Sat 5/27/2017 **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.
It takes me at least 3 miles to warm up now.
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.

Thur 6/15/2017 **6.25 miles**
I ran 6 miles on roads.
Warm up: I ran and jogged 2 miles mainly up hill including 8 short fast runs between telephone poles near the end of the run and then rested 3 minutes.
Run: I ran 1 mile on a relatively level road in 8:17 and then I jogged and ran a mile with 2 x 60 yd pick ups near the end. Again I rest 3 minutes.
Run: I ran another mile on a different relatively level road in 7:40. This mile was easier to run than the one I did in 8:17 because I needed the 4 previous miles of running and jogging to get my body ready for faster running.
Warm down: I jogged a mile and walked ¼ mile home.
Fri 6/16/17 **4.25 miles**
I ran on the high school track with Tim Dunn. It was 90 degrees so we drank Gatorade a few times and took relatively long rests and jogs between our ¼ mile runs. We stayed relatively comfortable. After a mile warm up jog, we ran 6 x ¼ mile with a ¼ mile jog between each run and a ½ mile jog at the end. For most of these runs Tim started 15 seconds after I did. Our running group usually does this when some runners are going to run faster than others. This way the faster runners have someone ahead to pull them along and slower ones have the others to run with near the end of the run.
My times on the ¼ mile runs: 1:54, 1:51, 1:46, 1:53, 1:50, 1:40
33.25 miles in the past week
Sat 6/17/2017 **no running**
I worked in the yard for 3 hours including 50 minutes of cutting grass with a push mower.

Sun 6/18/2017 **5 miles**
I walked and ran 5 miles on slightly hilly roads. I walked about 0.1 miles at the beginning of each half mile and averaged 11:25/mile.

Mon 6/19/2017 **6 miles**
I warmed up with 2 miles of jogging and some stretching and then ran with 5 others on the high school track. We ran 5 x ½ mile with a ¼ mile jog between each. Then we warmed down with a ½ mile jog.
Rod Brest and I had the following times on the ½ miles:
4:02, 4:01, 3:58, 4:01 3:53

Tues 6/20/2017 **2 miles** of easy running

Wed 6/21/2017 **3 miles**
I ran 3 miles on slightly hilly roads. Approximate splits: 10:10, 9:15, 9:00

Thur 6/22/2017 **4 miles**
I ran 4 miles with Mark Ams mainly on a hilly grass loop.

Fri 6/23/2017 **1.25 miles**
I ran a mile on the indoor track in 4:25+4:13 = 8:37 and rested 3:00.
Then I ran 2 x 1/8 mile with 3:00 rest between. Times: 50 seconds and 51 seconds.

21.25 miles in the last week