

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.**