



Running Dynamics Library

Running Power

Running Power is the measurement, in Watts, of how much work you're putting in while you run. It indicates how much force and speed a runner is exerting at any given moment

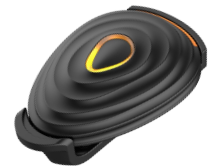
What is RP important?

For runners, power is a phenomenal metric to monitor how hard they are working during every segment of a run whether they're running on the flat or uphill. This way, it complements more common metrics like heart rate and pace because power tracks the actual work output of every step rather than your heart's response, or the speed (pace) resulting from the work needed to produce the output.



How RP is traditionally measured

The traditional way is by wearing a shoe pod, or chest strap.



With Nohayo's new algorithm the RP measurement can be done using only a watch, ring, or earbuds that has 3D accelerometer and GPS. No shoe pod or chest strap is needed!

Nohayo RP algorithm performance

The algorithm is implemented in embedded C and can run on wearables like a smartwatch, ring, and earbuds that has a 3D accelerometer, GPS data, and a DSP unit.

The algorithm was compared to Garmin shoe pod, and shows accuracy of >94.1%. The algorithm was tested on >200 outdoor running sessions, at various running environments.

