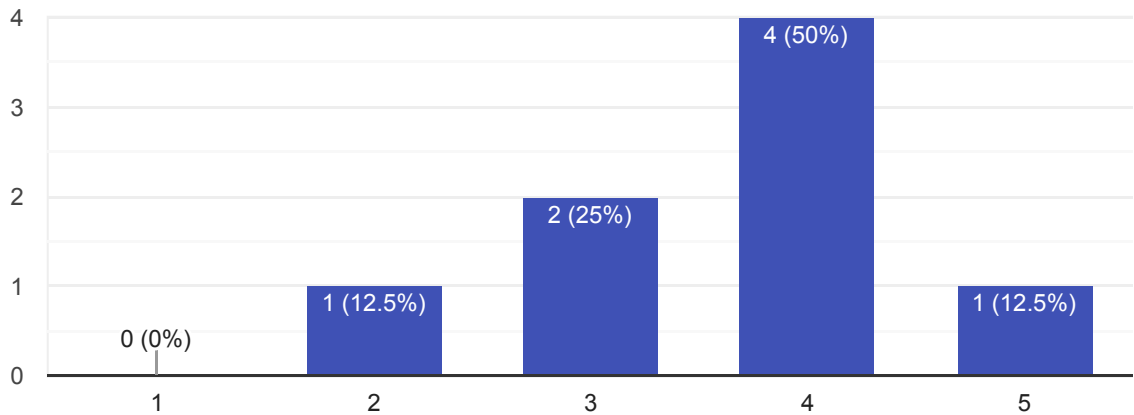
My legs were killing half way through day 1. I honestly didn't know whether I'd be able to carry on. Hips, HK wits eta were on fire

Muscles felt good sort feet



Day 2

8 responses



Any description on your score for this day?

6 responses

More knee and some muscle pain

No pain but I felt very weary during the last couple of miles

Slightly sore feet & back

Harder day, was walking on my own all day, found it harder to push out the miles

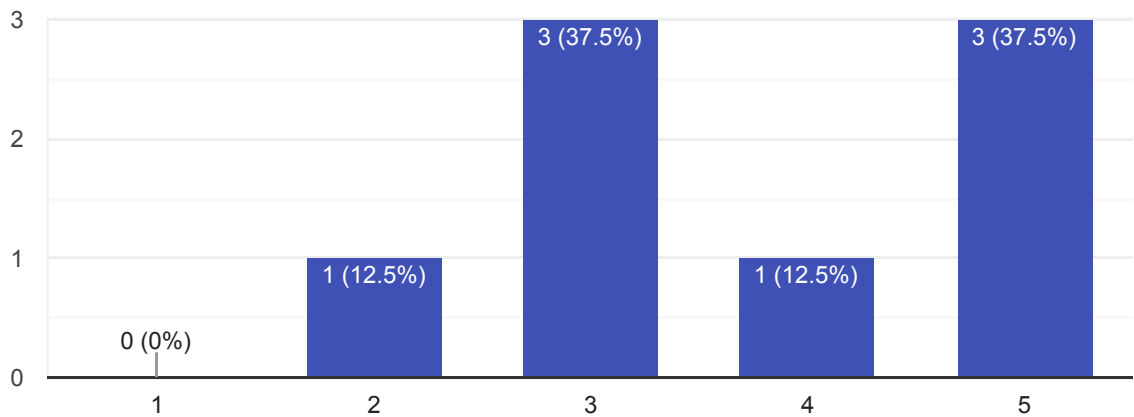
Same again. Super sore hips and legs and Achilles. Gave myself acupuncture in my Achilles and buttocks

Feet now sore, legs still good



Day 3

8 responses



Any description on your score for this day?

7 responses

never really got started, waiting to finish.

Ditto

I felt very energetic and no pain during the day

Slightly sore feet & back

Even though feet sore, I have never had so much energy in my life

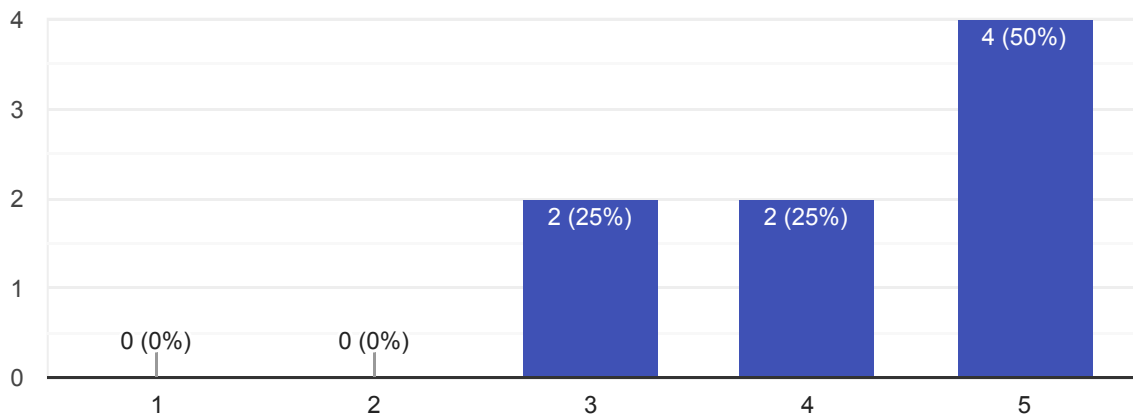
Legs were feeling better. Less pain. Felt easier

Feet better legs feeling battered



Day 4

8 responses



Any description on your score for this day?

6 responses

brilliant day. fully wired and full of energy no pain. could have finished the route today

Ditto

Same as Day 3

Foot started to swell around ball / big toe joint.

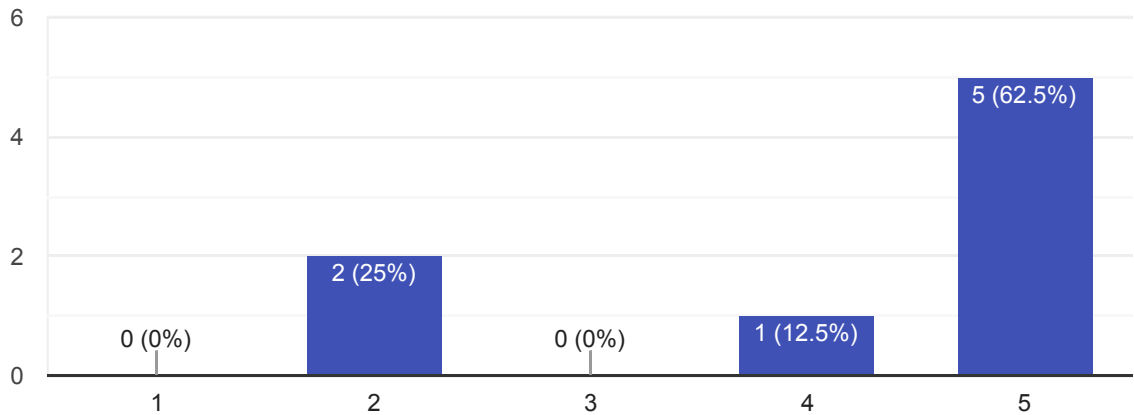
Even though feet sore, I have never had so much energy in my life

Sore legs, downhill was painful. Lucky it was flat



Day 5

8 responses



Any description on your score for this day?

7 responses

same as d4, but did finish!

Pain resolved mostly, except when stationary

Same as Day 3

Really inflamed right foot.

Even though feet sore, I have never had so much energy in my life

I have had no post 100miles pain or leg soreness at all. I am most surprised by this. A bit of back stiffness but that's normal for me. Even my Achilles feels ok.

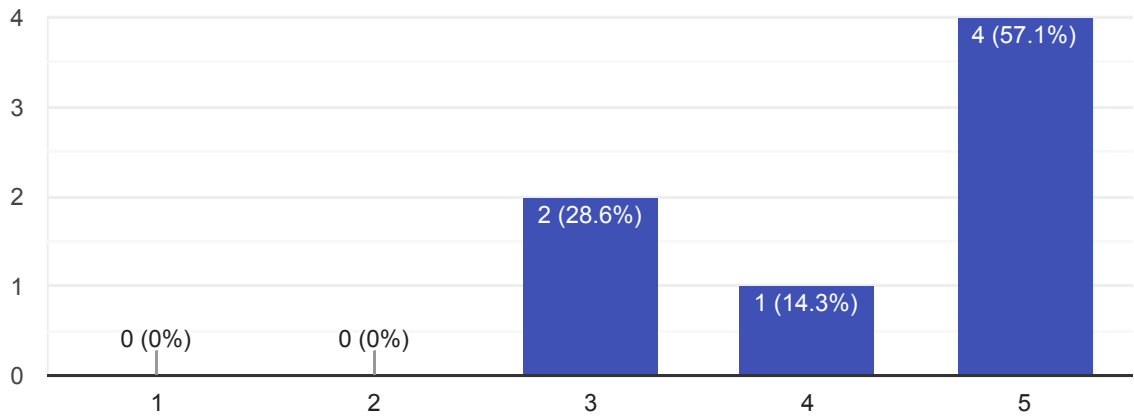
Up and down hill bad. Up - low on energy, down - muscle hurt

Your HUNGER



Day 1

7 responses



Any description on your score for this day?

6 responses

my fourth fast in 3 weeks it gets easier

Felt satisfied from meal on Friday lunch

No hunger

Ghrelin kicked in for about 5 minutes in the evening, which is when I typically eat

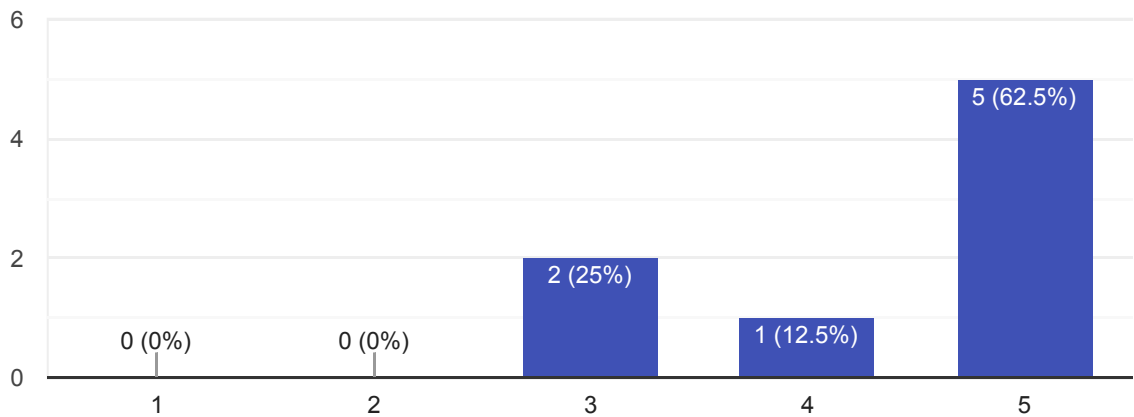
Hungry mixed with nerves. Didn't bother me though

Felt ok and was inspired by others



Day 2

8 responses



Any description on your score for this day?

6 responses

Ditto

No hunger

Not hungry

Never felt hungry once!!

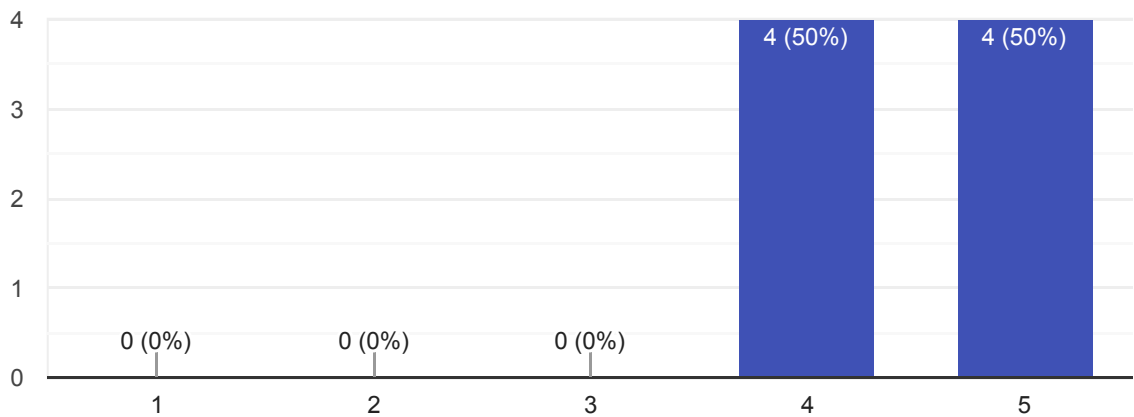
More of a hollow feeling , was hungry in the night when I woke up

Thirsty but not hungry, surprised I didn't think that much about food despite sitting in a hotel



Day 3

8 responses



Any description on your score for this day?

6 responses

Aware of stomach but not actually hungry

No hunger

Not hungry

Never felt hungry once!!

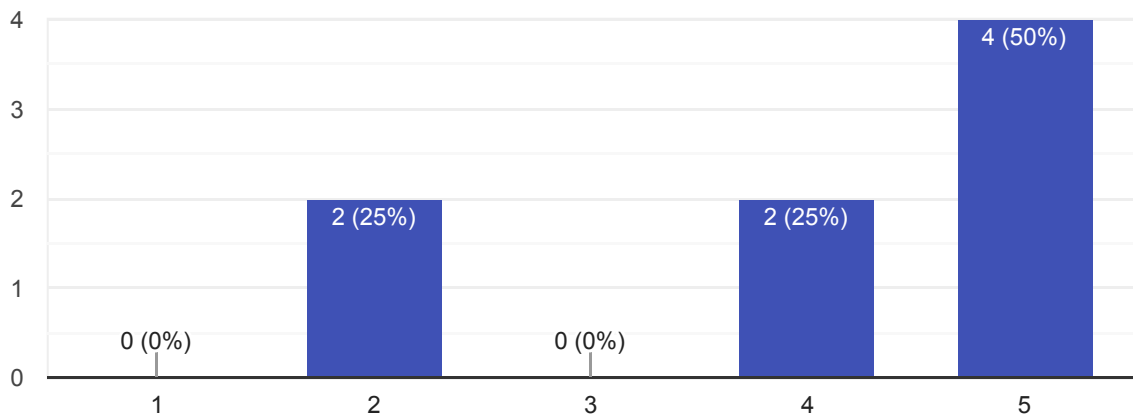
Wasnt bothered much by hunger at all today

In the swing of not eating, made easier that there was no option



Day 4

8 responses



Any description on your score for this day?

6 responses

Ditto

No hunger

slight hunger intermittently.

Never felt hungry once!!

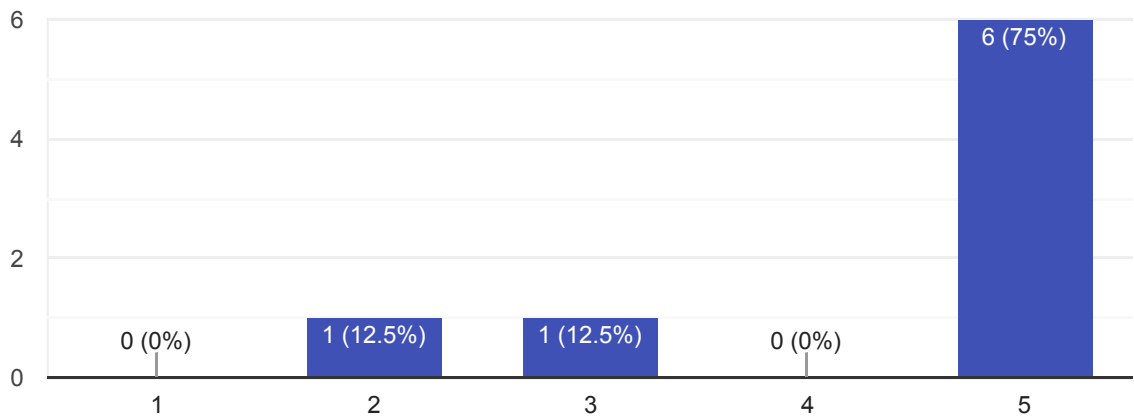
Hungry on and off today, esp over night when I was awake

Started to feel less mentally sharp and made worse by places around to but food from



Day 5

8 responses



Any description on your score for this day?

7 responses

never felt hungry when breaking the fast, normal portions

Simply focussed on running, no hunger

No hunger

slight hunger

Never felt hungry, until our meal was put on the table!

Maybe I was too excited to have cracked it, but no hunger today . I knew I could eat at 15.00, but aside from setting my sights on 3pm, I probably could have just left it and kept going

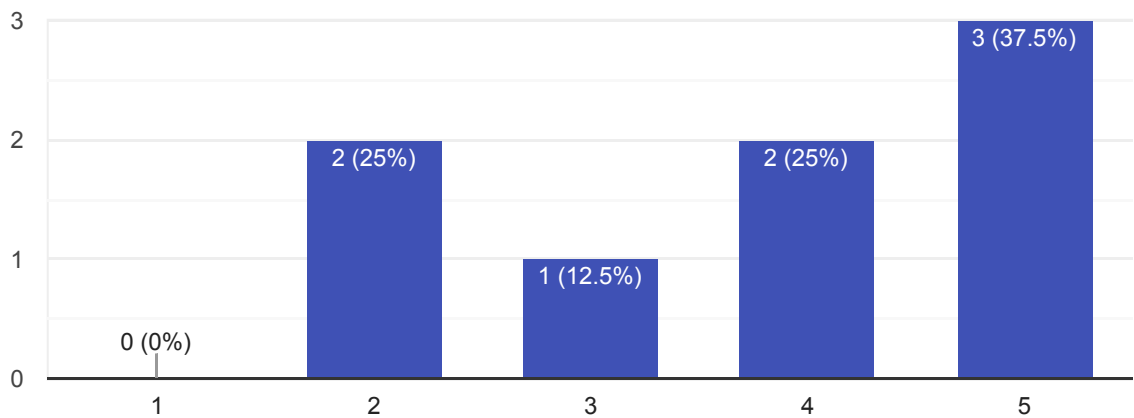
Although didn't feel too hungry knowing I could made it worse

Your POST EXERCISE SYMPTOMS



Day 1

8 responses



Any description on your score for this day?

5 responses

leg aches , recovered fully by morning. I don.t do stretching

Severe knee pain once I laid down in bed. Ibuprofen gel and Lions ointment slightly relieved the pain but it kept me awake most of the night. The pain completely disappeared once up and walking around in the morning. No muscle pain or cramps.

Sore feet and slightly sore legs

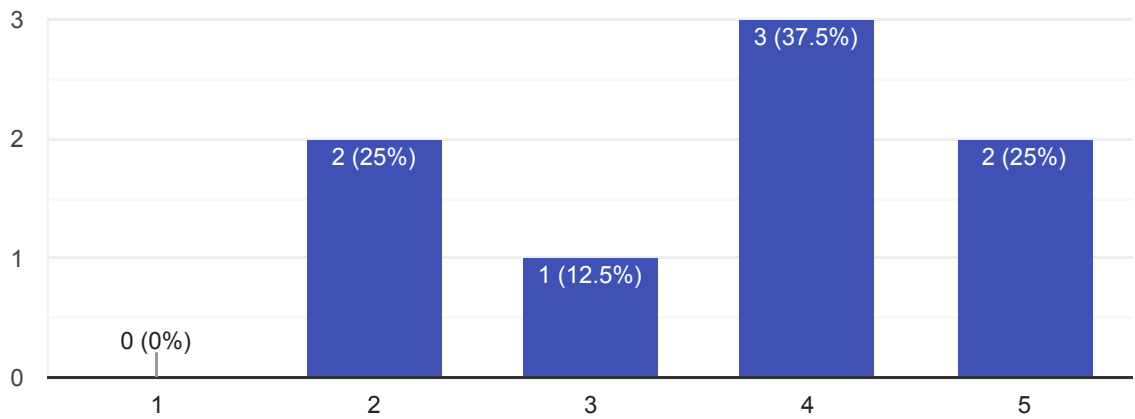
Sever button hip and Achilles pain. I have my self acupuncture

All good, regularly take magnesium



Day 2

8 responses



Any description on your score for this day?

4 responses

As Day 1

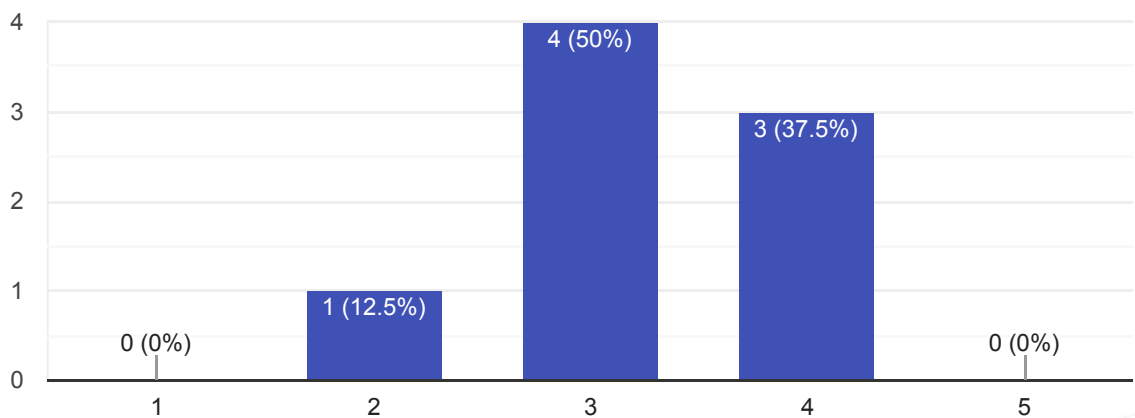
Sore feet and slightly sore legs

Same as day 1. I have myself acupuncture again and stretched again

Again all good, thanks I think to magnesium

Day 3

8 responses



Any description on your score for this day?

4 responses

As Day 1

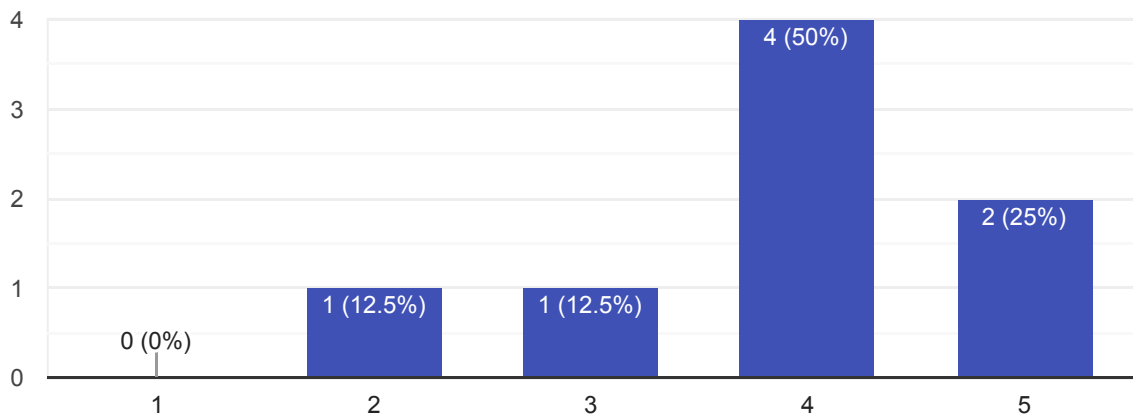
Sore feet and slightly sore legs

Better today. Am stretching lots and taking magnesium. Needling myself just in case

Calf cramps in bed, too much time on feet

Day 4

8 responses



Any description on your score for this day?

4 responses

As Day 1

Sore feet and slightly sore legs

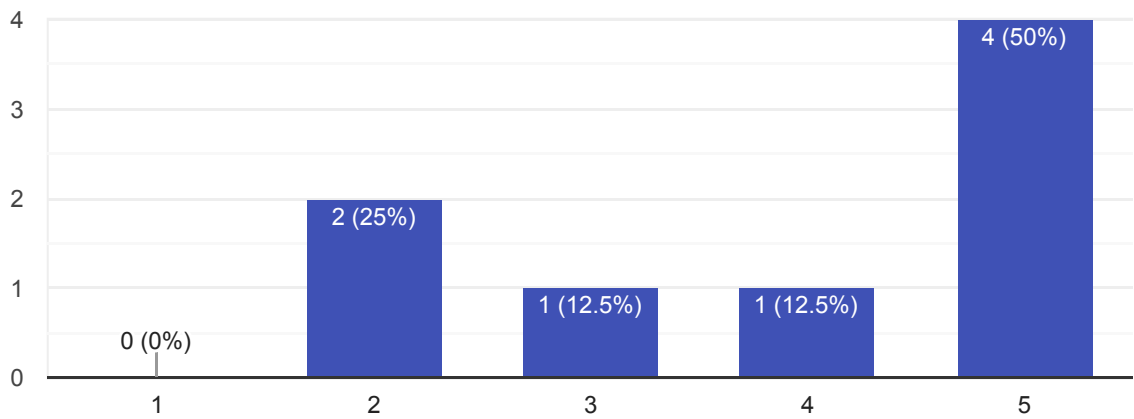
Better again. What a nice surprise

Still calf cramps but considering the mileage not too bad.



Day 5

8 responses



Any description on your score for this day?

4 responses

As Day 1

soreness faded on last day, I could have walked 100 miles!

Weirdly feel great. Have had no post 100mile Doms!

Not so much cramps just very stiff legs.

And finally ...



Please describe -- as poetically as you like -- what were the first mouthfuls of food like (and what was it that you eat).

8 responses

It was to be honest a treat to eat again but unremarkable. I wasn't hungry, but knew I was best eating some food

Filling. Tasty. The right choice (meat). Somewhat uncomfortable. A little stressed eating due to need to communicate the message as wide as possible via social media

Meat and salad at a Brazilian steak house with a couple of glasses of Merlot red wine. The food tasted great and it was a wonderful celebration with others members of the team and support crew.

Bone broth followed by beef and scrambled eggs . It felt very pleasurable, surprisingly full
A small amount ...

Beetroot. Not what I would have envisioned, but it was there, and it was beautiful to be using tastebuds again.

First food was steak. Everything in first meal tasted a bit salty.



and any refeeding issues, for example cramps, watery stools?

8 responses

loose bowel at 18 hours. frequent

Slight cramp. No stool yet

Very loose stools the following morning but no cramps or urgency

No

watery stools for 6 hours after first eating.

No issues at all with refeeding. Few glasses of red wine last night, lots of meat and sadly a bit of sushi too (very naughty I know)

1.5hrs later I had dreadful watery stools. I totally overate meat at the Brazilian all you can eat, had to stop at services on the way home for the loo stomach cramps +++ and then again several times once I got home. It was explosive and watery- sorry for the overshare

My body gave up producing a stool on day 2 and has kind of been on strike since!



Was it worthwhile? Would you do it again? How might we do it differently next time? What have you learned? Anything else that you would like to add, please do share it here.

8 responses

Could do it again but in the context of a new and progressive exploration. But I will do personal long weekend trekking with fasts. There is no need to blog the next identical adventure. Just keep it as a personal memory. But how I felt on the last two days suggests I will be doing similar at least 3 times a year.

Yes, on a bike. Too bad on the knees

It was very worthwhile as it challenged the current dogma that you need to eat frequently and consume carbs with eat meal. It proved that you can solely fuel from your fat stores for 5 days whilst covering 100 miles. Hopefully it'll be instrumental in changing opinions. I wouldn't do it again because it has now been proved. One thing I think is worth mentioning is recovering time. I have absolutely no muscle aches or pains and managed to go back to my normal HIIT routine the following day. Amazing!!

Absolutely amazing experience although I wouldn't repeat! I learnt so much about controlling you mind and differentiating sensations including hunger, tiredness, boredom , emotionality etc and how we can confuse what we might be feeling at different times.

110% worthwhile. For me as someone who wasn't living a fat adapted lifestyle for years

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