

Sat Oct 13, 2018 **50 miles**

I ran and walked the hilly Canandaigua 50 mile. It was rather cool in the mid 40's, rainy and windy. Lots of time the wind was in our faces. I had about 2700 calories in my breakfast cereal, banana, energy bar, Gatorade and defizzed coke. I wanted to run under 10 hours which is 12:00/mile. At 25 miles my average pace was 11:40/mile. I realized I could not hold that pace so I started walking a lot more and enjoying the run a lot more too. My final time was 10:52:39. The race director, Gil Robs and his crew were very friendly and the run was well organized with course marshals at major intersections and clear course markings everywhere else. There were lots of people at the 12 aid stations helping the runners and cheering us on. It was a great run on my 76<sup>th</sup> birthday.

Sun Oct 14, 2018 **no running**

Mon Oct 15, 2018 **no running**

Tues Oct 16, 2018 **no running**

I pushed a lawnmower for an hour.

Wed Oct 17, 2018 **2 miles**

I ran 2 miles on a treadmill.

Splits: 10:00, 8:14

Thurs Oct 18, 2018 **3 miles**

I ran 3 miles at various paces between 10:00/mile and 12:00/mile.

Fri Oct 19, 2018 **no running**

**55 miles in the last week**

Sat Oct 20, 2018 **31.5 miles**

I ran in the Erie Personal Endurance Classic. Runners are timed while running as many 1.05 mile loops as they want. I ran 30 loops for a total of 31.5 miles. My time and overall mile pace were 6:05:08 and 11:35/mile. I passed the 50K point in about 5:59 and reached my goal of running 50K in under 6 hour. I ate and drank plenty of calories. I drank about 90 ounces of Gatorade and defizzed Coke which is almost 3 ounces per mile. This may not have been quite enough even though the day was cool. The race director Jim Lang was very friendly and helpful. Mike Viera helped me keep track of the number of loops I had completed while I was running. Thank you Mike.

Sun Oct 21, 2018 **no running**

Mon Oct 22, 2018 **4 miles**

I ran 1.75 miles downhill averaging 11:44/mile and then rested a half hour. I ran 1.25 miles **slightly** uphill averaging 10:43/mile. It was easier going uphill than down because my quads are tired from Saturday's run. I rested 3 minutes. I walked 1 mile up a steep hill in 17:15.

Tues Oct 23, 2018 **2 miles**

I ran 2 miles on a hilly course. Splits 10:33, 10:38

Wed Oct 24, 2018 **2miles**

I ran 2 miles at various paces on roads and trails.

Thurs Oct 25, 2018 **no running**

Fri Oct 26, 2018 **3 miles**

**Warmup:** I ran ½ mile at a good pace down to the Wise Center and rested a few minutes.

**Run:** I ran 2 miles in 19:28 on a treadmill. Splits: 10:30, 8:58

I ran faster as I went, starting at about 11:00/mile and ending at 8:00/mile.

**Warmdown:** I rested a few minutes and jogged ½ mile home

**42.5 miles in the last week**

Sat Oct 27, 2018 **3 miles**

I ran in the Wise Center.

**Warmup:** ½ mile on the indoor track in 4:37 and rest about 5 minutes

**Run:** I ran 2 miles on a treadmill in 18:37. Splits: 10:00, 8:37

I ran faster as I went, starting at about 10:30/mile and ending at 7:41/mile.

**Warmdown:** I rested about 5 minutes and ran ½ mile on the indoor track in 4:56.

Sun Oct 28, 2018 **no running**

I preped for a colonoscopy.

Mon Oct 29, 2018 **no running**

I had a colonoscopy.

Tues Oct 30, 2018 **3 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** ½ mile in 4:54 and rest a few minutes

**Run:** I ran 2 miles in 17:15. Splits: 8:55, 8:20

I ran faster as I went, starting at about 10:10/mile and ending at 7:41/mile.

**Warmdown:** ½ mile in 5:30

Wed Oct 31, 2018 **4.2 miles**

**Warmup:** 1 mile in 9:45

**Run:** Tim Dunn and I ran 4 x 1.5 cemetery loops in a very light rain. Each run was 765 meters. Between each interval we jogged about 250 meters in 3 minutes. We got faster with each of the runs. Tim ran 30-35 seconds faster than me on each of the runs. He started after I did and we finished together. It was great!

My times: 3:50, 3:46, 3:42, 3:37

My average pace for the last interval was 7:36/mile.

**Warmdown:** 0.8 mile jog

Thur Nov 1, 2018 **3 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** ½ mile in 5:00 and rest 4 minutes

**Run:** I ran 2 miles in 17:04. Splits: 8:55, (4:12+3:57) = 8:09

I ran faster as I went, starting at about 10:00/mile and ending at 7:41/mile.

**Warmdown:** ½ mile in 5:25

Fri Nov 2, 2018 **3.5 miles**

**Warmup:** ½ mile to the Wise Center and a few minute rest

**Run:** I ran 2 miles in 19:00 on a treadmill.

**Warmdown:** ½ mile in about 5:30 and ½ mile walk on the indoor track in about 7:50

**16.7 miles in the last week**

Sat Nov 3, 2018 **3.75 miles**

**Warmup:** ½ mile run to the Wise Center and a few minute rest

**Run:** I ran and walked 3 miles on the indoor track and averaged 10:35/mile.

I walked 125 yards at the beginning of each half mile. My walking pace was about 16:00/mile and my running pace about 9:45/mile. **Warmdown:** 1/4 mile walk in about 4:00

Sun Nov 4, 2018 **3.5 miles**

**Warmup:** ½ mile run to the Wise Center and a few minute rest

**Run:** 1 mile on a treadmill at various pace, time: 8:40 and a few minute rest

3 x 0.2 miles at 7:14/mile pace with a 0.3 mile jog before each run. The jogs were at about 11:00/mile. **Warmdown:** 0.5 mile jog

Mon Nov 5, 2018 **4.75 miles**

**Warmup:** ¾ mile jogging

**Run and walk:** 3 miles on the indoor track averaging 11:30/mile

I ran 3/8 mile, walked 1/8 mile and repeated until I reached 3 miles. My running pace was about 10:00/mile and my walking pace was about 16:00/mile.

**Warmdown:** I rested a few minutes and walked a mile in 16:10.

Tues Nov 6, 2018 **4 miles**

**Warmup:** ½ mile run to the Wise Center and rest a few minutes

**Run:** 2 miles on a treadmill Splits: 9:29, 9:00 and rest a few minutes

4 x 0.15 miles at 7:14/mile pace with a 0.1 mile jog before each run. The 0.15 mile runs each took 65 seconds. The jogs before each 0.15 mile run took about 70 seconds.

**Warmdown:** 0.5 mile jog

Wed Nov 7, 2018 **2 miles**

I road a stationary recumbent bike on level 12. My final pulse was 114.

Calories: 200, Distance: 5.2 miles, Time: about 19:00

I am taking this to be equivalent to 2 miles of running.

Thur Nov 8, 2018 **4 miles**

I ran with 5 other runners on the Geendale Cemetery 510 m loop.

**Warmup:** 1 mile

**Run:** 6 x 1 loop with a 250 m jog between each of the runs. The jogs took about 4:00.

Times: 2:35, 2:29, 2:30, 2:19, 2:39, 2:24

The average pace for the fastest run is 7:19/mile.

Fri Nov 9, 2018 **3.5 miles**

1 mile on the Wise Center indoor track in 8:53 running faster as I went. Last ¼ mile at 7:50/mile pace. Then I rested a few minutes. I road a stationary recumbent bike on level 12.

Final pulse: 130, Ave Speed: 16.9 mi/hr, Calories: 200, Distance: 5.3 miles, Time: 18:50

I am taking this as equivalent to 2 miles of running. I rested and then walked ½ mile in 16:20

**25.5 miles in the last week**

Sat Nov 10, 2018 **4.25 miles**

**Warmup:** 1.5 miles on a Wise Center treadmill. I ran faster as I went.

Time: 13:27, Splits 9:29, 3:58 (for the last ½ mile). Then I rested 4 minutes.

**Run:** 5 x 0.16 miles at 7:09/mile pace with a 0.09 mile jog before each run. The 0.16 mile runs each took 68.6 seconds. The jogs before each 0.16 mile run took about 85 seconds.

**Warmdown:** I rested about 4 minutes, ran a mile in about 9:30 and jogged ½ mile home.

**Compare this workout to the ones on Sun Nov 4, 2018 and Tues Nov 6, 2018. I felt better running faster today than previously. I plan to continue running these intervals faster and longer, and increasingly more of them.**

Sun Nov 11, 2018 **no running**

Mon Nov 12, 2018 **4 miles**

**Warmup:** ½ mile to the Wise Center and rest a few minutes.

1.5 miles on a treadmill starting at about 10:00/mile, ending at 7:41/mile averaging 8:52/mile

**Run:** 5 x 0.18 miles at 7:09/mile pace with a 0.12 mile jog before each run. The 0.18 mile runs each took 77.1 seconds. The jogs before each 0.18 mile run took about 88 seconds.

**Warmdown:** ½ mile in 4:58

Tues Nov 13, 2018 **2 miles**

I ran and walked 2 miles on the Wise Center indoor track.

I ran 3/8 mile in about 3:30, walked 1/8 mile in about 1:45 and repeated 3 more times for a total of 2 miles in 20:59. Running pace: 9:20/mile, Walking pace 14:00/mile

Wed Nov 14, 2018 **5 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** 2.1 miles starting at about 10:00/mile, ending at 7:30/mile averaging 8:58/mile

**Run:** 6 x 0.2 miles at 7:09/mile pace with a 0.2 mile jog before each run. The 0.2 mile runs each took 85.7 seconds. The jogs before each 0.2 mile run took about 2:18.

**Warmdown:** ½ mile in about 5:30

Thur Nov 15, 2018 **2.25 miles**

On the Wise Center indoor track: 1 mile splits 4:55 + 4:35 = 9:30, rest 5 minutes

On a recumbant stationary bike:

50 calorie ride in 4:10 (final pulse: 137), 25 calorie slow ride

25 calorie ride in 1:58, 25 calorie slow ride

I take the bike riding to be equivalent to 1.25 miles of running.

Fri Nov 16, 2018 **3.5 miles**

**Run:** 3 miles on a treadmill in about 27 minutes. Approximate Splits: 9:30, 9:00, 8:30

**Warm down:** ½ mile in 5:00..

**21 miles in the last week**

Sat Nov 17, 2018 **5 miles**

I ran in Greendale Cemetery with 5 other runners. The temperature was about 35 degrees.

Greendale Cemetery is on the side of a hill with one end 0.75 miles away from the other. The elevation change is about 200 feet.

**Warmup:** 0.5 mile jog

**Run:** We ran 3 times from the top of the cemetery to the bottom and back up again, ie 1.5 miles for each run. Between each time down and up we rested a few minutes.

Times and average paces for the runs: 16:45 (11:10/mile), 15:22 (10:15/mile), 14:03 (9:22/mile)

Sun Nov 18, 2018 **3.5 miles**

I ran a mile on the Wise Center indoor track in 8:46. Splits: 4:36, 4:10

I rested for 6 minutes and ran 1.5 miles on a treadmill including a ½ mile in 3:47.

I rested a few minutes and walked a mile on the indoor track with Mary Jane in about 17:00.

Mon Nov 19, 2018 **6.5 miles**

**Warmup:** ½ mile to the Wise Center, rest 5 minutes and ½ mile on a treadmill in about 4:45

**Run:** 5 miles on a treadmill starting at about 9:10/mile and ending at 7:14/mile

Time and average pace for 5 miles: 41:35, 8:19/mile

Splits: 9:00, 8:44, 8:21, 7:58, 7:31

**Warm down:** ½ mile jog home

Tues Nov 20, 2018 **1.75 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** 2 miles at various paces, some as fast as 7:41/mile. Ave. pace: 9:00/mile, rest 5:00

**Run:** ¼ mile jog, lead into a mile run in 7:32. Splits: 3:50, 3:42

**Warm down:** ½ mile jog

Wed Nov 21, 2018 **no running**

Thur Nov 22, 2018 **no running**

Fri Nov 23, 2018 **3.7 miles**

I ran in Greendale Cemetery. The Cemetery is on the side of a hill with one end 0.75 miles away from the other. The elevation change is about 200 feet.

**Warmup:** 0.35 mile jog and rest 3 minutes

**Run:** 2 times from the top of the cemetery to the bottom and back up again, ie 1.5 miles for each run. Between the 2 runs I rested a few minutes.

Times and average paces for the runs: 16:33 (11:02/mile), 14:19 (9:33/mile)

**Warm down:** rest 3 minutes and jog 0.35 miles

**20.45 miles in the last week**

Sat Nov 24, 2018 **3 miles**

**Warmup:** 0.3 mile jog

**Run:** 2 miles on the somewhat hilly cemetery loop in cold damp weather, Splits: 9:57, 9:21

**Warm down:** 0.7 mile jog

Sun Nov 25, 2018 **4.5 miles**

I ran 4.5 miles with Olivia Hemlock on very hilly roads and averaged 10:26/mile.

Mon Nov 26, 2018 **3.5 miles**

**Warmup:** 0.5 mile jog to Wise Center and rest a few minutes

**Run:** On a treadmill 2.25 miles at various paces some as fast as 7:09/mile.

Time: 20:09, Average pace: 8:57/mile

**Warm down:** 0.75 miles averaging about 10:15/mile

Tues Nov 27, 2018 **5.75 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** 2 miles, splits: 8:58 and 8:15. The second mile I went faster as I ran and ended at 7:41/mile pace. 5 minute rest

**Run:** 8 x 0.2 miles at 7:09/mile pace with a 0.2 mile jog before each run. The 0.2 mile runs each took 85.7 seconds. The jogs before each 0.2 mile run took about 2:15.

**Warm down:** 0.3 miles in 3 minutes and 0.25 mile jog outdoors.

Wed Nov 28, 2018 **5 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** 2 miles, splits: 8:59 and 8:05. The second mile I went faster as I ran and ended at 6:59/mile pace. 4 minute rest

**Run:** 6 x 0.2 miles at 6:59/mile pace with a 0.2 mile jog before each run. The 0.2 mile runs each took 83.7 seconds. The jogs before each 0.2 mile run took about 2:22.

**Warm down:** 0.6 miles in 6 minutes

Thur Nov 29, 2018 **4 miles**

**Run:** 3 miles in 26:59 on a treadmill at the Wise Center, Approximate splits: 9:30, 9:00, 8:30

**Warm down:** ½ mile in about 5:00 and ½ mile jog home

Fri Nov 30, 2018 **no running**

**25.75 miles in the last week**

Sat Dec 1, 2018 **4 miles**

**Warmup:** 2 miles on a treadmill, splits: 8:59, 8:39 with last  $\frac{1}{4}$  mile in 2:00, rested 5 minutes

**Run:** 4 x 0.17 miles at 6:49/mile pace with a 0.23 mile jog before each run. The 0.17 mile runs each took 69.5 seconds. The jogs before each 0.17 mile run took about 2:50.

**Warmdown:** 0.4 miles in about 4 minutes

Sun Dec 2, 2018 **4 miles**

I walked and ran 4 miles on the Ernst Trail and averaged 11:55/mile. I walked about 0.1 miles at the beginning of each  $\frac{1}{2}$  mile. Walk/Run Ratio: 0.25

Mon Dec 3, 2018 **4.5 miles**

**Warmup:** 2 miles on a Wise Center treadmill, splits: 8:58, 8:27 with last  $\frac{1}{4}$  mile in 1:55 and rested 5 minutes

**Run:** 4 x 0.17 miles at 6:49/mile pace with a 0.23 mile jog before each run. The 0.17 mile runs each took 69.5 seconds. The jogs before each 0.17 mile run took about 2:40.

pulse at the end of first run: 143, pulse at the end of fourth run: 153

**Warmdown:** 0.4 miles in about 4 minutes and  $\frac{1}{2}$  mile jog home.

Tues Dec 4, 2018 **4.5 miles**

**Warmup:**  $\frac{1}{2}$  mile jog to the Wise Center

0.1 mile lead into 2 miles on a treadmill and rest 5 minutes, Splits for 2 mile 8:47, 8:27

**Run:** 0.1 mile lead into a 1 mile run

time for 1 mile: 7:22

$\frac{1}{4}$  mile splits: 1:52.5, 1:51.1, 1:49.8, 1:48.4

pulse at the end of the mile: 157 **Warm down:** 0.4 mile on treadmill and 0.5 mile jog home

Wed Dec 5, 2018 **4.75 miles**

I ran on the indoor track in the Wise Center.

**Run:** 3 x  $\frac{1}{2}$  mile and 1 x 1 mile with a  $\frac{1}{4}$  mile jog between.

Times: 4:27, 4:01, 4:24,  $(4:16 + 3:58) = 8:14$

**Warm down:**  $\frac{1}{2}$  mile jog on the track, rest 3 minutes, 1 mile on a treadmill in 8:59

Thur Dec 6, 2018 **7.1 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** 2 miles, splits: 9:28, 8:28, 8 minute rest

**Run:** a 0.1 mile lead into a 5 mile run in 39:59, splits: 8:06, 8:00, 8:00, 8:00, 7:53

**Warm down:** a 4 minute rest and  $\frac{1}{4}$  mile jog on the indoor track

Fri Dec 7, 2018 **3 miles**

I ran on the Wise Center indoor track. I always run wide on the track so each lap is  $\frac{1}{8}$  mile

**Warmup:** 1 mile going faster with each lap, time: 9:29 and rest 3 minutes

**Run:** 8 x  $\frac{1}{8}$  mile with  $\frac{1}{8}$  mile jog after each,

average time for runs: 57.8, last run: 51.3, average time for jogs: about 90s.

**31.85 miles in the last week**



Sat Dec 8, 2018 **no running**

Sun Dec 9, 2018 **9.5 miles**

**Warm up:** ½ mile to the Wise Center in about 5 minutes, 1 mile on the indoor track in 8:53 and a 7 minute rest

**Run:** On a treadmill, 10 x ½ mile with a ¼ mile jog before each run.

Times for the runs: The first 6 in 4:00, the next 3 in 3:56.8 and the last one in 3:53.8

Pulses at the end of each run 147, 148, 150, 151, 150, 150, 151, 151, 151, 152

Times for the ¼ mile jogs before each run about 3 minutes.

**Warm down:** ½ mile in about 6 minutes

**Note:** The easiest run was the 6<sup>th</sup> one.

Mon Dec 10, 2018 **3.5 miles**

**Warmup:** ½ mile to Wise Center

**Run/walk:** On indoor track, run 3/8 mile, walk 1/8 mile and repeat until 3 miles completed. Average pace: about 11:20/mile

Tues Dec 11, 2018 **3.5 miles**

I ran and walked 3.5 miles on the Wise Center indoor track and averaged 10:57/mile.

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**Using heart rate (HR) to evaluate level of fitness.  
(In my case I call this a “142 beats per minute test”).**

**A runner's level of fitness varies with time. I use my heart rate to help evaluate my level of fitness. Lately while running on a treadmill and wearing a heart rate monitor, I do the following.**

- 1. Warm up with a mile at about 9:00 – 9:30/mile pace and rest a few minutes.**
- 2. Start running at about 8:35/mile pace and then adjust pace so that HR is  $HR_0 = 142 \pm 1$  bpm.**
- 3. Use a watch to record mile splits and stop running when the split exceeds  $T_{max} = 8:45$**
- 4. The more miles I am able to run without reaching 8:45/mile, the better my fitness.**

**If another runner wants to perform the test mentioned above they will need to establish values for  $HR_0$  and  $T_{max}$  in the following way.**

- 1. On a treadmill, the runner should warm up, rest a few minutes and then run at a pace near their average half marathon pace (this pace can be estimated). Their HR after running a mile is  $HR_0$ .**
- 2. Next continue running but now adjust pace up and down in order to keep HR near  $HR_0$ . Record mile splits on a watch. The split for the 3rd mile is  $T_{max}$ .**

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**Continued**

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**Notes: During subsequent tests, if more than 3 miles are run before the mile split reaches Tmax, then the runner's fitness has presumably improved. Also, the same values of HR0 and Tmax should be used during all tests unless the level of fitness changes a great deal.**

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Wed Dec 12, 2018 **5 miles**

**I performed a 142 bpm test on a Wise Center treadmill.**

**Warmup:** 1 mile in 9:27 and rested 6 minutes.

**Run:** 4 miles continually adjusting pace so that my HR stayed near HR0=142 bpm.

Mile Splits: 8:39, 8:38, 8:44, 8:46

I stopped running after 4 miles because the fourth mile split was greater than Tmax=8:45.

Thur Dec 13, 2018 **6.5 miles**

**Warmup:** ½ mile to Wise Center and rested a few minutes

On a treadmill I ran 2 miles at various paces some as fast as 7:41/mile and rested 8:00.

2 mile splits: 9:00, 8:26

**Run:** ¼ mile lead into a 3 mile run in 23:35 or 7:51.7/mile

I ran the first 2.5 miles at 7:54/mile pace and then faster for the last ½ mile.

Pulse at the end of each mile: 153, 156, 158

**Warm down:** ¼ mile in about 2:30

Fri Dec 14, 2018 **3.5 miles**

3 miles on a treadmill at various paces averaging 9:00/mile and ½ mile jog home

**31.5 miles in the last week**

Sat Dec 15, 2018 **4 miles**

**Warmup:** 1 mile on the Wise Center indoor track going faster as I ran, time 8:54 and rested 10 minutes, 1 mile on a treadmill in 8:27 at various paces some as fast as 7:41/mile and rested 4 minutes

**Run:** 1.5 miles on a treadmill including:

¼ mile at about 10:00/mile

¾ miles at 7:30/mile

¼ mile at about 10:00/mile

**Warm down:** ½ mile jog home

Sun Dec 16, 2018 **5.5 miles**

**Warmup:** ½ mile to the Wise Center and rest a few minutes.

1 mile on a treadmill in 9:07 and rest a few minutes.

**Run:** I did a 142 bpm test. After about a half mile I held my heart rate near 142 bpm by continually adjusting my pace. Mile splits: 8:32, 8:34, 8:35, 8:35. Pulses at the end of each mile: 143, 142, 142, 142. My mile splits were a good deal lower today compared to last Wednesday.

Mon Dec 17, 2018 **4.5 miles**

**Warmup:** 1 mile on a Wise Center treadmill in 9:03 running faster as I ran.

Rested about 8 minutes.

**Run:** 2 x 0.75 miles at 7:30/mile pace, pulses at the end of each run were 152 and 153 I jogged a ½ mile before each run and ½ mile after the second one.

**Warm down:** ½ mile jog home

Tues Dec 18, 2018 **5 miles**

**Warmup:** 1.5 miles on a Wise Center treadmill at various paces some as fast as 7:41/mile and averaging 8:45/mile, a 10 minute rest

**Run:** 3 x ½ mile and 1 x 1 mile. I lead into the runs with a ¼ mile in 2:30 and I ran a ¼ mile after each run in about 3:00. Time and pulse at the end of each run:

4:00 (138 bpm), 3:57 (142 bpm), 3:51 (147 bpm), 7:30 (154 bpm)