

Sat Dec 30, 2017 **5.7 miles**

I ran on a treadmill at the Vernon YMCA.

I ran 2 miles at various paces some as fast as 7:41/mile. Time 17:58 or 8:59/mile.

After a 3 minute rest I ran a 5K with a 0.1 mile lead into the run. The splits for the 5K were 8:00, 8:00,  $(3:56 + 3:47) = 7:43$ , and 43 seconds for the last 0.1 miles.

Time for 5K: 24:26 or 7:53/mile. I warmed down with  $\frac{1}{2}$  mile in about 5:00.

Sun Dec 31, 2017 **7.1 miles**

I ran on a treadmill at the Vernon YMCA.

I ran 7.1 miles in 60:00 or 8:27/mile.

Approximate splits: 9:57, 9:30, 9:00, 8:15, 8:12 Time: 44:54 or 8:59/mile

I warmed down with  $\frac{1}{2}$  mile in about 5:00.

Mon Jan 1, 2018 **5 miles**

I ran 5 miles in 44:54 on a treadmill at the Vernon YMCA.

Splits: 9:57, 9:30, 9:00, 8:15, 8:12

Tues Jan 2, 2018 **no running**

Wed Jan 3, 2018 **6.5 miles**

I am running in the Wise Center again.

On a treadmill I warmed up with 2 miles at about 9:00/mile and rested 5 minutes.

I then ran 4 x  $\frac{1}{2}$  mile and 1 x 1 mile all at 8:00/mile pace. I warmed down with a  $\frac{1}{2}$  mile in about 5:00.

Thur Jan 4, 2018 **5.5 miles**

I ran with Tiffany and Jim on the Wise Center indoor track. We warmed up with 1.75 miles including  $\frac{1}{4}$  mile of drills. Then we ran 5 x  $\frac{1}{2}$  mile with  $\frac{1}{4}$  mile jogs between the runs. The times for the  $\frac{1}{2}$  mile runs averaged 4:26/mile. We warmed down with a  $\frac{1}{4}$  mile run and walk.

Fri Jan 5, 2018 **5 miles**

I ran and walked 4 miles on the Wise Center indoor track. I ran  $\frac{3}{8}$  miles, walked  $\frac{1}{8}$  mile and repeated until I reached 4 miles. Time: 43:46 or 10:57/mile. My running pace averaged about 9:50/mile and walking pace about 14:15/mile. After resting 10 minutes I ran 1 mile on a treadmill in about 9:00. I ran at various paces.

**34.8 miles in the last week**

Sat Jan 6, 2018 **no running**

Sun Jan 7, 2018 **5.5 miles**

I ran on a treadmill at the Vernon YMCA.

I ran 5 miles in 44:46 or 8:57/mile. For the first 2 miles the incline was set at 1.5 and at 0 for the remainder of the run. Qualitatively, an incline setting of 1.5 made an actual pace of 9:00/mile feel like about an 8:15/mile effort. Having the incline at 1.5 caused me to land more toward the front of my feet and this made me feel like I was running more smoothly. I wasn't hitting hard on the treadmill and this was making less noise. It felt good. When I set the incline at 0, I continued to land more toward the front of my feet. I haven't been running in this way lately but I may try this for a while.

Mile splits: 10:00, 9:00, 9:00, 8:58,  $(4:01 + 3:47) = 7:48$

Mon Jan 8, 2018 **5.5 miles**

I ran in the Wise Center. First I ran 2 miles on a treadmill at various paces averaging about 9:00/mile. The fastest pace during the run was 7:30/mile. I rested 9 minutes and then ran 6 x 3/8 mile on the indoor track with a 1/8 mile walk after each run. The runs were at an average pace of 8:34/mile and the walks were at an average pace of 14:16/mile. I warmed down with a 1/2 mile jog.