



2024
2025 07
06

**DEEPAK
RAMACHANDRAN**

"The miracle isn't that I finished. The miracle is that I had the courage to start."

John "the Penguin" Bingham



Overview



174

ALL RUNS

TOTAL

2,045 km 218h 45m

LONGEST

91 km 11h 15m



89

ALL WORKOUTS

TOTAL

42h 24m

LONGEST

1h 21m



19

SWIMS

TOTAL

13 km 4h 42m

LONGEST

2 km 37m



11

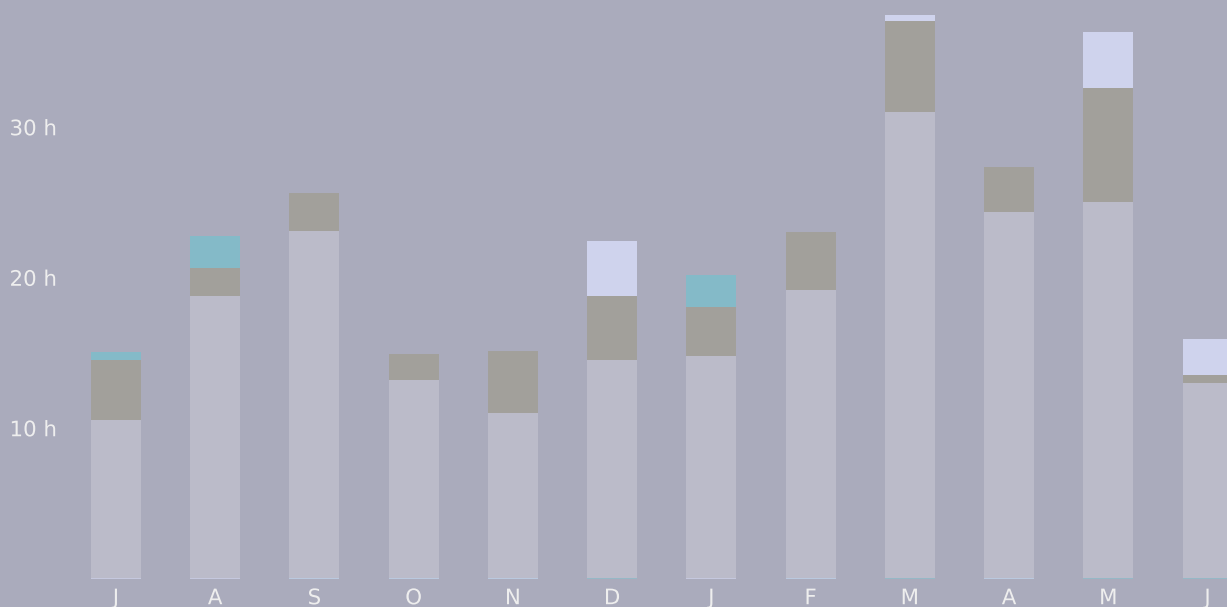
ALL WALKS

TOTAL

48 km 10h 4m

LONGEST

9 km 2h 21m



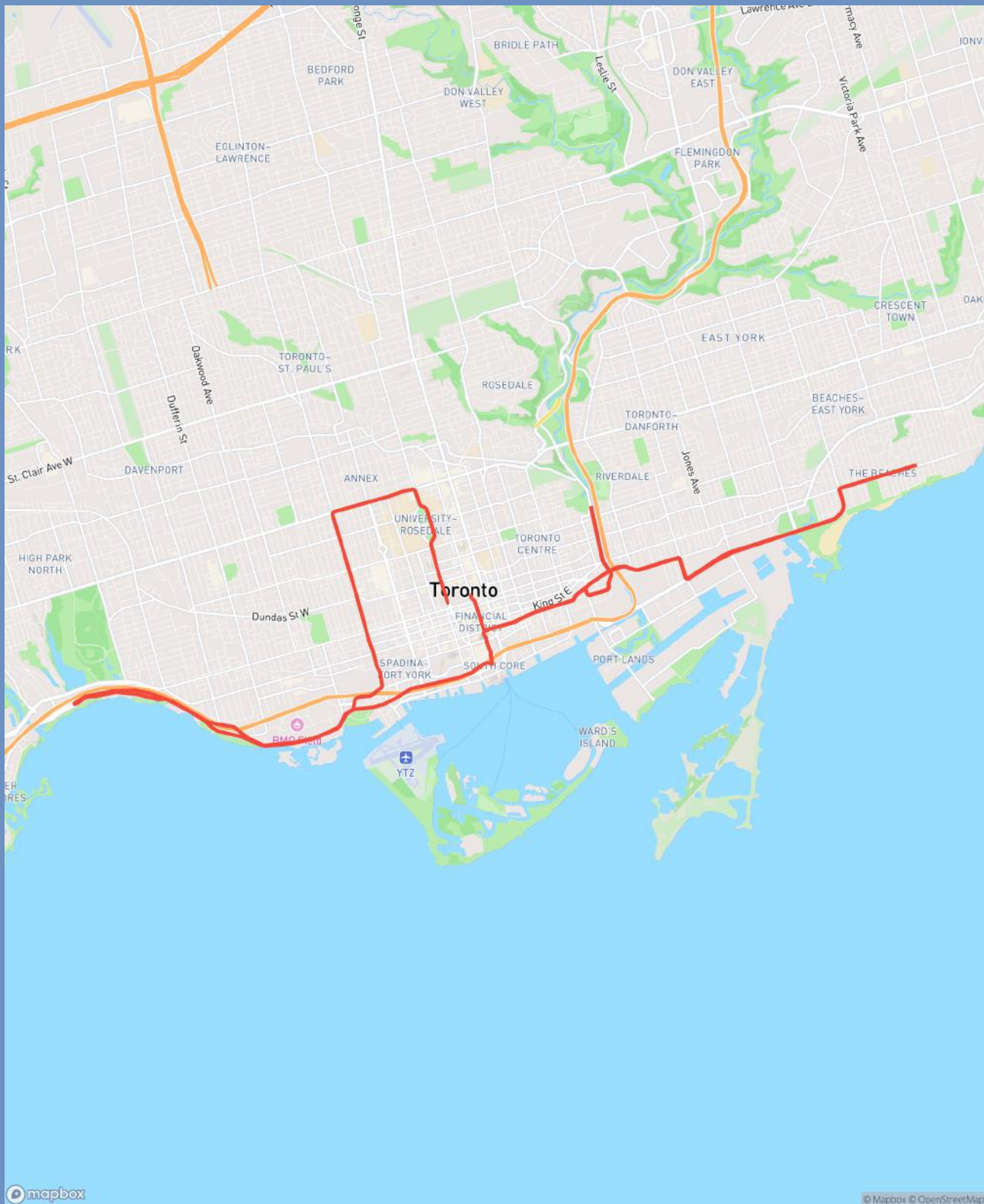
20.10



TORONTO WATERFRONT MARATHON

04:05:06

TORONTO WATERFRONT MARATHON



43.65° 39' 5.76" N

-79.39° 23' 13.92" W

 4h 2m 8s

 43 km

 5:44 /km

 165 bpm

 190 W

 126 m





“

Left it all out there! Didn't quite hit my target time of 4h00, but I set a new PR.

I'm happy with my result. I started too quickly — not right away, but km 4-20 or so; I ran it more like a half marathon, which didn't leave me enough for the back half. I have to learn the discipline, especially in the first quarter / half of a race, to check my pace every km and force myself to walk if I'm ahead of target.

Anyhow, it was fun to push myself to my limit on pace / speed! — a slightly different experience from pushing my limit on distance + elevation (as with Comrades, or Two Oceans).

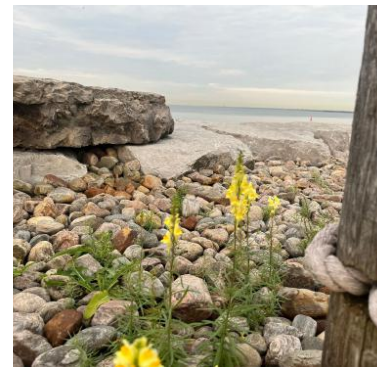
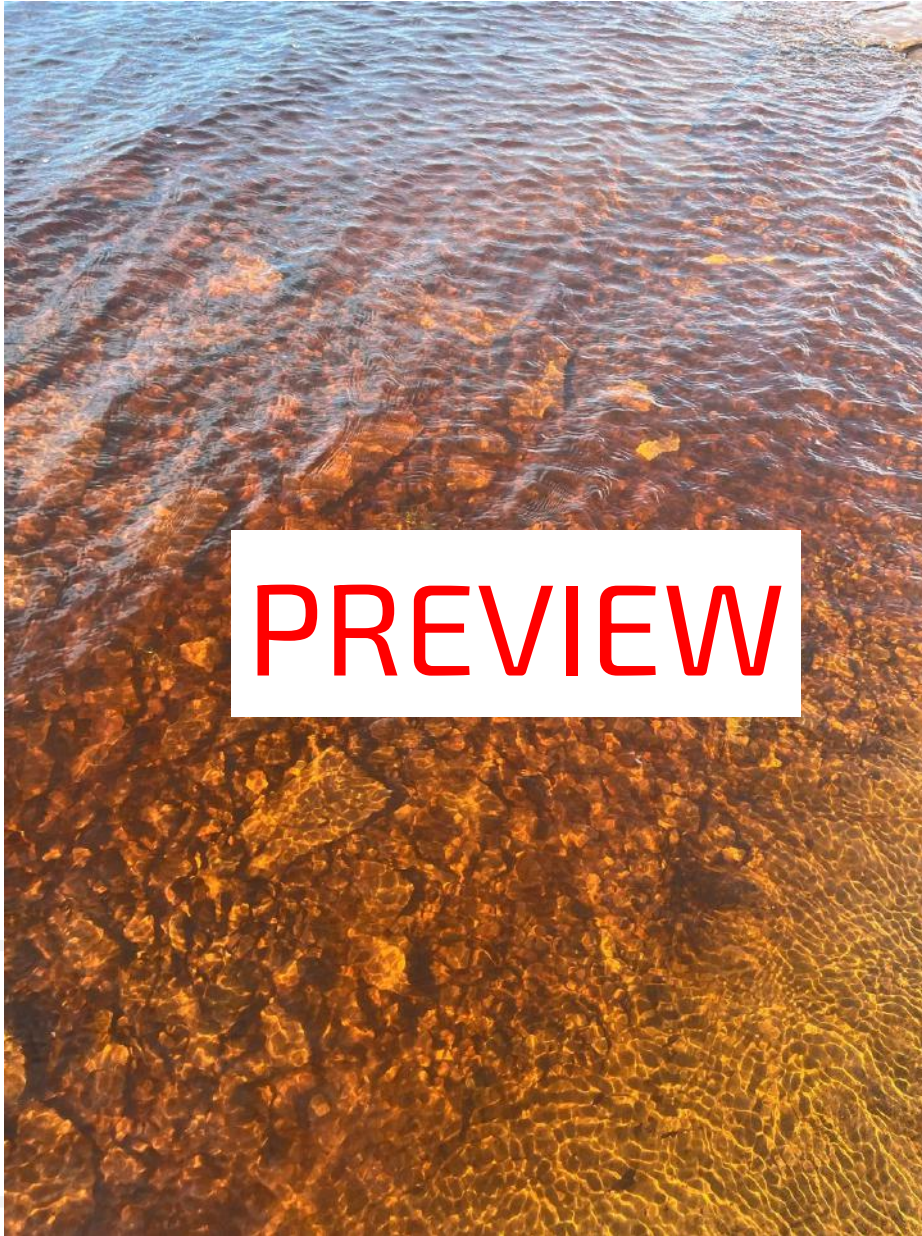
SPLITS

			
0	5:56	150	12.1
1	5:42	158	10.6
2	5:30	165	1.5
3	5:14	172	-4.3
4	5:17	173	-8.6
5	5:23	162	-14.0
6	5:09	165	-8.5
7	5:25	168	-2.1
8	5:29	168	0.8
9	5:50	157	6.6
10	5:14	163	-7.2
11	7:00	160	0.3
12	5:12	163	
13	5:10	175	-1.0
14	5:11	177	6.3
15	5:24	172	-5.4
16	5:05	180	-0.4
17	5:13	176	0.6
18	5:36	165	6.0
19	5:12	164	-0.1
20	5:03	169	-1.5
21	5:50	163	-2.7
22	5:15	175	-1.1
23	6:08	162	-0.3
24	5:25	174	
25	5:40	171	2.7
26	5:21	173	5.5
27	5:18	174	-8.8
28	5:51	165	-1.0
29	5:34	172	1.5
30	6:12	169	-0.9
31	5:36	166	4.0
32	6:28	160	5.4
33	5:39	169	-1.4
34	5:58	165	-8.4
35	7:00	158	1.2
36	5:52	166	-0.8
37	6:29	166	-0.9
38	7:04	157	1.9
39	7:07	149	0.9
40	6:58	155	0.9
41	6:04	157	3.1
41	5:29	167	7.2

Victory!

07.2024

July



18

ACTIVE DAYS





22
activities

150
km

duration
17h 30m



RUNS

10h 34m



RIDES

2h 28m



WORKOUTS

3h 57m



SWIMS

30m

1 - 7
JUL
3h 21m

MO
TU
WE
TH

FR

SA

SU

8 - 14
JUL
3h 52m

MO
TU
WE
TH

FR

SA

SU

15 - 21
JUL
5h 26m

MO
TU
WE
TH

FR

SA

SU

22 - 28
JUL
2h 43m

MO
TU
WE
TH

FR

SA

SU

29 - 31
JUL
2h 6m

MO
TU
WE
TH

FR

SA

SU

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

Spotlights

14

"Recovery Tri"



pt1



1h 27m 53s



29 km



71 m



20.1 km/h

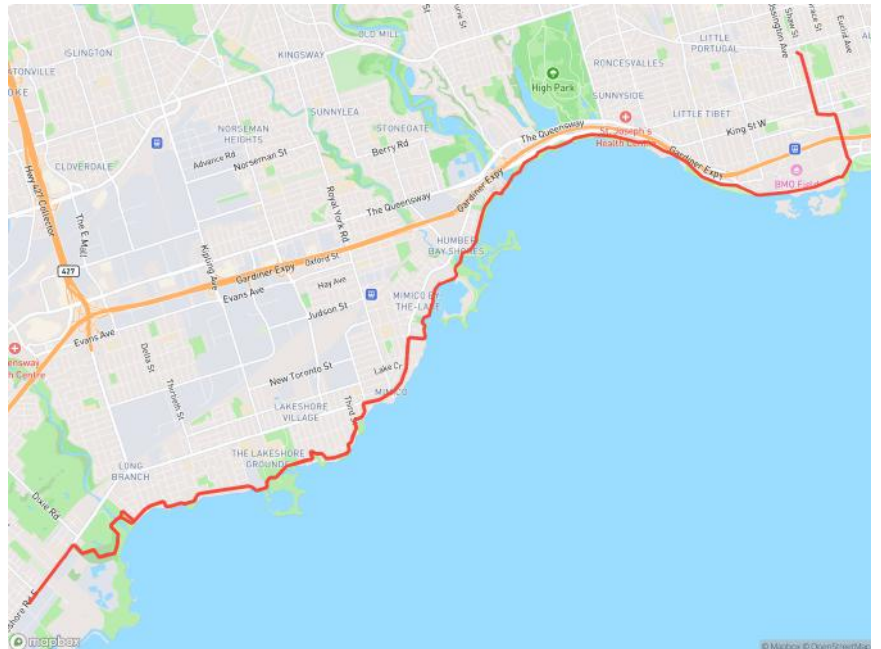


131 bpm



51 W

In honour of the Toronto Triathlon Festival today, I tried an idiosyncratic tri by the lake...
40km bike (in 2 parts); 250m swim; 2km jog
— Swimming is definitely my weak point! ♂



28 Rennie's River trail + ponds



1h 26m 32s



14 km



6:20 /km

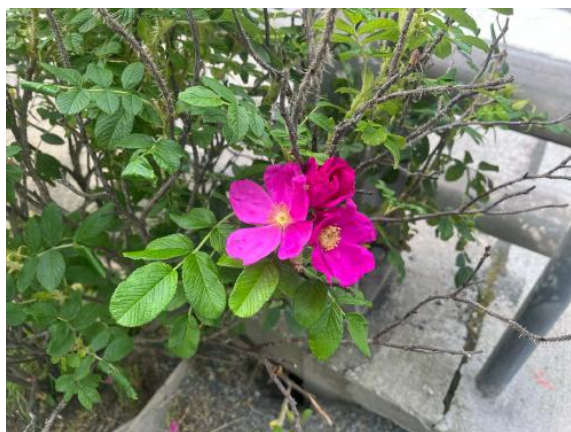


144 bpm



251 m

Nice leisurely trail run in St John's NL



Activities

1 Morning Strength & Mobility

🕒 1h 21m ⚡ 74

2 Easy run

6 km @ 6:32 /km

🕒 39m ⚡ 144 ⚡ 165 W ⚡ 33 m

3 Strength & stability

🕒 1h 9m ⚡ 82

4 Light mobility

🕒 11m ⚡ 89

11 Re-activating my legs

8 km @ 6:05 /km

Still working my way back from post-Comrades illness.
Beautiful night!

🕒 49m ⚡ 150 ⚡ 41 m



13 Morning Run

11 km @ 6:15 /km

Beautiful day by the lake!

🕒 1h 10m ⚡ 149 ⚡ 62 m

14 "Recovery Tri" ♂ pt1

29 km @ 20.1 km/h

In honour of the Toronto Triathlon Festival today, I tried an idiosyncratic tri by the lake... 40km bike (in 2 parts); 250m swim; 2km jog — Swimming is definitely my weak point! ♂

🕒 1h 27m ⚡ 131 ⚡ 51 W ⚡ 71 m

"Recovery Tri" ♂ pt2

541 m @ 1:58 /100m

In honour of the Toronto Triathlon Festival today, I tried an idiosyncratic tri by the lake... Swim is definitely my weak spot! I'd have to train to make the typical Olympic / Sprint cutoffs...

🕒 10m ⚡ 108



"Recovery Tri" ♂ pt3

2 km @ 6:26 /km

In honour of the Toronto Triathlon Festival today, I tried an idiosyncratic tri by the lake...

🕒 13m ⚡ 141

15 Morning Workout

🕒 33m ⚡ 75

16 Intervals

9 km @ 6:44 /km

🕒 1h 1m ⚡ 141 ⚡ 65 m

PREVIEW



18 Evening Run

12 km @ 6:31 /km

🕒 1h 19m ⬆️ 145 ⬆️ 56 m



20 12-minute test

6 km @ 7:08 /km

2.51km

🕒 42m ⬆️ 146 ⬆️ 25 m

21 Afternoon Ride

13 km @ 21.2 km/h

🕒 37m ⬆️ 130 ⚡ 55 W ⬆️ 31 m

Afternoon Ride

7 km @ 18.8 km/h

Sadly, water was too polluted to swim

🕒 23m ⬆️ 128 ⚡ 50 W ⬆️ 30 m



Afternoon Run

8 km @ 6:01 /km

🕒 49m ⬆️ 148 ⬆️ 47 m

22 Morning Workout

🕒 11m ⬆️ 82

23 Intervals

10 km @ 6:19 /km

Not quite exactly to plan... but still worthwhile

🕒 1h 5m ⬆️ 135 ⬆️ 54 m

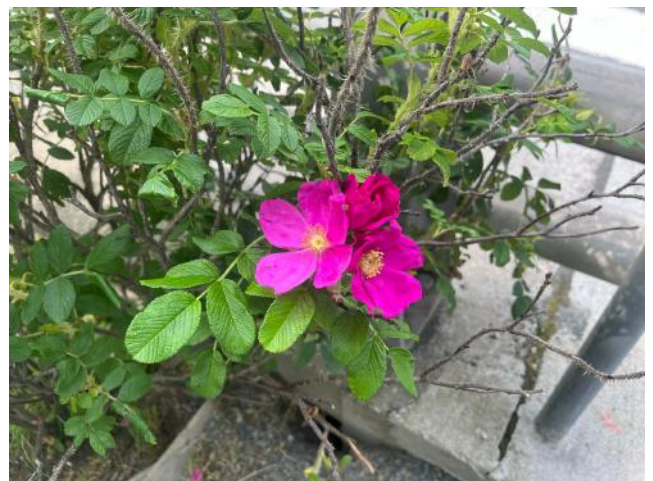


28 Rennie's River trail + ponds

14 km @ 6:20 /km

Nice leisurely trail run in St John's NL

🕒 1h 26m ⬆️ 144 ⬆️ 251 m



29 Morning Workout

🕒 30m ⬆️ 84

July 2024

Activities

30 Bell Island Swim

580 m @ 3:22 /100m

Deep red water with a taste of iron ... like swimming in cold blood. (I'm a shark!) I'm a very slow shark, btw... working on technique

🕒 19m 📊 115



31 Afternoon Run

12 km @ 6:18 /km

🕒 1h 15m 📊 145 ↗ 204 m





PREVIEW

My athlete book

DEEPAK RAMACHANDRAN

