Sat 3/11/2017 **6 miles**
I ran 1 mile on the indoor track in 8:57 and then rested about 5 minutes.
On a treadmill I ran 6 x ½ mile all in 4:00. Before each half mile I jogged ¼ mile in about 3:00.
At the end I warmed down with a ½ mile in about 5:00.
My pulse at the beginning of each half mile was in the range 105 – 115 bpm.
My pulses at the end of the ½ miles were 137, 140, 142, 142, 142, 141.

Sun 3/12/2017 **no running**
We drove to New Alexandria PA

Mon 3/13/2017 **4 miles**
I ran 5 x 0.8 mile somewhat hilly loop in New Alexandria PA. The average pace was 9:56/mile.
The first loop was at 10:55/mile and the last loop at 8:19/mile.

Tues 3/14/2017 **4 miles**
I ran about the same course as yesterday. The average pace was 9:52/mile. The last mile was in 8:28.

Wed 3/15/2017 **no running**
We drove back to Meadville.

Thur 3/16/2017 **5.25 miles**
I ran with Jim Fitch and Tiffany Hrach on the indoor track.
2 mile warm up including a ¼ mile of drills
We ran 1 mile in 8:42 with the last 1/8 mile in 1:00 and then a ½ mile jog.
We then ran 2 x ½ mile with a ¼ mile jog between and a ½ mile jog before and at the end.
Times on the ½ mile runs: 4:24 and 4:21.

Fri 3/17/2017 **4.5 miles**
On the indoor track I ran a mile in 9:19, did a ¼ mile of drills and rested 5 minutes.
On a treadmill I ran 2 miles in 17:29. Splits: 9:15, 8:14
I warmed down with a ¾ mile in about 7:30 on the treadmill and a ½ mile jog home.

23.75 miles in the last week

Sat 3/18/2017 **5 miles**
I ran 5 miles on hilly roads averaging 10:30/mile. It was cold with a slight drizzle and I wore three shirts and a rain jacket. The last mile was in 8:45.

Sun 3/19/2107 **9.25 miles**
I ran with Jim Fitch on the Ernst Trail.
We warmed up with 1.5 miles including a couple of short fast runs.
The we ran 10 x ½ mile with a ¼ mile jog between each run.
The ½ miles averaged 4:26 with the fasted one in 4:19 and the slowest in 4:34.
We warmed down with a ½ mile jog.

Mon 3/20/2017 **5 miles**
I ran 2.5 miles on a treadmill in 21:27 or 8:35/mile, The first mile was in 9:00 and it was at various paces as fast as 7:35/mile. The second mile was in 8:32 and the last ½ mile was in 3:55. I warmed down with a half mile in 6:00 and rested 3 minutes.
On the indoor track I walked and ran 2 miles in 10:54 + 10:50 = 21:44. I walked 0.16 miles at the beginning of each ½ mile. My walking pace was about 13:30/mile and my running pace about 9:40/mile.

Tues 3/21/2017 **10.5 miles**
I ran 2 x 5 mile loop. The loop is a slightly hilly course with a total ascent of 256 feet (as measured with Google Earth) spread out over the 5 miles. I ran the 10 miles in 1:31:01 or 9:06/mile. The last mile was in 7:55.
The first five miles averaged 9:27/mile and the second five averaged 8:45/mile.
I rested 6 minutes and jogged ½ mile.

Wed 3/22/2017 **4.5 miles**
I jogged ½ mile to the indoor track and rested a few minutes.
On the track I walked and ran 4 miles averaging about 12 minutes per mile. I walked about 0.17 miles at the beginning of each ½ mile.

Thur 3/23/2017 **5.6 miles**
I ran with Jim Fitch and Tiffany Hrach on the indoor track.
We warmed up with 1.5 miles including ¼ mile of drills.
Then we ran 10 x ¼ mile with a 1/8 mile jog between each run. The jogs took about 1:50.
The slowest ¼ mile was 2:09 and the fastest was 2:04. The average was 2:07. We warmed down with a ½ mile jog.

Fri 3/24/2017 **5.5 miles**
I ran the same hilly 4 mile course as I did 4 weeks ago (2/24/2017) only on that day I did not warm up. Today I warmed up by running 1 mile down and up hill in 9:54 and rested 3 minutes.
The total ascent along the 4 miles is 267 feet (measured using Google Earth). The time was 33:26 or 8:21/mile. The splits were 9:03, 8:41, 8:08, 7:35. Four weeks ago I averaged 8:53/mi.
I rested 3 minutes and jogged a ½ mile.

45.35 miles in the last week

Sat 3/25/2017 **15 miles**
I walked and ran 15 miles on hilly roads at an average pace of 12:00/mile. I walked about 0.18 miles at the beginning of each half mile. The total ascent was about 850 feet. I drank 7 ounces of water at 5 miles and again at 10 miles. I also ate a gel at 10 miles.

Sun 3/26/2017 **6.5 miles**
I ran 5 miles on slightly hilly roads averaging 9:53/mi. Then I rested 3 minutes and jogged a ½ mile. Later on in the day I jogged and walked 1 mile.

Mon 3/27/2017 **3.5 miles**
I ran 1 mile to the Allegheny outdoor track in 9:13 and rested 3 minutes. I then ran 4 x 200m with 200m jog after each run. The jogs were all in about 2:00. The times for the runs were
51.0, 52.3, 48.5, 47.0
I rested about 2:00 and ran 1 mile home in 9:01 and walked ½ mile in 6:48.

Tues 3/28/2017 **2 miles**
I walked and ran 2 miles on the Allegheny indoor track in about 24:00. I walked 1/8 mile, ran 1/8 mile and repeated to the end. The walking pace was about 14:40/mi and the running pace was about 9:20/mi.

Wed 3/29/2017 **4.5 miles**
I ran 4 miles on hilly roads in 39:19 or 9:49/mile. The last mile was in 8:47. I rested about 1:00 and walked a ½ mile in about 7:00.

Thur 3/30/2017 **5.75 miles**
I ran with Jim Fitch on the indoor track. We warmed up with 1.5 miles that included ¼ mile of drills. We then ran 3.5 miles in 32:30 which is 9:17/mile. The last half mile was in 4:30. The warm down was a ¼ mile walk and a ½ mile jog.

Fri 3/31/2017 **6 miles**
I ran on a treadmill. I warmed up with 2 miles in about 20 minutes including 2 x ¼ mile each in 2:00. Then I rested 5 minutes and ran 4 miles including a ¼ mile jog, a 5K run and a 0.65 mile jog. The 5K run was in 23:42 or 7:38/mile with the last 0.15 miles at 6:58/mi pace. The mile splits were 7:51, 7:40 and 7:26. My pulse at the end of the 5K was 160 bpm.

43.25 miles in the last week

Running in the Netherlands
While in the Netherlands, I take every 3 miles of bike riding as equivalent to approximately 1 mile of running.

Sat 4/1/2017 **No running**
We flew to Amsterdam The Netherlands

Sun 4/2/2017 **2 miles**
I rode 5 miles on a bike.

Mon 4/3/2017 **4 miles**
I ran 4 miles not very fast.

Tues 4/4/2017 **5.8 miles**
In the morning I walked 2 miles. In the afternoon I ran 3.8 miles at various paces and averaged 9:53/mile.

Wed 4/5/2017 **4 miles**
I walked and ran 2 miles in about 24:00 and then rested a few minutes. Then I road a bike with no gears 4 miles in 22:30 and rested 20 minutes. Then I road 2 miles at various speeds. I assumed 6 miles of bike riding is equivalent to 2 miles of running.

Thurs 4/6/2017 **0 miles**
I have a cold that was bad today.

Fri 4/7/2017 **0 miles**
I didn't run again because of my cold.

15.8 miles in the last week

Sat 4/8/2017 **4 miles**
I am feeling somewhat better.
I ran 3 miles in about 30 minutes and walked 1 mile in about 14 minutes.

Sun 4/9/2017 **2 miles**
I rode 6 miles on a bike which I take equivalent to 2 miles of running

Mon 4/10/2017 **0 miles**
I am still sick and did not run.

Tues 4/11/2017 **2 miles**
I walked 2 miles in about 28 minutes. I am feeling better than yesterday.

Wed 4/12/2017 **4 miles**
I ran 3 miles averaging 8:57/mile and walked 1 mile in about 14 minutes.

Thur 4/13/2017 **5 miles**
I ran on level bike paths. I first ran 2 miles averaging 9:32/mile and including ¼ mile in about 2:00 and then I rested 4:00. Then I ran 4 x ¼ mile with a ¼ mile jog after each run. The times were 1:54, 1:55, 1:54 and 1:51. The jogs were in about 3:00.
I rested 2:00 and ran and walked 1 mile in about 12:00.

Fri 4/14/2017 **4.5 miles**
I ran 4 miles on a bike path and averaged 8:38/mile with the last ½ mile in 4:03 and rested 8 minutes.
Then I walked a ½ mile in 6:19.
21.5 miles in the last week

Sat 4/15/2017 **5 miles**
I ran 4 miles on bike paths averaging 8:24/mile with the last mile in 8:07 and then walked slowly for ¼ mile. Then I walked a ¾ mile at 12:32/mile pace.

Sun 4/16/2017 **5 miles**
I walked and ran 3 miles and averaged 11:20/mile. I walked about ¼ mile at the beginning of each ½ mile and therefore walked and ran about the same amount. Later in the day I rode 6 miles on a bike which I take to be equivalent to 2 miles of running.

Mon 4/17/2017 **6 miles**
I ran 3 miles on bike and walking paths averaging 8:55/miles and rested 4:00.
Then I walked 1 mile in 12:05. Later in the day I rode 6 miles on a bike which I take to be equivalent to 2 miles of running.

Tues 4/18/2017 **3 miles**
I walked and ran 3 miles averaging 11:30/mile on bike and walking paths. I ran ¼ mile, walked ¼ mile and repeated to the end. My running pace was about 10:00/mile and walking pace about 13:00/mile.

Wed-Fri 4/19-21/2017 **0 miles**
No running. My cold got bad again.

19 miles in the last week

Sat 4/22/2017 **4 miles**
I ran 3 miles on a bike path averaging 9:43/mile including a ½ mile in 4:13 and
rested 4 minutes.
I walked a mile in 12:15.

Sun 4/23/2017 **0 miles**

Mon 4/24/2017 **5.25 miles**
I ran 4 miles on walking paths and bike paths and averaged 8:45/mile. The last ½
mile was in 3:59.
I walked slowly for ¼ mile and then walked 1 mile in 12:10. I felt a lot better than
2 days ago.

Tues 4/25/2017 **0 miles**
We flew back to the US from Amsterdam.

Wed 4/26/2017 **4 miles**
I ran and walked 4 miles on hilly roads in Meadville and averaged 10:57.

Thur 4/27/2017 **5 miles**
I ran and walked on slightly hilly roads. I ran a mile in 10:18 and rested 1 minute.
Then I walked and ran 3 miles in 34:06 or 11:22/mile. I walked ¼ mile, ran ¼
mile and repeated until I completed the 3 miles. My walking pace averaged
13:00/mile and my running pace averaged 9:44/mile.   I rested
1 minute and ran a mile in 7:45.

Fri 4/28/2017 **4 miles**
I ran ½ mile down to the indoor track in 4:22 and rested 3 minutes. Then I did ¼
mile of drills and ran ¾ miles in 6:33 on the indoor track. I rested 6 minutes and
on a treadmill I ran 2 miles in 18:00 including ½ mile in 3:50. I warmed down
with ½ mile in about 5:00.

 22.25 miles in the last week

Sat 4/29/2017 **4 miles**
I ran and walked 4 miles on slightly hilly roads and averaged 11:44/mile.

Sun 4/30/2017 **5 miles**
I ran and walked 5 miles on the Ernst Trail with Jim Fitch and averaged 12:40/mile.

Mon 5/1/2107 **4 miles**
I ran on the indoor track.
2 miles in 8:54 + 8:30 = 17:24 and rested 3 minutes
I ran and walked 2 miles. I ran ¼ mile, walked ¼ mile and repeated to the end of 2 miles. The running pace was about 10:50/mile, the walking pace about 14:50/mile and the overall pace about 12:50/mile.
I used 7 weight machines for the upper body.

Tues 5/2/2017 **4 miles**
I walked and ran 4 miles on the indoor track.
I walked 110 yards at the beginning of each ½ mile. My walking pace averaged 14:08/mile, running pace 11:07/mile and overall pace 11:30/mile

Wed 5/3/2017 **7 miles**
I ran and walked on hilly roads and averaged 11:30/mile.

Thur 5/4/2017 **6 miles**
I ran and walked 3 miles on the indoor track. At the end of each ½ mile I walked 110 yards. My running pace was about 10:00/mile, walking pace about 14:00/mile and overall pace 11:00/mile. After resting 8 minutes, I jogged and ran on a treadmill. I jogged ¼ mile, ran ¼ mile and repeated until I reached 2 miles. My jogging pace was about 10:00/mile, running pace was 8:00/mile and overall pace about 9:00/mile. I warmed down by walking a ½ mile in 6:30 and then jogging ½ mile home.

Fri 5/5/2017 **4 miles**
On a treadmill:
I warmed up with 2 miles: 9:59 + 8:45 = 16:44 with a ¼ mile in 2:00 during the last ½ mile.
rested 3 minutes
I ran and then walked a total of 2 miles:
¼ mile in about 2:30
1 mile in 4:00 + 3:45 = 7:45
¼ mile in about 2:30
½ mile walk in 6:25

34 miles in the last week

Sat 5/6/2017 **5 miles**
I ran and walked 5 miles on the Ernst Trail with Jim Fitch and averaged 12:35/mile.

Sun 5/7/2017 **no running**

Mon 5/8/2017 **4.5 miles**
I ran ½ mile to the gym.
On a treadmill:
2 miles in 9:58 + 8:46 = 18:44. The last ½ mile included ¼ mile in 2:00.
5 minute rest
¼ mile in about 2:30
1 mile going faster as I ran with a pace of 6:58/mile near the end
Splits: 3:55.4 + 3:43.3 = 7:38.8
¼ mile in about 2:30
I warmed down with a ½ mile jog home.

Tues 5/9/2017 **5 miles**
I ran ½ mile to the gym.
On a treadmill:
4 miles in 10:01 + 9:00 + 7:57 + 7:26 = 34:24. The last half mile was in 3:39.
I continually went faster as I ran with the last 0.1 miles at 6:58/mile.
My pulse at the end of the 4 miles was 169 bpm.
I warmed down with a half mile jog home.

Wed 5/10/2017 **5 miles**
I ran and walked 5 miles on slightly hilly roads and averaged 11:29/mile.

Thurs 5/11/2017 **no running**

Fri 5/12/2107 **3 miles**
I ran 3 miles on hilly roads and averaged 10:21/mile.

22.5 miles in the last week

Sat 5/13/2017 **5 miles**
I ran 5 miles on hilly roads and averaged 9:29/mile.

Sun 5/14/2017 **3 miles**
I ran 3 miles on hilly roads and grass and averaged 9:35/mile.

Mon 5/15/2017 **10.5 miles**
I ran 10 miles on the high school track and averaged 9:26/mile.
I ran wide on the curves so every 4 laps equaled 1 mile.
The first 5 miles averaged 9:57/mile.
Miles 6 through 8 averaged 9:11/mile. I ran these 3 miles with John Ziegler.
Miles 9 and 10 were in 8:42 and 8:17.
I warmed down with a ½ mile jog.

Tues 5/16/2017 **4 miles**
I ran and walked 4 miles on hilly roads and averaged 11:25/mile.

Wed 5/17/2017 **5 miles**
I ran and walked 5 miles on hilly roads and averaged 11:15/mile. I walked about 0.1 miles during each half mile.

Thur 5/18/2017 **6 miles**
I ran 6 miles with Jim Fitch on hilly roads and averaged 10:22/mile.

Fri 5/19/2017 **no running**

33.5 miles in the last week

Sat 5/20/2017 **11 miles**
On the Ernst Trail:
I ran 1 mile and then I rested a few minutes.
Then I ran and walked 10 miles with Jim Fitch and averaged 12:30/mile. We walked about as much as we ran.

Sun 5/21/2017 **3.5 miles**
I ran 3.5 miles mainly on the hilly 510 meter loop in Greendale Cemetery. This run included 2 x 510 meters with a 510 meter jog between them. The times were 2:30 and 2:25 which correspond to 7:53 and 7:37/mile pace.

Mon 5/22/2017 **5.25 miles**
I ran a ½ mile down to the gym in about 4:10 and rested 6 minutes. On the indoor track I ran a mile in 8:44 and rested 5 minutes. On a treadmill I ran 4 x ½ mile with a ¼ mile jog before each ½ mile run and a ¼ mile jog at the end. The ½ miles were all in 4:00 and the ¼ mile jogs were all in about 3:00.

Tues 5/23/2017 **6 miles**
I ran 6 miles on hilly roads and grass. Most of this run I did with Mark Ams.

Wed 5/24/2017 **no running**

Thur 5/25/2017 **5 miles**
On a treadmill I warmed up by running 2 miles in 10:02 + 8:18 =18:20 and rested
6 minutes. Then I ran 2 miles:
¼ mile in about 2:30
1.5 miles with half mile splits: 4:00 + 3:59 + 3:43
¼ mile in about 2:30
I warmed down with a ½ mile walk on the treadmill in 6:52, rested a few minutes and walked a ½ mile on the indoor track in 8:00.
I used 6 weight machines for my upper body.

Fri 5/26/2017 **5.75 miles**
I ran with Jim Fitch on the high school track.
Warm up: 1 mile jog and ¼ mile of drills
4 miles at 10:12/mile
Warm down: ½ mile jog

36.5 miles in the last week

Sat 5/27/2107 **4.5 miles**
I ran 4 miles on hilly roads in 37:28 or 9:21/mile.
Splits: 11:08, 9:14, 8:50, 8:16
I warmed down with a half mile in about 5:00.

Sun 5/28/2017 **no running**

Mon 5/29/2017 **6.1 miles**
I warmed up by running 3 miles at various paces.
Then I ran the hilly Meadville "Human Race" 5K. Time: 24:29
Mile split: 7:49, 8:12, 7:37
I should have warmed down but after talking to other runners I ran out of time.

Tues 5/30/2017 **6 miles**
I ran 2 miles on hilly roads and averaged 10:16/mile in Meadville.
In the afternoon I walked 4 miles on the towpath in Cuyahoga National Park, Ohio.

Wed 5/31/2017 **2 miles**
I walked 2 miles in a park near Cleveland.

Thurs 6/1/2017 **5 miles**
I ran 5 miles on hilly roads in Meadville. The average pace was 10:17/mile.

Fri 6/2/2017 **4.5 miles**
I walked and ran 4.5 miles on mainly level ground and averaged about 13:30/mile. I walked about twice as much as I ran.

28.1 miles in the last week

Sat 6/3/2017 **10.5 miles**
I ran a slightly hilly 5 mile loop twice with a 2 minute rest between the two loops. The first mile on the loop is mainly uphill, miles 2, 3 and 4 are rolling, and the last mile is mainly down. I averaged 9:40/mile the first time I ran the loop and 8:52/mile the second time.
First 5 mile splits: 10:03, 9:41, 9:39, 9:30, 9:30
Second 5 mile splits: 9:37, 9:23, 8:56, 8:22, 8:04
I warmed down with a ½ mile jog.
In the afternoon Mary Jane and I kayaked for 2 hours down French Creek. It was great exercise and we both had fun.

Sun 6/4/2017 **no running**

Mon 6/5/2017 **4 miles**
I ran with 6 other runners on the high school track.
warm up 2 miles
6 x 300 meters with 200 meter jog after each and a ½ mile jog at the end. The jogs took about 2:30.
Times for the 300 meter runs:
1:26, 1:16, 1:19, 1:15, 1:14, 1:14

Tues 6/6/2017 **4 miles**
I ran 2 miles on a treadmill at 9:00/mile and went right into a ½ mile at various paces as fast as 7:19/mile. The ½ mile was in 4:09. Then I rested 6 minutes.
I ran 2 x 0.2 miles with a 0.3 mile jog before each.
The 0.2 mile runs were in 81 seconds or 6:45/mile.
The 0.3 mile jogs were at 12:00/mile.
I warmed down with a ½ mile in about 6:00.

Wed 6/7/2017 **no running**

Thur 6/8/2017 **5 miles**
I ran 5 miles on a hilly course. Half was on roads and half was on grass.
The average pace was about 10:00/mile.

Fri 6/9/2017 **no running**

23.5 miles in the last week

Sat 6/10/2017 **6.5 miles**
I ran 3 miles twice on a hilly course. Total ascent along the 3 miles is 274 feet as measured on Google Earth. The ascent on the first ¼ mile is 92 feet.
Warm up:
I ran 3 miles in 29:20 or 9:46/mile. The first ¼ mile up hill was in 3:15. rested 6:00
Run:
I ran 3 miles in 25:33 or 8:31/mile. The first ¼ mile up hill was in 2:28.
Warm down:
¼ mile walk and ¼ mile jog
It takes me about 3 miles to warm up before I can run fast.

Sun 6/11/2017 **no running**

Mon 6/12/2017 **4.5 miles**
I ran on the high school track with Rod Brest and Tim Dunn. We warmed up with a 1.5 mile jog and then ran 6 x ¼ mile with a ¼ mile jog after each run. It was 88 degrees so we drank Gatorade a few times.
Times for Rod and me: 2:01, 1:48, 1:59, 1:58, 2:00, 1:53
Tim ran faster.

Tues 6/13/2017 **6.5 miles**
I describe below a 2 mile course that I call the "Hill Course" in case any local runners want to try it. I use this course every so often.
The bottom of Spring St near the entrance to the bypass is one of the lowest points in Meadville.
The top of Hamilton Rd near the entrance to the fairgrounds is one of the highest points.
The following path between these points is almost exactly 2 miles long.
up Spring and Prospect to Park, up Park to Allegheny, up Allegheny and Limber to Hamilton, up Hamilton to the highest point on Hamilton.
This path has almost a continuous rise, except for a ¼ mile stretch from the highest point on Limber Rd near the water tower to Hamilton Rd.
Where Grandview Ave meets Limber Rd is about the one mile mark (½ way) on the course.
The total ascent is **460 ft** (measured with Google Earth) for the 2 miles.
Today's workout: I warmed up by running 2 miles in about 20:00, rested 10:00 and jogged ¼ mile.
I did a 4 mile run. I started half way up on the Hill Course and ran 1 mile down to the bottom of Spring St. I turned around and ran the 2 miles up the Hill Course to the top of Hamilton. I turned again and ran 1 mile to where I started.
Splits: 1mile 7:32 (down hill), 2 miles 20:39 (up hill, total ascent: 460 ft), 1 mile 8:06 (down hill).
Total time 36:17 or 9:04/mile
I warmed down with a ¼ mile walk. It was about 80 degrees at the end of the run.

Wed 6/14/2017 **5.25 miles**
I walked and ran 5 miles on roads, grass and trails, and averaged 10:59/mile. The course was hilly.
I walked 10 times for a total of about 0.9 miles of walking. I warmed down with a ¼ mile walk.