

Running Log as I Get Back in Shape
I have missed 2 weeks of running. I needed the rest.

Sat 10/1/16 Morning - **1 mile** walk in 16 minutes

Sun 10/2/16 Morning - **1 mile** walk in 16 minutes

Mon 10/3/16 Morning - **1 mile** walk in 16 minutes

Tues 10/4/16 Morning - **1 mile** walk in 17 minutes

Wed 10/5/16 11:22 AM - **2.5 miles**

I walked a mile, ran 3/4 of a mile and walked a mile. Times: 15:14, 7:54, 14:57.

Thur 10/6/16 3:52 PM - **3 miles**

I ran 3 miles in 32:05, ave pace = 10:42/mile

Fri 10/7/16 10:43 PM - **5 miles**

I walked and ran 5 miles in 1:04:04, 12:49/mi. I walked a ½ mile, ran a ½ mile and repeated. Then I walked an easy ½ mile.

14.5 miles in the last week

Sat 10/8/16 Morning - **1 mile**

1 mile walk and run in 13:45 on a hilly road

Sun 10/9/16 12:08 PM – **4 miles**

I ran 4 miles on hilly roads in 43:42. Splits: 10:28, 11:43, 11:20, 10:09

Mon 10/10/16 10:05 AM - **4 miles**

½ mile to gym downhill in 4:40

On treadmill: 2 mile run in 20:00, ½ mile walk in 7:00 and half mile run in 4:38.

Ran ½ mile home.

Tues 10/11/16 – **No running**

Wed 10/12/16 9:34 AM - **5.5 miles**

I ran and walked mainly on somewhat hilly roads except for one mile on the Allegheny track.

1 mile walk and run in 12:42. I walked ½ mile and ran ½ mile and then rested a minute.

I ran 1 mile to the track in 10:10 and rested a minute.

I ran 1 mile on the track in 8:59 going faster as I ran and then rested a minute.

I ran 1 mile home in 10:00 and jogged a half mile.

In the afternoon I walked 1 mile with Mary Jane in 18:00.

Thur 10/13/16 3:21 PM - **4.25 miles**

1 mile to the Allegheny track in 9:42 and rested 2 minutes.

On the track I ran 220 yards, jogged for 2 minutes and then ran 2 miles.

Splits for the 2 miles: 8:58 + 8:53 = 17:51

Without stopping I ran 1 mile home in 10:27.

Fri 10/14/16 - **No running**

18.75 miles in the last week

Sat 10/15/16 1:26 PM - **5 miles**

On hilly roads, I walked $\frac{1}{2}$ mile and ran $\frac{1}{2}$ mile during every mile.

time 1:04:22 or 12:52/mile

walking pace about 14:50/mile and running pace about 10:50/mile

Sun 10/16/16 11:25 PM - **4.8 miles**

1 mile mainly uphill in 11:32, total ascent 165 feet, rested 2 minutes

On mainly flat roads I ran 2 miles at 9:32/mile.

1 mile mainly downhill in 10:21 and walked 0.8 miles to warm down.

Mon 10/17/16 10:43 PM - **5 miles**

Compare this workout to the one 2 days ago.

On hilly roads, I walked $\frac{1}{2}$ mile and ran $\frac{1}{2}$ mile during every mile.

time 1:00:51 or 12:10/mile

My average walking pace was 14:35/mile and my average running pace was 9:46/mile.

Tues 10/18/16 11:41 AM - **4 miles**

1 mile to the Allegheny track in 9:29 and rested 2:30

I always run wide on the track so 4 laps is a mile.

I ran 2 miles on the track. I was planing on running 8:30/mi but that felt too easy.

Splits: 8:15+8:09=16:26 Compare to 10/13/16.

walked $\frac{1}{2}$ lap and jogged 3.5 laps for a warm down

Wed 10/19/16 1:36 PM - **3 miles**

1 mile to the Allegheny track in 10:25 and rested 2:00

1 mile on the track without shoes in 8:53 and rested 1:00

$\frac{1}{2}$ mile with shoes in 4:10

$\frac{1}{2}$ mile walk in 8:10

Thur 10/20/16 11:50 AM - **5.25 miles**

I ran 5 miles on hilly roads averaging 9:28/mile with the last mile in 8:35.

walked $\frac{1}{4}$ mile to warm down

Fri 10/21/16 11:11 AM - **1 mile**

I ran 1 mile on the indoor track without shoes in 8:48.

Then I used weight machines for about 15 minutes on legs and arms.

28 miles in the last week

Sat 10/22/16 11:10 AM - **4.5 miles**

On the indoor track:

¼ mile of drills

½ mile run without shoes in 4:22 and then rest a few minutes

On a treadmill:

3 mile run in 26:15 or 8:45/mile

¾ mile warm down

Sun 10/23/16 1:21 PM - **5 miles**

Compare this workout to Mon 10/17/16.

On hilly roads, I walked ½ mile and ran ½ mile during every mile.

time 59:56 or 11:59/mile

My average walking pace was 14:10/mile and my average running pace was 9:50/mile.

I walked 25s/mile faster today.

Mon 10/24/16 8:58 AM - **3.25 miles**

I ran one mile with no shoes on the indoor track in 8:37 and rested a few minutes.

On a treadmill I ran 2 miles in 18:15 or 9:08/mile.

I jogged ¼ mile.

Tues 10/25/16 11:32 AM - **5 miles**

1 mile on the indoor track in 8:34 and rested 4 minutes.

On a treadmill I ran 5x ½ mile with a ¼ mile jog before each ½ mile.

I jogged a ¼ mile to warm down.

All the ½ miles were in 4:00 and the ¼ mile jogs were about 3:00.

Wed 10/26/16 11:34 AM - **2 miles**

I walked and ran 2 miles in 23:14 or 11:37/mile.

The walk/run ratio was 3/7.

Thur 10/27/16 8:10 AM - **5 miles**

On indoor track:

½ mile in 4:38 and rested 1:00

½ mile in 4:50 running straightaways and jogging turns and rested 5:00

On treadmill:

¼ mile at various paces as fast as 7:10/mile and rested 3:00

0.05 miles before a 5K run to get treadmill up to speed

5K run in 24:15 or 7:49/mi, splits 7:53, 7:50, 7:47 and 44s for the last 0.1 mile

My heart rate at the end of the 5K was 161.

0.6 mile warm down

Fri 10/28/16 9:11 AM - **2 miles**

On indoor track 1 mile with no shoes in 9:29 going faster as I ran and rested 4 minutes.

On treadmill 1 mile in 9:29 going faster as I ran.

26.75 miles in the last week

Sat 10/29/16 12:44 PM - **5 miles**

I walked and ran 5 miles in 54:55 or 10:59/mile.

During each mile I walked $\frac{1}{4}$ mile.

My walking pace was about 14:20/mile.

My running pace was about 9:55/mile.

Sun 10/30/16 5:53 PM - **2 miles**

On indoor track:

1 mile with no shoes in 9:29 and rested 1:15

1 mile with shoes in 9:25

I used 6 weight machines for my legs.

Mon 10/31/16 10:40 AM - **2 miles**

On indoor track:

1 mile with no shoes in 8:53 and rested 3:00

On treadmill:

1 mile in 8:51

Tues 11/1/16 9:30 AM - **8.75 miles**

Warm up: $\frac{1}{2}$ mile to the indoor track and $\frac{1}{2}$ mile with no shoes on the track at 10:00/mi
rested 5:00

On a treadmill I ran 7 miles in 59:33 or 8:30/mile.

Mile splits:

9:00, 8:49, 8:34, 8:33, 8:23, 8:11, 8:02 The last half mile was in 4:00.

Heart rate at the end of 2.5, 3.5, 5.5 and 7 miles was 141, 144, 154, and 156 beats/min.

Warmed down with 0.75 mile jog.

Wed 11/2/16 10:38 AM - **2 miles**

I walked and ran 2 miles on slightly hilly roads in 24:50 or 12:25/mile. I walked a $\frac{1}{2}$ mile and ran $\frac{1}{2}$ mile during each mile.

My average walking pace was 14:50/mile.

My average running pace was 10:00/mile.

Thur 11/3/16 **4 miles**

On indoor track: 2 miles with no shoes, 10:00+9:30=19:30 and rested 5 minutes

2 miles walking and running in 23:49, i.e. walk $\frac{1}{4}$ mile and run $\frac{1}{4}$ mile and repeat.

Walk pace = about 14:30/mile and run pace = about 9:20/mile

Fri 11/4/16 **7 miles**

I ran on hilly roads: 5 miles at 9:30/mile, walk $\frac{1}{2}$ mile in 6:58, 1.5 miles at 8:30/mile.

30.75 miles in the last week.

Sat 11/5/16 4 miles

½ mile to indoor track

2 miles on the track with no shoes: 8:59 + 8:24, the last ½ mile 4:03

rested 5 minutes

1 mile walk/run in 11:55. I walked ¼ mile, ran ¼ mile and repeated.

½ mile jog

Sun 11/6/16 3 miles

I walked and ran 3 miles in 34:10 or 11:22/mile. walked ¼, ran ¼ and repeated

avg walking pace = 13:41/mile

avg running pace = 9:01/mile

Mon 11/7/16 6.5 miles

6 miles jogging and running (1.5 on roads, 4.5 on outdoor track)

The 6 miles consisted of intervals of 3 x ¾ mile and 4 x ½ mile with a ¼ mile jog before each interval. After the 6 miles I walked a ½ mile.

avg pace for 3 x ¾ mile = 9:49/mile,

avg pace for 4 x ½ mile = 9:10/mile,

avg pace for jogs = 12:30/mile

Tues 11/8/16 4 miles

4 mile run/walk on hilly roads in 44:46 or 11:12/mile

I walked 7 times for a total of 13:30 of walking and 31:16 of running.

Wed 11/9/16 4.5 miles

1 mile with no shoes on the indoor track in 8:45 and then rested 10 minutes

On a treadmill: warm up ½ mile in 4:58

2 miles in 16:22 or 8:11/mile

Splits: 1 mile in 8:57, 1 mile in 7:25 (½ mile in 3:51 and ½ mile in 3:34)

The last ¼ mile just under 7:00/mile pace.

On treadmill: warm down, ½ mile in 4:58 and ½ mile walk in 7:29

Thur 11/10/16 5 miles

I ran with Tiffany Hrach and Jim Fitch on the Allegheny College indoor track.

1 mile warm up

5 x ½ mile with ¼ mile jog between each interval. We took turns leading.

times on ½ miles: 4:41, 4:36, 4:37, 4:39, 4:33

½ mile walk/run warm down

Fri 11/11/16 4 miles

2 miles on the indoor track with no shoes. half mile splits: 4:40+4:30+4:07+3:50 = 17:07

rested 12 minutes

On treadmill: 2 x ½ mile and 1 x 0.3 miles with 0.25 mile jogs after each.

Times: 4:00, 3:51 and the 0.3 miles was at 6:53/ mile pace.

31 miles in the last week

Sat 11/12/16 6 miles

I walked and ran 2 miles on hilly roads in 21:48 or 10:54/mile. I walked 4 times one minute.

I rested 7 minutes and then ran 4 miles on hilly roads.

Splits: 10:48, 9:18, 9:50, 8:29 Time=38:25 or 9:36/mile

Sun 11/13/16 3 miles

I ran 3 miles out and back on hilly roads in 11:35+10:13+9:34=31:22 or 10:27/mile

Mon 11/14/16 3 miles

Same run as yesterday

Splits: 10:38+9:53+8:43=29:14 or 9:44/mile

Tues 11/15/16 5 miles

I walked and ran 5 miles on slightly hilly roads in 58:36 or 11:43/mile. I walked about 0.12 miles at the beginning of each ½ mile.

Wed 11/16/16 5 miles (same workout as Thur 10/27/16)

On indoor track:

½ mile with no shoes in 4:36 and rested 1:00

½ mile with shoes in 4:49 running straightaways and jogging turns and rested 5:30

On treadmill:

¼ mile at various paces as fast as 6:54/mile and rested 4:00

0.05 miles before a 5K run to get treadmill up to speed

5K run in 23:55 or 7:43/mi, splits 7:46, 7:42, 7:44 and 43s for the last 0.1 mile

My heart rate at the end of the 5K was 161.

0.6 mile warm down

Thur 11/17/16 5 miles

I ran with Tiffany Hrach and Jim Fitch on the Allegheny College indoor track.

1 mile warm up including ¼ mile of drills

5 x ½ mile with ¼ mile jog between each interval. We took turns leading.

times on ½ miles: 4:37, 4:32, 4:26, 4:37, 4:25

½ mile walk/run warm down

Fri 11/18/16 5 miles (Compare to 11/15/16)

I walked and ran 5 miles on slightly hilly roads in 57:20 or 11:27/mile. I walked an average of 0.16 miles at the beginning of each ½ mile. I was faster today than on 11/15/16 even though I walked more today.

32 miles in the last week

Sat 11/19/16 5.25 miles

I ran out and back on a slightly hilly course.

$\frac{3}{4}$ mile warm up

8 x $\frac{1}{4}$ mile run with $\frac{1}{4}$ mile jogs between the runs

$\frac{3}{4}$ mile warm down

The warm up, jogs, and warm down were at an average pace of 11:45/mile.

The $\frac{1}{4}$ mile runs were at an average pace of 7:40/mile.

Times for $\frac{1}{4}$ mile runs: 1:54.1, 1:58.3, 1:56.4, 1:54.4, 1:56.4, 1:52.5, 1:52.4, 1:54.6

Sun 11/20/16 4.25 miles

$\frac{1}{2}$ mile warm up to the indoor track

On indoor track with no shoes:

2 miles in 9:15 + 8:39 = 17:54

1 mile jog in 10:18 and rested 3 minutes

With shoes on $\frac{1}{4}$ mile in 1:48.7, $\frac{1}{4}$ mile jog and $\frac{1}{4}$ mile walk

Mon 11/21/16 3.25 miles

On the indoor track I ran a mile with no shoes: 4:35 + 4:06 = 8:41 and rested 10 minutes

On the indoor track with shoes 3 x $\frac{1}{4}$ mile run with $\frac{1}{4}$ mile jogs before each run

Times on $\frac{1}{4}$ mile runs: 2:03, 1:57, 1:54

I rested 1 minute, walked $\frac{1}{2}$ mile in 6:22 and warmed down with a $\frac{1}{4}$ mile walk and jog.

Tues 11/22/16 4.5 miles

I continue to include walking in my workouts. I hope to do another 50 miler next year.

On the indoor track I ran a mile with no shoes in 9:57 and rested 3 minutes.

On a treadmill I walked and ran 3 miles in 36:00. I walked a $\frac{1}{2}$ mile, ran a $\frac{1}{2}$ mile and repeated until I reached 3 miles. My average walking pace was 14:15/mile and my average running pace was 9:45/mile. To warm down I walked a $\frac{1}{2}$ mile in 8:00.

Wed 11/23/16 4.75 miles

On indoor track:

I ran 1.5 miles with no shoes. 9:56 + 4:38 = 14:35 and rested 4 minutes

I walked and ran 3 miles in 36:00. I walked $\frac{1}{8}$ mile, ran $\frac{3}{8}$ mile and repeated.

Walking pace about 15:20/mile, running pace about 10:50/mile.

Warmed down with a $\frac{1}{4}$ mile walk in 4:00.

Thur 11/24/16 4.25 miles

I walked and ran 4 miles on hilly roads in 46:26 or 11:36/mile. I walked an average of $\frac{1}{8}$ miles at the beginning of each $\frac{1}{2}$ mile. Then I walked $\frac{1}{4}$ mile in 4:00 to warm down.

Fri 11/25/16 5.25 miles

I walked and ran 5 miles on slightly hilly roads in 58:05 or 11:37/mile. I walked an average of 0.19 miles at the beginning of each $\frac{1}{2}$ mile. Then I walked $\frac{1}{4}$ mile in 4:00 to warm down.

32.5 miles in the last week

Sat 11/26/16 6.5 miles

I walked and ran 6 miles on slightly hilly roads in 69:04 or 11:31/mile. I walked $\frac{1}{4}$ mile, ran $\frac{1}{4}$ mile and repeated until I reached 6 miles. My average walking pace was 13:52/mile and my average running pace was 9:08/mile. Then I walked $\frac{1}{2}$ mile in about 8:00 to warm down. This was a good workout!

Sun 11/27/16 4.5 miles

I ran 4 miles on hilly roads in 39:03 or 9:46/mile. Then I walked and jogged a $\frac{1}{2}$ mile in about 7 minutes to warm down.

Mon 11/28/16 3.75 miles

I ran 1.5 miles with no shoes on the indoor track in 9:59+4:26=13:25 and rested about 10:00. I walked and ran 2 miles with shoes in 20:03. I walked about 50 yards at the beginning of each half mile. Then I walked a $\frac{1}{4}$ mile in 3:44 to warm down.

Tues 11/29/16 6 miles (The same 6 miles as Sun 4/17/16)

I ran 6 miles on the 2 mile "hill course". The temperature was about 60 degrees.

| Distance (miles) | Net elevation change (feet) | Split Times Today | Split Times 4/17/16 |
|---------------------|--------------------------------|----------------------|------------------------|
| 1 | - 315 | 9:08 | 9:18 |
| 2 | +315 | 12:08 | 12:53 |
| 3 | +145 | 10:16 | 11:25 |
| 4 | - 145 | 8:37 | 9:22 |
| 5 | - 315 | 8:16 | 8:49 |
| 6 | +315 | 10:58 | 11:52 |

time today: 59:23 or 9:54/mile

time on 4/17/16: 1:03:39 or 10:37/mile

I had no idea I could run so much faster today on this tough course!

Wed 11/30/16 4.5 miles

I ran 3.5 miles on the indoor track without shoes. The last $\frac{1}{2}$ mile was in 3:54.

Splits: 10:00 + 9:54 + 9:56 + 3:54 = 33:43

I rested for 2 minutes and then jogged a mile to cool down.

Thur 12/1/16 5 miles

I ran with Tiffany Hrach and Jim Fitch on the Allegheny College indoor track.

We warmed up with a 1.25 mile jog, did $\frac{1}{4}$ miles of drills and rested a few minutes.

We ran 2.5 miles in 24:13 or 9:41/mile. We warmed down with a $\frac{1}{2}$ mile walk and $\frac{1}{2}$ mile jog.

Fri 12/2/16 4.5 miles

I ran 4 miles on the indoor track without shoes. The last $\frac{1}{2}$ mile was in 3:56.

Splits: 10:01 + 9:52 + 9:43 + 4:29 + 3:56 = 38:00

I warmed down with a half mile in 5:52

Then I used 12 weight machines with relatively light weight for a full body workout.

34.75 miles in the last week

Sat 12/3/16 8 miles

½ mile warm up to the indoor track and rested 5 minutes

1 mile on the indoor track with no shoes in 9:01

rested 5 minutes

On a treadmill with shoes I ran 6 x ½ mile and 1 x ¾ mile with ¼ mile jog before each interval.

The ¼ mile jogs took about 3 minutes each.

Times for the ½ miles: 4:00, 4:00, 4:00, 3:54, 3:45, 3:42

Time for the ¾ mile: 5:25 or 7:14/mile pace.

Warmed down with a mile jog.

Sun 12/4/16 3.5 miles

I ran without shoes on the indoor track.

3 miles: 9:47 + 8:58 + 8:43 = 27:28

rested 2 minutes and warmed down with ½ mile in 5:17

Mon 12/5/16 5.6 miles

½ mile to the indoor track

On the indoor track with no shoes 1 mile in 4:30 + 3:59 = 8:29 and rested 6 minutes

On a treadmill:

0.4 miles at various paces as fast as 6:58/mile and rested 3 minutes

0.1 mile lead into a 3.1 mile run.

Splits (mile, mile, mile, 0.1 mile) for the 3.1 miles:

7:45 + 7:37 + 7:23 + 0:39 = 23:24

½ mile walk and jog warm down

Tues 12/6/16 4 miles

On the indoor track with no shoes 2 miles in 9:53 + 8:45 = 18:37 and rested 2 minutes

On the treadmill with shoes 2 miles in 9:00 + 8:30 = 17:30

Wed 12/7/16 5.5 miles

½ mile to the indoor track

On the indoor track with no shoes 1 mile in 9:20 and rested 3 minutes

I walked and ran 4 miles on the indoor track with shoes. I walked and average of about 120 yards at the beginning of each ½ mile. My time was 43:50 or 10:58/mile. My running pace was about 10:30/mi and my walking pace was about 14:00/mi.

Thur 12/8/16 5.25 miles

I ran with Tiffany Hrach and Jim Fitch on the Allegheny College indoor track.

1 mile warm up and ¼ mile of drills

5 x ½ mile with ¼ mile jog between each interval. We took turns leading.

times on ½ miles: 4:26.5, 4:27.4, 4:25.1, 4:25.5, 4:25.5

½ mile walk warm down

Fri 12/9/16 3 miles

I ran 3 miles with no shoes on the indoor track in 29:58.

34.9 miles in the last week

Sat 12/10/16 **2 miles**

We drove to California MD

I ran about 2 miles in 21:13

Sun 12/11/16 **5 miles**

I walked and ran 5 miles on hilly roads in MD. Time: 57:22 or 11:28/mi

I walked $\frac{1}{4}$ mile, ran $\frac{1}{4}$ mile and repeated until the end.

walking pace averaged about 13:30/mi and running pace averaged about 9:30/mi

Mon 12/12/16 **5.25 miles**

I walked and ran 5 miles on hilly roads in MD. Time: 55:01 or 11:00/mi

I walked 0.1 miles, ran 0.4 miles and repeated until the end.

Then I walked and jogged $\frac{1}{4}$ mile to warm down.

Tues 12/13/16 **5.25 miles**

I walked and ran 5 miles on hilly roads in MD. Time: 56:15 or 11:15/mi

I walked $\frac{1}{4}$ miles, ran $\frac{1}{4}$ miles and repeated until the end.

walking pace averaged about 13:30/mi and running pace averaged about 9:00/mi

Then I walked and jogged $\frac{1}{4}$ mile to warm down.

Wed 12/14/16 **6.25 miles**

I ran on a treadmill at the World Gym in California MD,

4 x 1mile with $\frac{1}{4}$ mile jog after each. The jogs took about 2:50.

Times for 1 mile intervals: 9:00, 8:00, 7:30, $(3:37 + 3:29) = 7:06$

rested 6 minutes and ran 1.25 miles at 9:00/mi pace

Thur 12/15/16 **6.25 miles**

I ran on a treadmill at the World Gym in California MD,

6 miles going faster as I ran. The first mile was in 8:47 and the last in 7:48.

Time: 49:58 or 8:20/mile.

I warmed down with $\frac{1}{4}$ miles in about 2:50.

Fri 12/16/16 **5 miles**

I ran on a treadmill at the World Gym in California MD.

3 x 1mile averaging 9:00/mile.

Before each mile and at the end, I walked and jogged a $\frac{1}{2}$ mile in about 6:15.

35 miles in the last week

Sat 12/17/16 **7.5 miles** (Compare to Tues 11/1/16)

On a treadmill I ran 7.26 miles in 60:00 or 8:16/mile.

Splits:

9:00, 8:43, 8:36, 8:20, 8:05, 7:53, 7:32 and 1:51 for the last 0.26 miles

Warmed down with a 0.24mile jog.

Sun 12/18/16 **6.5 miles**

I walked and ran 6 miles on hilly roads in MD and averaged 10:40/mile.

I walked 0.15 miles at the beginning of each half mile.

The first 3 miles averaged 11:10/mile and the last 3 miles averaged 10:10/mile.

Mon 12/19/16 **5.5 miles**

I ran on a treadmill at the World Gym in MD.

I ran 5 miles in 42:04 or 8:25/mile.

Splits: 9:31, 8:55, 8:29, 7:55, (3:42 + 3:31) = 7:13

½ mile warm down in 5:00

Tues 12/20/16 **4.5 miles**

I ran 4 miles on hilly roads in MD. I ran faster as I ran and averaged 9:20/mile.

½ mile warm down in 5:10

Wed 12/21/16 **4.25 miles**

After driving back to Meadville I ran and walked on the indoor track.

I ran 1 mile with no shoes in 8:44 and rested 3:00.

Then I ran and walked 3 miles in 33:01. I ran 1/8 of a mile, walked 1/8 of a mile and repeated until I finished the 3 miles. My running pace was 8:00/mile and walking pace was 14:00/mile. I warmed down with a ¼ mile jog.

Thurs 12/22/16 **4.5 miles**

I ran with Tiffany Hrach and Jim Fitch on the Allegheny College indoor track.

1.5 mile warm up including ¼ mile of drills and rested a minute.

We ran 2.5 miles in 23:40 or 9:28/mile.

Splits: 9:42 + 9:29 + 4:29

½ mile walk warm down

Fri 12/23/16 **3.5 miles**

I ran 5 K out and back on a hilly course which had ice cover on a few parts.

It was 35 degrees. Time 32:35 or 10:30/mi. Total ascent along the course is 433 ft.

warmed down with 0.4 mile jog

36.25 miles in the last

Sat 12/24/16 5.25 miles

I warmed up with 1.5 miles at various paces and rested 4 minutes.

I ran the same 5 K course as yesterday with a total ascent of 433 ft along the course.

It was 40 degrees and a very few spots with ice. The time was 29:50 or 9:37/mile.

warmed down with 0.65 mile jog

Sun 12/25/16 1.6 miles

I ran 1.6 miles in about 15 minutes on a level road.

Mon 12/26/16 10.4 miles

I walked and ran on a hilly out and back 5 mile course that had a total ascent of 600 ft along the course.

I walked 0.16 miles at the beginning of each half mile. The time was 59:52 or 11:58/mile. I rested 4 minutes.

I repeated the above run. The time was 59:42 or 11:56/mile.

I warmed down with a 0.4 mile walk.

Tues 12/27/16 6.5 miles

I ran 6 miles out and back on a hilly course. The total ascent along the course was 490 ft. It was 34 degrees out and I wore sweats and gloves. Time 54:52 or 9:08/mile.

I warmed down with a 0.5 mile jog.

Wed 12/28/16 7 miles

0.5 mile jog to warm up

I ran 6 miles on the 2 mile "hill course". (The same 6 miles as Sun 4/17/16 and Tues 11/29/16.)

The temperature was 34 degrees and I wore sweat clothes.

| Distance (miles) | Net elevation change (feet) | Split Times Today | Split Times 11/29/16 | Split Times 4/17/16 |
|---------------------|--------------------------------|----------------------|-------------------------|------------------------|
| 1 | - 315 | 7:57 | 9:08 | 9:18 |
| 2 | +315 | 10:59 | 12:08 | 12:53 |
| 3 | +145 | 9:29 | 10:16 | 11:25 |
| 4 | - 145 | 8:06 | 8:37 | 9:22 |
| 5 | - 315 | 7:27 | 8:16 | 8:49 |
| 6 | +315 | 10:27 | 10:58 | 11:52 |

time today: 54:27 or 9:04/mile

time on 11/29/16: 59:23 or 9:54/mile

time on 4/17/16: 1:03:39 or 10:37/mile

mile jog to warm down

Thurs 12/29/16 4.25 miles

I walked and ran 4 miles on partly snowy and slippery paths and roads in 47:45 or 11:56/mile.

I walked 0.1 miles at the beginning of each half mile.

Fri 12/30/16 1.6 miles

I ran on a snow covered hilly road. 0.3 mile warm up and 2 minute rest.

I ran a mile in 9:59 and then warmed down with 0.3 miles.

36.6 miles in the last week

Sat 12/31/16 3.5 miles

It was cold and I ran on a snowy slippery hilly road.

I warmed up with a $\frac{1}{4}$ mile walk and jog. Then I ran 3 miles in 34:54 and warmed down with a $\frac{1}{4}$ mile walk and jog.

Sun 1/1/17 7.5 miles

I ran 7.25 miles on the Ernst Trail in 1:12:33 or 10:00/mile. The first $\frac{1}{4}$ mile the trail was covered with packed snow. After that there were just a few small areas that were slippery.

I warmed down with a $\frac{1}{4}$ mile walk.

Mon 1/2/17 5.75 miles

I ran with Jim Fitch on the Ernst Trail. We warmed up with a $\frac{1}{4}$ miles walk, ran 4 miles in 45:13 with the last $\frac{1}{2}$ mile in 4:32, and then walked 0.15 miles.

Then we ran a mile in 10:43 and warmed down with a 0.35 mile walk.

The trail had some slippery spots.

Tues 1/3/17 3.75 miles

On the indoor track I ran a mile with no shoes in 9:48 and rested a few minutes.

2.25 miles with shoes in 21:37 or 9:36/mile

walked $\frac{1}{2}$ mile in 8 minutes

Wed 1/4/17 5.5 miles

I ran 2 miles on the indoor track with no shoes. Time: 17:32 or 8:46/mile
rested 7 minutes

I walked and ran 3 miles with shoes in 32:51 or 10:57/mile. I walked $\frac{1}{8}$ mile, ran $\frac{1}{8}$ mile and repeated until I reached 3 miles. My walking pace was about 14:00/mile. My running pace was about 8:00/mile. warmed down with $\frac{1}{2}$ mile jog

Thur 1/5/17 5.75 miles

I ran with Jim Fitch and Tiffany Hrach on the indoor track.

We warmed up with 1.1 miles, $\frac{1}{4}$ mile of drills, $\frac{1}{8}$ mile in 64s and $\frac{1}{8}$ mile walk.

We ran 8 x $\frac{1}{4}$ mile with a $\frac{1}{8}$ mile jog after each $\frac{1}{4}$. The $\frac{1}{4}$'s averaged 2:08 and the jogs were all about 2 minutes. We warmed down with a $\frac{1}{4}$ mile walk.

Later on I walked a mile in 16 minutes with Mary Jane.

Fri 1/6/17 5 miles

I ran 1 mile on the indoor track with no shoes in 8:01 and then rested 8 minutes.

On a treadmill with shoes I further warmed up with a half mile at various paces. Time = 4:30

I rested 3 minutes and then ran 6 x $\frac{1}{4}$ mile with a $\frac{1}{4}$ mile jog before each $\frac{1}{4}$ mile run.

The times for the runs were 2:00 and the times for the jogs were about 3:00.

Warmed down with a $\frac{1}{2}$ mile in 5:00.

36.75 miles in the last week

Sat 1/7/17 6.25 miles

I ran on a treadmill in the Meadville YMCA, 6 miles in 50:49 or 8:28/mile.

Splits: 8:57, 8:49, 8:42, 8:29, 8:07, 7:45

warm down: ¼ mile in 2:17

Sun 1/8/17 5.25 miles

I ran on a treadmill in the Meadville YMCA, 5 miles in 45:01 or 9:00/mile.

warm down: ¼ mile in 2:46

Mon 1/9/17 5 miles

I ran 1 mile without shoes on the indoor track in 8:49 and then rested 6 minutes.

I then ran 6 x ¼ mile on a treadmill with ¼ mile jog before each run.

Times for the runs were 2:00 and times for the jogs were all about 3:00.

I warmed down with a mile 10:00.

Tues 1/10/17 5.5 miles

I walked and ran 5 miles on the indoor track. I walked about 0.1 at the beginning of each half mile. My average walking pace was about 14:15/mile. My average running pace was about 10:10. Time for 5 miles 54:56. I walked and jogged ½ mile home.

Wed 1/11/17 5 miles

I ran and walked 4.5 miles on the indoor track with no shoes. This workout included 2 x 1 mile and 2 x ¾ mile runs with ¼ mile walk after each. Times: 8:58, 8:57, 6:05, 5:57. The ¼ mile walks were all about 4 minutes.

I rested 6 minutes and jogged ½ mile home.

Thur 1/12/17 4.9 miles

I ran with Tiffany, Sharon, Veronica, and Jim on the indoor track.

1.25 mile warm up including 0.25 miles of drills and rested a minute

We ran 5K in 29:17 taking turns leading every half mile and finishing together.

All miles were right around 9:28 and the last 0.1 miles in 52 s.

Warmed down with ½ mile easy.

Fri 1/13/17 5 miles

I ran on a treadmill:

1 mile warm up at various paces in 10 minutes and rested 2 minutes

3 miles in 25:28, Splits: 9:01, 8:27, 8:00

1 mile warm down in 10:26

36.9 miles in the last week

Sat 1/14/17 5 miles

I ran on a treadmill.

I warmed up with a 1 mile run in 10:00 and a 1 mile run at various pace and a minute rest.

6 x ¼ mile run with a ¼ mile jog after each run

The runs were all in 2:00 and the jogs were all about 2:50.

Sun 1/15/17 6.5 miles

I walked and ran 6.5 miles on a hilly course. I walked ¼ mile and ran ¼ mile during each half mile and averaged 11:57/mile. My average walking pace was about 14:00/mile and my average running pace was about 10:00/mile. It was 37 degrees.

Mon 1/16/17 6.1 miles

I ran 2 miles on the indoor track without shoes. The last ½ mile was in 4:00.

Splits: 9:18, 8:18

I jogged 0.1 miles and rested 5 minutes.

On a treadmill I ran with shoes 4 x ¼ mile and 1 x ½ mile. I jogged ¼ mile before each run and a ¼ mile at the end. Running pace was 8:00/mi and jogging pace was 11:20/mile.

In the afternoon I walked 1 mile on the indoor track with Mary Jane.

Tues 1/17/17 5.25 miles

I ran with Tiffany Hrach on the indoor track.

1.5 mile warm up including 0.25 miles of drills.

5 x ½ mile with ¼ jog after each run. The runs were all about 4:40 and the jogs about 3:25.

Wed 1/18/17 4 miles

I ran 1 mile on the indoor track with no shoes in 8:41. Splits: 4:40, 4:01

rested 5:00

With shoes on I walked and ran 3 miles with all miles near 11:00. I walked ¼ mile during every mile. Walking pace about 14:00/mile and running pace about 10:00/mile.

Thur 1/19/17 5 miles

I ran with Sharon, Veronica and Jim on the indoor track.

We warmed up with 1.4 miles including ¼ mile of drills and 1/8 mile in 1:10 and rested 1:00.

Then we ran 5 x ½ mile with ¼ mile jog between each run and 1/8 mile jog at the end.

The ½ mile runs averaged 4:40.

Fri 1/20/17 5 miles

I ran 5 miles on a treadmill, ran faster as I ran and averaged 9:30/mile. The first mile was in 10:00 and the last in 9:00.

36.9 miles in the last week

Sat 1/21/17 5.25 miles

I walked and ran out and back on hilly roads. I ran 4 x 1 mile with a $\frac{1}{4}$ mile walk before each mile and a $\frac{1}{4}$ mile walk at the end. The mile times averaged 9:17. The walking pace averaged 13:20/mile.

Sun 1/22/17 6.3 miles

I walked and ran 6 miles on hilly roads. I walked about 0.2 miles at the beginning of each half mile and averaged about 12:00/mile. Then I warmed down with a 0.3 mile walk.

Mon 1/23/17 5.5 miles

I ran on the indoor track with no shoes. I warmed up with 0.25 miles in 2:38 and then 2 miles in 17:33 or 8:47/mile: splits: 9:13 and 8:20. I rested 9 minutes and then ran on a treadmill. I ran 4 x $\frac{1}{2}$ mile with $\frac{1}{4}$ mile jogs before each run and a $\frac{1}{4}$ mile jog at the end. The $\frac{1}{2}$ miles were in 4:00 and the jogs were at an average pace of about 11:30/mile.

Tues 1/24/17 4.5 miles

I warmed up with $\frac{1}{2}$ mile jog to indoor track and 1 mile on the indoor track with no shoes in 10:28 and rested 3 minutes.

I walked and ran 3 miles with shoes on. I walked 0.16 miles at the beginning of each $\frac{1}{2}$ mile and averaged 11:37/mile. My walking pace was about 14:40/mile and my running pace was about 10:10/mile.

Note: I think a good routine for the middle miles of a 50 miler (where the course is flat and I want to average about 12:00/mile) would be:

1. Walk 0.15 miles at the beginning of each $\frac{1}{2}$ mile and then run the remaining 0.35 miles.
2. If I want to average about 12:00/mile, the walking pace should be close 14:45/mile and the running pace should be close to 10:45/mile.
3. Check the above: $0.15 \times 14.75 + 0.35 \times 10.75 = 6$ minutes. i.e. 6 minutes per $\frac{1}{2}$ mile

Wed 1/25/17 5.5 miles

$\frac{1}{2}$ mile jog to the indoor track and rested 3 minutes

I ran 3 miles on the track with no shoes with the last $\frac{1}{2}$ mile in 3:54, splits: 8:55, 8:42, 8:07.

I rested 11 minutes and then walked and ran 2 miles with shoes on. I tried to follow the scheme in the above note. I walked 0.15 miles at the beginning of each $\frac{1}{2}$ mile. My average walking pace was about 14:20, my average running pace was 11:10 and the overall pace was 12:07/mile. I didn't have a good idea of my running pace and should work on this.

Thur 1/26/17 4.25 miles

I ran 4.25 miles on the indoor track with Tiffany, Sharon and Jim. Included was a 1 mile run in 8:55 during which we all took turns leading for $\frac{1}{4}$ mile.

Fri 1/27/17 5.8 miles

I ran 1 mile on the indoor track with no shoes in 8:45 and rested 8 minutes.

On a treadmill I ran 4 miles and averaged 8:30/mile. Warmed down with 0.8 miles

Splits for the 4 mile run: 8:59, 8:41, 8:20, 8:00

37.2 miles in the last week

Sat 1/28/17 6 miles

I mixed walking and running on the indoor track. My walking pace was about 14:45/mile and I walked a total of about 1.25 miles. My running pace was about 10:30/mile and I ran about 4.75 miles.

Sun 1/29/17 6 miles

I walked and ran on the indoor track working on pacing for an ultra. See note on 1/24/17.

1.5 miles running at about 10:25/mile

3 miles of walking and running.

I walked about 0.16 miles at the beginning of each $\frac{1}{2}$ mile. My walking pace was about 14:40/mile, running pace about 10:40/mile and overall pace about 12:00/mile.

1.5 miles running at about 10:45/mile

Mon 1/30/2017 5.5 miles

I jogged $\frac{1}{2}$ mile to the indoor track and rested 5 minutes.

On the track I ran 1 mile in $4:29 + 3:27 = 8:26$ and rested 8 minutes.

On a treadmill I ran 2.5 miles consisting of:

1 x 1 mile in 8:00 and 1 x 0.5 mile in 4:00,

$\frac{1}{2}$ mile jog between and $\frac{1}{4}$ mile warm up and warm down and rested 3 minutes.

On the indoor track I walked and ran 1.5 miles. I walked about 0.16 miles at the beginning of each $\frac{1}{2}$ mile and averaged 11:40/mile.

Tues 1/31/2017 7.25 miles

I jogged $\frac{1}{2}$ mile to the indoor track and rested 5 minutes.

On the track I ran 2 miles in $9:18 + 8:26 = 17:45$ and rested 8 minutes.

On a treadmill I ran 3.25 miles with shoes consisting of:

3 miles: $8:58 + 8:17 + 7:39 = 24:54$ or 8:18/mile

$\frac{1}{4}$ mile warm down and rested 7 minutes.

On the indoor track I walked and ran 1 mile in about 12 minutes. I walked about 0.16 miles at the beginning of each $\frac{1}{2}$ mile.

jogged $\frac{1}{2}$ mile home

Wed 2/1/2017 4 miles

I jogged $\frac{1}{2}$ mile to the indoor track and rested 5 minutes.

On the track I walked and ran 3 miles averaging about 12:00/mile.

I walked about 0.16 miles at the beginning of each $\frac{1}{2}$ mile.

walking pace about 14:40/mile and running pace about 10:40/mile

jogged $\frac{1}{2}$ mile home

Thur 2/2/2017 4.25 miles

I ran with Jim Fitch on the indoor track.

warm up with 1.5 miles including $\frac{1}{4}$ mile of drills

2 x $\frac{3}{4}$ mile and 1 x $\frac{1}{2}$ mile with $\frac{1}{4}$ mile jog after each

Times: 6:41, 6:42 and 4:13

Fri 2/3/2017 5 miles

I jogged $\frac{1}{2}$ mile to the indoor track and rested 5 minutes.

I ran 1.5 miles on the indoor track in about 15:00 and walked and ran 3 miles at about 12:00/mile.

For the walk/run I walked about 0.16 miles at the beginning of each $\frac{1}{2}$ mile.

38 miles in the past week

Running in California MD

2/5/2017 2 miles

After driving 400 miles to southern Maryland I ran 2 miles on roads at night.

Splits: 10:45 and 9:11