



Pavel Paloncy – Adventurer & Runner

“Working with Shane was inspirational. I am adventurer and runner by heart and physicist by education, so challenging current concepts and data analysis is the way I like to think. So why not do this about running? And this is exactly what Shane is doing. He is using modern technology to get reliable data about my running and analyses them. And he came up with suggestions for changes that have huge impact when running everywhere, including adverse weather conditions, which is my natural environment. Train, rest, repeat - we know this training loop. If you add steps such "analyze" and "adjust", it ultimately leads to higher efficiency. And that what endurance running is about.”