Sat May 4, 2019 **5.5 miles**
On a stationary recumbent bike set at level 12: I did a 500 calorie ride in 49:30. Final heart rate 117 bpm, Average heart rate about 108 bpm.
Warm down: ½ mile jog and walk home uphill.

Sun May 5, 2019 **no running**

On May 2, my right calf cramped while running. Since then the calf has been sore. I have been massaging it every day and this seems to help.

Mon May 6, 2019 **6 miles**
Run: I ran 5 miles averaging 10:00/mile. The first 4 miles were on hilly roads and the last mile was on the Allegheny College track. My right calf was still a little sore.
Warm down: I jogged 1 mile home.

Tues May 7, 2019 **6 miles**
Run: I ran the same 5 mile course that I did yesterday and averaged 9:33/mile. My calf was somewhat better.
Warm down: I jogged 1 mile home.
Splits for the 5 mile run:
Yesterday: 10:45 (up hill), 9:50, 9:23, 9:51, 10:10
Today: 10:17 (up hill), 9:39, 9:24, 9:32, 8:53

Wed May 8, 2019 **5.5 miles**
Ride: I did a 500 calorie ride on a stationary recumbent bike on level 12.
100 calorie splits: 11:10, 11:02, 11:00, 10:20, 9:40.
The pulse at the end was 115 bpm
I count this ride as equivalent to a 5 mile run.
Warm down: I walked and jogged ½ mile home.

Thurs May 9, 2019 **no running**

Fri May 10, 2019, **3 miles**
I was going to run 5 miles on a treadmill but had to stop after 3 miles because my left calf cramped again as it did last week and this left my leg really sore. After an hour or so I could not stand on my toes because it made my calf hurt so much. We went to see Dr Dan Young a chiropractor in Erie. He has helped us with similar situations in the past. He massaged my calf and IT band for about 15 minutes. During this treatment I had a great deal of discomfort but I knew it would help a lot. And it did. Right after the treatment I had no problem standing on my toes. Dr Young showed Mary Jane how to massage my leg.
In the past week: 26.5 miles

Sat May 11, 2019 **5 miles**
Before running Mary Jane massaged my sore calf and again I had a great deal of discomfort. Because of this I did not think I would be able to run much at all. When I went out the door to run I was thinking I would run slowly in the beginning and then walk and run a couple of miles after that. After a slow mile mainly uphill I had no problem running, picked up the pace and ran a total of 5 miles averaging 10:40/mile on hilly roads. It was an enjoyable run with no problems. I think if Mary Jane continues to massage my leg everyday before I run, I should recover quickly.

Sun May 12, 2019 **no running**

Mon May 13, 2019 **5 miles**
I ran on a Wise Center treadmill.
3 miles, I kept my pulse close to 130 bpm during the second and third miles.
Splits: 9:47, 9:59, 10:39 I rested 3 minutes after the 3 mile run.
1 x ¼ mile in 1:53, 1 x ½ mile in 4:00. Pulse at the end of ½ mile: 160 bpm
I jogged ¼ mile before each run and ¾ mile after the second one.

Tues May 14, 2019 **3 miles**
I ran on a Wise Center treadmill.
3 miles, Average pulse about 130 bpm. Splits: 10:00, 10:00, 10:16
My right calf got tight and hurt again. I should run easily for a while.

Wed May 15, 2019 **3 miles**
I ran and walked on slightly hilly roads.
3 miles, Average pulse about 118 bpm and average pace about 11:20
My calf felt okay.

Thur May 16, 2019 **4.5 miles**
I ran and walked 4.5 miles on hilly roads and averaged 11:20/mile.

Fri May 17, 2019 **8 miles**
I ran and walked 8 miles on hilly roads and averaged 11:55/mile.

In the last week: 28.5 miles

Sat May 18, 2019 **5 miles**
My calf is a lot better. Massaging has helped a lot.
Run: 4 miles on hilly roads averaging 9:43/mile
Warm down: rest 3 minutes and walked and ran 1 mile in about 12:00

Sun May 19, 2019 **5 miles**
I did the same workout as yesterday.
Run: 4 miles on hilly roads averaging 8:59/mile
Warm down: rest 3 minutes and walked and ran 1 mile in 11:45/mile
Sum of ascents: 267 feet,   This is one of my fastest times on this course.
Splits:
July 4, 2018:   9:18, 9:12, 8:41, 8:34
     Today: 9:42, 9:12, 8:44, 8:16

Mon May 20, 2019 **6 miles**
I ran 6 miles out and back on hilly Limber Rd. Average pace near 11:00/mi.
Sum of ascents along the course is 530 feet.

Tues May 21, 2019 **4 miles**
I ran 4 miles on hilly roads at various paces averaging 10:48/mile. This run
included a slightly downhill ½ mile in 4:05.

Wed May 22, 2019 **no running**
I worked hard on preparing our garden.

Thur May 23, 2019 **5 miles**
I ran on the high school track.
warm up: 1.5 miles at various paces and rest 2 minutes.
Run: 4 x 300m and 4 x 200m. After the 300m runs I jogged 500m in about 4:00
each. After the 200m runs I jogged 200m in about 1:30 each.
Times: 81s, 82s, 80s, 79s, 51s, 53s, 51s, 50s
Warm down: rest 2:00 and jog ½ mile

Fri May 24, 2019 **5 miles**
I ran 5 miles on slightly hilly roads and averaged about 10:00/mile.

In the last week: 30 miles

Sat May 25, 2019 **6 miles**
I ran 5.5 miles with Jim Fitch on slightly hilly roads. We averaged 10:38/mile.
After resting a few minutes I jogged ½ mile uphill.

Sun May 26, 2019 **4 miles**
2 miles on slightly hilly roads averaging 9:29/mile, 3:00 rest
2 miles out and back on hilly Limber Rd averaging 9:25/mile
The first ¼ mile of the run on Limber goes up 93 feet which is a 7% incline.
I ran this ¼ mile in 2:31 and kept running. This was a tough uphill run.

Mon May 27, 2019 **4 miles**
I ran on the high school track, running wide so each lap was ¼ mile.
Run: 3 miles in 27:08, Splits: 9:15, 9:08, 8:45
Warm down: rest 3:00, jog 1 mile in 10:30

Tues May 28, 2019 **no running**

Wed May 29, 2019 **4.75 miles**
I ran intervals on the high school track with our summer running group.
warm up: 1.25 miles on my own at about 10:00/mile pace and about 0.75
miles with the group at various paces
Run: 1 x 200m, my time: 53s, a 200m jog
5 x 400m with 400m jog after each
My times for the 5 runs: 1:58, 1:57, 1:55, 1:53, 1:49

Thur May 30, 2019 **5.5 miles**
I ran 5.5 miles on somewhat hilly roads and averaged 10:11/mile.

Fri May 31, 2019 **6 miles**
I ran 5.5 miles on a course that was more hilly than yesterday.
Average pace: 9:37/mile
I rested 3 minutes and jogged ½ mile

In the past week: 30.25 miles

Sat June 1, 2019 **6 miles**
I ran 5.5 miles with Jim Fitch on slightly hilly roads. We averaged 10:40/mile.
After resting a few minutes I jogged ½ mile uphill.

Sun June 2, 2019 **no running**
I twisted my ankle.

Mon June 3, 2019 **5.5 miles**
In the morning I ran 3 miles slowly on roads.
In the afternoon I ran 2.5 miles slowly on the high school track.
Each time my ankle felt better as I ran.

Tues June 4, 2019 **4 miles**
I ran 4 miles on the college outdoor track. My ankle is still stiff and sore but felt
better as I ran. Mile splits: 11:39, 10:50, 10:10, 9:46 Average pace: 10:36/mi

Wed June 5, 2019 **8 miles**
In the morning I ran on the high school track. My ankle is better than yesterday.
I jogged ¼ mile, ran 3 miles in 28:08, rested 4 minutes and jogged ½ mile.
Splits for 3 miles: 10:00, 9:21, 8:48 Average pace: 9:23
In the afternoon I ran on the high school track with our running group.
warm up: 2 miles in 10:00 and 10:34 and rested about 4:00
Run: 1 x 200m and 4 x 600m with a 200m slow jog after each.
Times: 56s, 2:57, 2:59, 2:58, 2:54

Thur June 6, 2019 **2 miles**
I ran 2 miles slowly on the high track. I felt tired probably because of the
running I did yesterday.

Fri June 7, 2019 **6 miles**
I ran 5.5 miles on slightly hilly roads with Jim and Sharon. The average pace
was 11:38/mile.

In the past week: 31.5 miles

Sat June 8, 2019 **3.5 miles**
I ran on the high school track. I ran wide on the curves so each lap was ¼ mile.
warm up: 1 mile in 9:45 and rested about 4:00.
Run: 2 miles in 17:21, Splits: 8:52, 8:29
Warm down: 3:00 rest and ½ mile in 5:05

Sun June 9, 2019 **no running**

Mon June 10, 2019 **2 miles**
I ran 2 miles on the high school track including 1 mile in 10:11, 200m in 58s and 600m fast.

Tues June 11, 2019 **4.5 miles**
Run: I ran 4 miles on the high school track, running wide on the turns so each lap was ¼ mile. **Mile splits:** 9:57, 9:46, 9:44, 9:32
Warm down: Rest 2 minutes and ½ mile in 5:33

Wed June 12, 2019 **6 miles**
I ran on the high school track with our running group.
warm up: 2 miles in 21 minutes, ¼ mile of drills,
rested 2 minutes, ½ mile in 4:48, rested 4 minutes
Run: 200m, 400m, 3 x 600m, 400m, 200m
Times: 58s, 2:02, 3:03, 3:02, 3:00, 1:59, 54s
Each of the 7 runs was followed by a slow 3.5 minute jog after each.

Thur June 13, 2019 **4.5 miles**
warm up: ½ mile down to the Wise Center
Run: 3.6 miles on a treadmill averaging 9:36/mile. The last 0.6 miles at 8:28/mi.
Warm down: 0.4 miles in about 4 minutes.

Fri June 14, 2019 **5 miles**
I walked and ran 5 miles on the high school track. I walked about 110 yards at the beginning of each ½ mile and averaged 11:57/mile

In the past week: 25.5 miles

Sat June 15, 2019 **5 miles**
warm up: ½ mile jog maily uphill.
Run: 4 miles on slightly hilly roads averaging 10:58/mile
Warm down: ½ mile jog

Sun June 16, 2019 **no running**

Mon June 17, 2019 **no running**

Tues June 18, 2019 **3.5 miles**
I ran on a Wise Center treadmill
warm up: 1 mile in 10:00 and rest 3 minutes
Run: 2 miles Splits: 9:28, 8:25 The last ¼ mile was in 2:00
Warm down: ½ mile in 5:10

Wed June 19, 2019 **2.5 miles**
I ran on the high school track with our running group.
warm up: 1 mile in about 11 minutes
Run: 3 x ¼ mile with a ¼ mile jog after each.
Times for runs: 1:57, 1:58, 1:47

Thurs June 20, 2019 **4 miles**
I ran 4 miles on a Wise Center treadmill. Time: 37:03 or 9:16/mile
Splits: 10:01, 9:30, 8:59, (4:21+4:12) = 8:33

Fri June 21, 2019 **3 miles**
Run: 2.5 miles on a Wise Center treadmill.
Splits: 10:00, 9:07, 4:16
Warm down: ½ mile in abut 5 minutes

In the past week: 18 miles

Sat June 22, 2019 **no running**
We drove to California MD.

Sun June 23, 2019 **5 miles**
I ran mainly on slightly hilly Wildewood Parkway in California MD.
warm up: 0.75 mile jog
Run: 4 miles averaging 10:41/ mile with a fast last ¼ mile
Warm down: 0.25 mile jog

Mon June 24, 2019 **5.5 miles**
I ran mainly on slightly hilly Wildewood Parkway in California MD.
warm up: 0.25 mile jog
Run: 5 miles averaging 10:10/mile with a fast last mile
Warm down: 0.25 mile jog

Tue June 25, 2019 **5.5 miles**
I ran mainly on slightly hilly Wildewood Parkway in California MD.
warm up: 0.25 mile jog
Run: 5 miles, the first 4.5 miles averaged 9:59/mile, the last ½ mile in 4:15
Warm down: 0.25 mile jog

Wed June 26, 2019 **5.5 miles**
I ran mainly on slightly hilly Wildewood Parkway in California MD.
warm up: 0.25 mile jog
Run: 5 miles, the first 4.5 miles averaged 9:20/mile, the last ½ mile in 4:12
Warm down: 0.25 mile jog

I felt increasingly better over the last 4 days. I am going to rest a little now.

Thur June 27, 2019 **no running**

Fri June 28, 2019 **no running**
We drove back to Meadville.

In the past week: 21.5 miles

Sat June 29, 2019 **10 miles**
I ran 5 miles on slightly hilly roads, rested about 8 minutes while drinking
16 ounces of Gatorade and then ran the same 5 mile course again.
The first time I averaged 10:51 min/mile and the second time 9:51 min/mile.
1ˢᵗ time splits: 11:56, 10:59, 10:43, 10:28, 10:10
2ⁿᵈ time splits: 10:18, 10:08, 9:52, 9:43, 9:14

Sun June 30, 2019 **no running**

Mon July 1, 2019 **5.6 miles**
I ran with our running group on the high school track. We had 11 runners.
warm up: 2.75 miles at about 10:40/mile and rest a few minutes.
Run: 1 x 200m in 58s and a 200m jog
7 x 400m with a 300m jog in about 3:30 after each run.
Times for the 400's: 2:00, 1:58, 1:57, 1:56, 1:55, 1:49, 1:45
The runs got easier as I ran.

Tues July 2, 2019 **4 miles**
1.25 miles at various paces on roads, 1.5 miles on the track at about
10 min/mile, and 1.25 miles at various paces on roads.

Wed July 3, 2019 **5 miles**
Run: 4 miles on the high school track in 39:13, Splits: 9:57, 9:51, 9:46, 9:41
Warm down: 1 mile in about 11 minutes.

Thur July 4, 2019 **7 miles**
Run: I ran 7 enjoyable miles on hilly roads with Olivia Hemlock.
The first 5 miles averaged 10:30/mile. Then we rested about 2 minutes.
Then 1.1 miles at about 8:15/mile pace on a slightly hilly road.
Warm down: 0.9 mile jog

Fri July 5, 2019 **3.25 miles**
I ran on the high school track.
warm up: 1 mile is 9:48, rest about 2:00, ¼ mile of drills, rest about 2:00
Run: 4 x 200m with a 200m jog after each. The jogs took about 2:00
Times: 59s, 60s, 55s, 55s
2 x 400m, with 400m jog after each. The jogs took about 3:30
Times: 1:56, 1:47
In the past week: 34.9 miles

Sat July 6, 2019 **5 miles**
I did the same workout as on July 4, 2018 and May 19, 2019.
Run: 4 miles on hilly roads averaging 8:59/mile
Warm down: rest 2 minutes and ran 1 mile in 11:13/mile
Sum of ascents: 267 feet,   This is one of my fastest times on this course.
Splits:
July 4, 2018:   9:18, 9:12, 8:41, 8:34 Average pace: 8:56
May19, 2019:   9:42, 9:12, 8:44, 8:16 Average pace: 8:59
Today: 9:58, 8:55, 8:55, 8:09 Average pace: 8:59

Sun July 7, 2019 **no running**

Mon July 8, 2019 **5 miles**
I ran with 11 other runners on the high school track.
warm up: 1 mile in 9:37, rest 45s, 1 mile in 10:02, rest about 4 minutes
Run: 1 x 200m, 1 x 400m, 1 x 800m, 1 x 1200m, 1 x 200m,
Times: 55s, 1:52, 3:57, 6:00
We jogged 200m after the first and last runs and 400m after all the others.
Warm down: 400m jog.

Tues July 9, 2019 **5 miles**
I walked and ran 5 miles on slightly hilly roads and averaged 11:53/mile.
I walked about a minute at the beginning of each ½ mile.

Wed July 10, 2019 **7.25 miles**
In the morning I walked and ran 4 miles on the high school track. I walked about
110 yards at the beginning of each half mile and averaged 10:57/mile.
Walking pace: about 15:00/mile, Running pace about 10:20/mile
In the afternoon I ran 3.25 miles with our running group on the high school track
in near 90 degree temperatures. This run included 1 x 200m and 4 x 400m.
Times: 58s for the 200m and about 2:00 for the 400's.

Thur July 11, 2019 **3 miles**
I ran and walked 3 miles on a treadmill. I walked 0.1 miles at the end of each half
mile and averaged 10:57/mile. Running pace: 10:00/mi, Walking pace: 15:00/mi

Fri July 12, 2019 **4.5 miles**
I ran 4 miles on hilly roads averaging 9:50/mile then I jogged 0.4 miles
In the last week: 29.8 miles

Sat July 13, 2019 **2 miles**
I ran 2 miles on slightly hilly roads including 1 mile in 10:10 and 2 x 200m
on a slight down hill in about 57s each.

Sun July 14, 2019 **11.1 miles**
warm up: I ran 1.8 miles at various paces.
Run: Trailblazer 15K in 1:22:23 on the Ernst Trail in Meadville PA.
Average pace: 8:50/mile
Mile splits: 8:57, 8:51, 8:47, 8:49, 8:41, 8:48, 9:07, 9:00, 8:48

Mon July 15, 2019 **4 miles**
I ran on the high school track with our running group.
warm up: 1.25 miles at various paces and rest a few minutes
Run: 1 x 200m, 2 x 400, 1 x 1600m, 1 x 200m,
Times: 56s, 2:03, 1:59, 8:10 (splits: 2:06, 2:04, 2:00, 2:00), 56s
We jogged 200m after the first and last runs and 400m after all the others.

Tues July 16, 2019 **4 miles**
I walked and ran 4 miles on hilly roads and averaged 11:38/mile. I walked
about 1:00 at the beginning of each ½ mile for a total of about 8 minutes of
walking.

Wed July 17, 2019 **3 miles**
I ran 3 miles with our running group on the high school track.
This run included 1 x 200m and 4 x 400m.
Times: 55s for the 200m and 1:55, 1:55, 1:52 and 1:52 for the 400's.

Thur July 18, 2019 **4 miles**
I walked and ran 4 miles on hilly roads and averaged 11:14/mile. I walked 3
times for a total of 5:20 walking.

Fri July 19, 2019 **no running**

In the last week: **28.1 miles**

Sat July 20, 2019 **1.25 miles**
I ran on the high school track. I am running a ½ marathon tomorrow.
800m in 4:43, rest 3:00, 400m in 2:13, rest 3:00, 2 x 200m in 1:01 and 1:05
with a 200m jog after each.

Sun July 21, 2019 **14.1 miles**
warm up: 1 mile at various paces
Run: I ran the Presque Isle Half Marathon in Erie PA on a hot humid day.
Results: Gun Time: 2:00:35, Average Pace: 9:12/mi, First in 75-79 age group,
290th out of 1000 finishers, 17th fastest age graded time.
Mile Splits:
8:53, 9:07, 8:59, 9:09, 9:05, 9:12, 9:16, 9:20, 9:19, 9:25, 9:08, 9:12, 9:29
Note: I drank enough water but I didn't drink much Gatorade during the run
which I usually do. Also I usually eat a gel at the 10 mile mark but I did not
today. With more Gatorade and the gel I don't think I would have faded in the
last mile. I usually pick up the pace in the last mile.

Mon July 22, 2019 **3 miles**
I ran 3 miles on hilly roads and averaged 11:00/mile.

Tues July 23, 2019 **no running**

Wed July 24, 2019 **2.5 miles**
I walked about 1 mile on trail in Cook Forest, rested a few minutes and then
ran about 1.5 miles on a hilly trail.

Thurs July 25, 2019 **3 miles**
I ran three miles on hilly roads in Meadville and averaged 10:38/mile.

Fri July 26, 2019 **no running**

In the last week: 23.9 miles

Sat July 27, 2019 **5 miles**
I ran and walked 5 miles on hilly roads and averaged about 11:30/mile.

Sun July 28, 2019 **no running**

Mon July 29, 2019 **4.3 miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
warm up: 1.3 miles
Run: 1 x 200m (54s mainly downhill) and jog 300m
5 x 510m with about a 300m jog between the runs
My times: 2:34, 2:34, 2:29, 2:30, 2:21
Warm down: 510m jog

Tues July 30, 2019 **no running**

Wed July 31, 2019 **5 miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
warm up: 1 mile in 9:50, rest 2 minutes, 1 mile in 10:45, rest 7 minutes
Run: 1 x 200m (54s mainly downhill) and jog 300m
5 x 510m with about a 300m jog between the runs
My times: 2:37, 2:29, 2:22, 2:24, 2:21
Warm down: 510m jog

Thur Aug 1, 2019 **5 miles**
I walked and ran 5 miles on slightly hilly roads and averaged 11:20/mile. I
walked about 6 minutes total during 4 walks.

Fri Aug 2, 2019 **6 miles**
I ran 4 miles on hilly roads and averaged 10:04/mile.
After about 2 hours I walked and ran 2 miles on hilly roads.

In the last week: 25.3 miles

Sat Aug 3, 2019 **5.8 miles**
I ran with our running group in Greendale Cemetery.
warm up: 1.3 miles
Run: 3 x 1.5 miles: The 1.5 mile course went up, down, up and down on the cemetery main road. There was a total ascent of 176 feet over the 1.5 miles. We rested about 4 minutes after the first and second runs.
Times and paces for the runs: 15:11 (10:07/mile), 13:50 (9:13/mile), 13:04 (8:43/mi)

Sun Aug 4, 2019 **no running**

Mon Aug 5, 2019 **6.9 miles**
In the morning I ran 1 mile on a hill with a 250 foot ascent and no descent.
In the afternoon I ran with our running group on the Greendale Cemetery loop.
warm up: 2.25 miles and rest about 8 minutes
Runs and my times:
1x255 m (½ loop = 255 m), 74s
1x510 m (1 loop = 510 m), 2:34
1x765 m (1.5 loops =765 m), 4:00
1x765 m, 3:41
1x510 m, 2:21
1x255 m, 62s
We jogged about 255m between the runs.
Warm down: 700m

Tues Aug 6, 2019 **4 miles**
I ran 4 miles on hilly roads and averaged 9:40/mi.

Wed Aug 7, 2019 **5 miles**
I ran with our running group on the Greendale Cemetery loop.
warm up: 2.5 miles including 200m in 55s
Runs and my times:
1x255 m (½ loop = 255 m), 67s
1x510 m (1 loop = 510 m), 2:26
1x765 m (1.5 loops =765 m), 3:50
We jogged about 255m after each run.
Warm down: 1.25 miles

Thur Aug 8, 2019 **no running**
Fri Aug 9, 2019 **no running**
In the past week: 21.7 miles

Sat Aug 10, 2019 **10.6 miles**
I ran 10 miles around Tamarack Lake with Tim Dunn.
The first 1.5 miles goes up 324 feet. The course has a total ascent of about 525 feet. Our time was 1:35:10 and we averaged about 9:30/mile. After the first 1.5 miles uphill we averaged about 9:06/mile.
Warm down: After 20 minutes I jogged 0.6 miles.

Sun Aug 11, 2019 **no running**

Mon Aug 12, 2019 **7 miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
warm up: 3 miles at about 10:30/mile and rest 2 minutes.
Run: 1 x 200 meters and 7 x 510 meters with a 300 meter jog between the runs.
Times for runs: 55s, 2:41, 2:35, 2:31, 2:24, 2:22, 2:11.2(6:54/mile pace), 2:31
The times between the runs averaged about 3:40.
Warm down: 510 meters

Tues Aug 13, 2019 **no running**

Wed Aug 14, 2019 **6 miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
warm up: 2 miles at about 11:00/mile and rest a few minutes.
Run: 1 x 200 meters and 7 x 510 meters with a 300 meter jog between the runs.
Times for runs: 52s, 2:35, 2:33, 2:32, 2:29, 2:27, 2:25, 2:15
The times between the runs averaged about 3:40.
Warm down: 510 meters

Thur Aug 15, 2019 **4.2 miles**
I ran 4 miles and averaged 9:50/mile. The run included 2.2 miles on hilly roads and 2 miles on the college track.

Fri Aug 16, 2019 **3 miles**
I ran 3 miles on hilly roads and averaged 9:15/mile.

In the past week: 30.6 miles

Sat Aug 17, 2019 **3 miles**
I ran 3 miles on hilly roads and averaged 8:56/mile.

Sun Aug 18, 2019 **no running**

Mon Aug 19, 2019 **4 miles**
I walked 0.1 miles at the beginning of each ½ mile and averaged 12:00/mile for 4 miles.

Tues Aug 20, 2019 **5 miles**
I ran 5 miles and averaged 9:46/mile. The middle mile was in 9:30 on the Allegheny track. The other 4 miles were on hilly roads.

Wed Aug 21, 2019 **6 miles**
I ran with 4 other runners on the 510 meter loop in Greendale Cemetery.
warm up: 2 miles at about 11:00/mile and rest a few minutes
Run:
1 x 200m in 55s with a 200m jog after
2 x 510m in 2:34 and 2:35 with a 300m jog after each
2 x 1020m in 5:11 and 5:17 with a 510m jog after each
1 x 510m in 2:25 with a 510 m jog after

Thur Aug 22, 2019 **5 miles**
I did the same workout as 2 days ago and again averaged 9:46/mile. The middle mile was on the Allegheny track and the other 4 miles were on hilly roads. Today I started out slower than 2 days ago because I was tired from yesterday's workout. But as I warmed up I felt better and faster.
Tuesday's splits: 10:17, 9:36, 9:30, 10:00, 9:29
Today's splits: 11:06, 9:46, 9:34, 9:29, 8:54

Fri Aug 23, 2019 **4 miles**
I ran 4 miles on roads that were slightly hillier than the 4 miles of roads that I ran yesterday and on Tuesday. I averaged 9:37/mile which was faster today.

In the past week: 27 miles

Sat Aug 24, 2019 **5.5 miles**
I ran with our running group in Greendale Cemetery. Six of us ran.
warm up: 1 mile including ¼ mile up to top of Limber Rd in 2:44
Run: 3 x 1.5 miles: The 1.5 mile course went up, down, up and down on the cemetery main road. There was a total ascent of 176 feet over the 1.5 miles. We rested about 4 minutes after the first and second runs.
We did the same workout on August 3, three weeks ago.
Today's times: 14:33 (9:42/mile),   13:56 (9:17/mile), 12:59 (8:39/mi)
Aug 3rd times: 15:11 (10:07/mile), 13:50 (9:13/mile), 13:04 (8:43/mi)

Sun Aug 25, 2019 **4.65 miles**
I ran near a hotel in Lamar PA on our way to Ortley Beach in NJ.
Run: 2 x out and back 1.5 miles on a hilly road. I rested 3 minutes between the 2 runs.
Times and paces: 14:06 (9:23/mile), 12:03, (8:02/mile)
Warm down: rested a few minutes and jogged ¼ mile
Later on I walked 1.4 miles at about 16:00/mile with Monica.

Mon Aug 26, 2019 **4.5 miles**
We are in Ortley Beach. I ran 4 miles on roads and a boardwalk. The first 2 miles were mainly into a strong wind and the second 2 miles were with the wind.
Mile Splits: 10:17, 9:45, 8:49, 8:08
Time and average pace: 36:59 (9:15/mile)

Tues Aug 27, 2019 **7 miles**
I walked and ran 5 miles on roads and a boardwalk.
First I walked and ran 2.5 miles by alternating 0.15 mile walks and 0.35 mile runs and averaging 12:19/mile.
Then I rested about a minute and walked and ran 2.5 miles by alternating ¼ mile walks and ¼ mile runs and averaging 13:32/mile.
Later on I walked 2 miles at about 16:20/mile with Monica.
Wed Aug 28, 2019 **no running**

Thurs Aug 29, 2019 **4.25 miles**
warm up: 1 mile to the Lavalette boardwalk in 10:32
Run:
1 x the length of the 1.25 mile boardwalk: Time: 11:00 (8:48/mile) into the wind
rest 2 minutes
1 x the length of the boardwalk again: Time: 10:42 (8:34/mile) with the wind
Warm down: 0.75 miles at10:33/mile
Fri Aug 30, 2019 **no running**

In the past week: 25.9 miles

Sat Aug 31, 2019 **8 miles**
I ran the Stop, Drop and Run 10K Run that started and finished at the Barnegat
Municipal Dock in Barnegat, NJ
warm up: 2 miles at various paces
Run: After the halfway point I passed about 5 runners and came in 14th out of 41
runners. Final time and average pace: 53:58 (8:41/mile)
Mile splits: 8:58, 8:49, 8:43, 8:31, 8:40, 8:30

Sun Sept 1, 2019 **no running**
We drove home 460 miles.

Mon Sept 2, 2019 **5 miles**
I ran 5 miles out and back on hilly roads and averaged 10:35/mile. The sum of all the
ascents along the course is about 380 feet.

Tues Sept 3, 2019 **1 mile**
I jogged ½ mile to the Wise Center. At center I used weight machines for a full body
workout. Then I jogged ½ mile home.

Wed Sept 4, 2019 **6.5 miles**
I ran on the Greendale Cemetery loop with 4 other runners.
warm up: 0.3 mile jog to the cemetery
2 miles on the 510 meter loop averaging about 10:25/mile
a few minute rest and then a 510 meter jog followed by a few minute rest
Run: 1 x 200m, Time: 57s, jog 200m
2 x 510m, Times: 2:43, 2:38, jog 300m after each
2 x 1020m, Times: (2:40+2:34) = 5:14, (2:31+2:26) = 4:57, jog 510m after each
1 x 510m, Time: 2:15.8, jog 510m
Running got easier for me as I ran. That's why my times got faster as I ran. That's
also why I need to take a long warm up before racing and running intervals.
Note: 1020m in 4:57 is 7:49/mile, 510m in 2:15.8 is 7:07/mile

Thurs Sept 5, 2019 **1 mile**
I jogged ½ mile to the Wise Center. At the center I used weight machines for about
20 minutes for a full body workout. Then I jogged ½ mile home.

Fri Sept 6, 2019 **4.5 miles**
I ran 4.5 miles on hilly roads and averaged 9:02/mile. The last ½ mile was in 4:00.

In the past week: 26 miles

Sat Sept 7, 2019 **5 miles**
I ran 6 x ½ mile with a ¼ mile jog before each ½ mile run and a ½ mile jog after the last ½ mile run. The jogs were at about 12:30/mile pace.
½ mile times: The first 3 averaged 4:20 and the second 3 averaged 3:57.

Sun Sept 8, 2019 **1 mile**
I ran ½ mile down to the Wise Center in 4:44. At the center I used weight machines for about 22 minutes for a full body workout. Then I ran uphill ½ mile home in 6:25.

Mon Sept 9, 2019 **3.75 miles**
I ran with 6 other runners on the high school track.
warm up: 1.75 miles at various paces
Run: 1 x 200m in 57s followed by a 200m jog
4 x 400m run with a 200m jog between the runs
Times: 1:58, 1:57, 2:01, 1:52
The jogs were at about 12:00/mile.
Warm down: 400m jog

Tues Sept 10, 2019 **no running**

Wed Sept 11, 2019 **5 miles**
I ran with 5 other runners on the high school track.
warm up: 3 miles at various paces including 2 x 200m in 57s and 62s
Run: 3200m in (8:00 + 8:05) = 16:05

Thur Sept 12, 2019 **no running**
We flew to San Diego California for a wedding.

Fri Sept 13, 2019 **3 miles**
I ran 3 miles on a sidewalk that went along the Pacific Ocean shoreline in La Jolla Ca.

In the past week: 17.8 miles

Sat Sept 14, 2019 **3 miles**
I ran 3 miles on a sidewalk that went along the Pacific Ocean shoreline in
La Jolla Ca.

Sun Sept 15, 2019 **no running**

Mon Sept 16, 2019 **no running**
We flew home.

Tues Sept 17, 2019 **4 miles**
I walked 4 x ¼ mile during the 4 miles and averaged 12:15/mile.
The ratio of walking to running distances was 1/3.

Wed Sept 18, 2019 **5 miles**
I walked and ran 5 miles on hilly roads and grass and averaged 13:30/mile.

I am thinking about walk/run routines I could use in a long run.

Thurs Sept 19, 2019 **5 miles**
I walked and ran 5 miles on hilly roads and averaged 13:00/mile.

Fri Sept 20, 2019 **5 miles**
I walked and ran 5 miles on hilly roads and averaged 13:15/mile.

In the past week: 22 miles

Sat Sept 21, 2019 **6 miles**
I walked and ran 5 miles on hilly roads and averaged 13:15/mile.

Sun Sept 22, 2019 **1 mile**
Half mile run down to the Wise Center.
I used 15 weight machines and did crunches and push ups for a full body workout in 19 minutes.
Rest 1:15 and a half mile run uphill in 6:18

Mon Sept 23, 2019 **9.35 miles**
In the morning I walked and ran 7.35 miles on hilly roads and averaged 13:12/mile. In the afternoon I ran 2 miles on the high school track at various paces with some of the run at about 9:00/mile.

Tues Sept 24, 2019 **1 mile**
Half mile run down to the Wise Center.
I used 15 weight machines and did crunches and push ups for a full body workout in 17 minutes.
for Rest about 1 minute and a half mile run uphill in 5:48

Wed Sept 25, 2019 **9.1 miles**
In the morning I walked about 0.1 mile during each mile and averaged 12:18/mile 6 miles on hilly roads.
In the afternoon I ran with 5 other runners on the high school track.
1.75 mile warm up at about 10:00/mile and rest a few minutes
1 x 200, 4 x 400, 1 x 200 with about a 350m jog after each run.
Times: 57s, 2:00, 1:58, 2:01, 1:59, 57s

Thur Sept 26, 2019 **5 miles**
I walked and ran 5 miles on hilly roads and averaged 13:08/mile.

Fri Sept 27, 2019 **5 miles**
warm up: 1 mile to the Allegheny College track in 9:40 and rested 4 minutes.
Run: 3 miles on the track in 26:11. I ran slightly wide on the turns so each lap was ¼ mile. Splits: 8:55, 8:53, 8:23
The ¼ mile splits for the last mile: 2:11, 2:09, 2:06, 1:57
Warm down: rest a few minutes and jog 1 mile home
In the past week: 36.5 miles

Sat Sept 28, 2019 **6.25 miles**
Run: I ran 5.75 miles with Jim Fitch and averaged 10:45 including the uphill
first mile in 12:02 and downhill last ½ mile in 4:45.
Warm down: After talking for a while I jogged ½ mile home.

Sun Sept 29, 2019 **6 miles**
I ran 6 miles out and back on a course with a total ascent of 443 feet.
Splits: 10:01, 10:00, 9:57, 10:00, 9:51, 7:57 Average pace: 9:38
I tried to run about 10:00 for each of the first 5 miles.

Mon Sept 30, 2019 **5 miles**
I ran with 4 other runners on the high school track
warm up: 2 miles in 10:15 + 9:34 = 19:49 and rest a few minutes
Run: 2 x 200m, 6 x 400m with a 200m jog after each.
Times: 58s, 1:02, 2:02, 2:00, 2:02, 1:54, 2:02, 1:59
Warm down: jog 600m

Tues Oct 1, 2019 **5 miles**
I walked and ran 5 miles on hilly roads and averaged 13:00/mile.

Wed Oct 2, 2019 **4.75 miles**
I ran on the high school track with 6 other runners.
warm up: 2.25 miles at about 10:20/mile, 1 x 200 in 64s, and jog 200m
Run: 2 miles in 16:11, Splits: 8:12, 7:59
warm down: 400m jog

Thur Oct 3, 2019 **7.35 miles**
I ran and walked 7.35 miles on hilly roads and averaged 12:30/mile.

Fri Oct 4, 2019 **6 miles**
I ran 6 miles on a hilly course and averaged 11:23/mile.

In the past week: 40.35 miles

Sat Oct 5, 2019 **16 miles**
I ran and walked 16 miles with Jim Fitch on somewhat hilly roads.
5 miles averaging 13:17/mile and rest about 4 minutes
5 miles averaging 12:58/mile and rest about 4 minutes
5.5 miles averaging 12:27/mile
After resting a few minutes I jogged ½ mile home.

Sun Oct 6, 2019 **no running**

Mon Oct 7, 2019 **9.6 miles**
In the morning I ran and walked 7 miles on hilly roads.
I ran the first 2 miles without walking and averaged 10:30/mile. For the last 5 miles I walked 0.2 miles at the beginning of each ½ mile and ran the rest. The average pace while I was walking and running was about 13:00/mile.
In the afternoon I ran and jogged 3.6 miles on the high school track.
The workout included a 1.5 mile warm up and: 1 x 200m (66s), 1 x 400m (2:27), 1 x 800m (4:56), 1 x 400m (2:30), 1 x 200m (60s).
I jogged 200m or 400m after each run, and warmed down with a 400m jog.

Tues Oct 8, 2019 **no running**

Wed Oct 9, 2019 **7.75 miles**
In the early afternoon I ran and walked 4 miles on hilly roads.
The first 2 miles I ran without walking and averaged 9:41/mile.
The next 2 miles I walked 0.2 miles at the beginning of each ½ mile and averaged: 13:03/mile
In late afternoon I ran with 6 other runners on the high school track.
warm up: 1.5 miles at about 10:00/mile and rest a few minutes
Run: 2 x 200m in 58s and 59s and 4 x 400 in 2:03, 2:00, 1:58, 1:59
We jogged 200m after each run and another 400m at the end to warm down.

Thurs Oct 10, 2019 **no running**

Fri Oct 11, 2019 7 miles
I ran 7 miles on hilly roads and averaged 11:03/mile

In the past week: 40.4 miles

I signed up for the Erie Endurance Run next Saturday October 19. I am not going to run too much leading up to that event.

Sat Oct 12, 2019 **no running**

Sun Oct 13, 2019 **3 miles**
I ran 3 miles on hilly roads and averaged 11:04/mile.

Mon Oct 14, 2019 **2.5 miles**
I ran and jogged 2.5 miles

Tues Oct 15, 2019 **no running**

Wed Oct 16, 2019 **2 miles**
I ran and jogged 2 miles

Thur Oct 17, 2019 **2.5 miles**
I ran 2.5 miles on the Wise Center indoor track.
Splits: 10:20, 10:47, 5:29

Fri Oct 18, 2019 **2.5 miles**
I ran 2.5 miles on a treadmill at the Wise Center.

In the past week: 12.5 miles

Sat Oct 19, 2019 **23.1 miles**
I did okay at the Erie Endurance Run on Saturday.   During the twelve hour period between 6:30AM and 6:30PM runners could start at any time they wanted and run as many 1.05 mile loops around a park as they wanted. Because it was cold at 6:30AM, I started running at 9:00AM when the sun was out and it was a little warmer. The course is relatively easy compared to other ultra marathon courses with two slight up hills. One is about 400m long and the other about 300meters long. There is one slight downhill that is about 500m long. I ran an even

pace with very short walks to drink out of a bottle of Gatorade or defizzed Coke that I carried. Mary Jane gave me a full bottle every 5 loops or so. I ran 22 loops in 4:23:56 and covered 23.1 miles. At the 22 loop point I felt myself getting tired even though I was still running the same pace. I was happy with my run and didn't feel like walking and running which I think I could have. Many runners ran and walked for eleven or twelve hours with one of them covering 55.7 miles. I had the 16th longest distance out of 40 participants. My average pace was 11:26/mile which was 4th fastest out of 40. Maybe next time I will try walking more in this event and lasting longer.

Sunday to Thursday Oct 20 and 24 **no running**
I have been sick with a cold.

Fri Oct 25, 2019 **2.5 miles**
I ran 2.5 miles in 25 minutes on a treadmill at the Allegheny College Wise Center.

In the past week: 25.6 miles

Sat Oct 26, 2019 **no running**

Sun Oct 27, 2019 **3 miles**   I ran 3 miles on a treadmill at the Wise Center in 30:00.

Mon Oct 28, 2019 **4.5 miles**
In ran on the high school track with 5 other runners.
warm up: 1.5 miles at various paces between 11 and 10 minutes per mile.
Run: 1 x 200m and 7 x 400m with a 200m jog between the runs.
Times: 1:02, 2:16, 2:15, 2:21, 1:58, 2:27, 1:51, 2:18
Warm down: jog 400m

Tues Oct 29, 2019 **no running**

Wed Oct 30, 2019 **5 miles**
In ran on the high school track with 5 other runners
warm up: 2 miles in 10:25 and 9:15. Rest 7 minutes.
Run: 1 x 200m, 1 x 400m, 3 x 600m, 1 x 400m, 1 x 200m
We jogged 300m after each 600m and 200m after all the rest.
Times: 58s, 1:59, 3:00, 2:54, 2:51, 1:53, 50.6s

Thurs Oct 31, 2019 **2 miles** averaging 9:28/mile on a Wise Center treadmill.

Fri Nov 1, 2019 **No running**

In the past week: 14.5 miles

Sat Nov 2, 2019 **3.5 miles**
I ran on a treadmill in the Wise Center.
warm up: 1 mile in 10:00 and rest 8:00
Run: 4 x ¼ mile in 2:15, 2:15, 2:15, 2:10 with a ¼ mile jog in about 2:30 before each
Warm down: ½ mile in 5:15

Sun Nov 3, 2019 **5 miles**
I ran 5 miles with Jim Fitch on slightly hilly roads. We ran faster with each mile and averaged 10:25/ mile. The last half mile was up and down hill in about 4:25.

Mon Nov 4, 2019 **4.5 miles**
I ran with 4 other runners on the high school track.
warm up: 1.5 miles averaging about 10:15/mile. Rest 6 minutes
Run: 2 x 200m, 5 x 400m with about 200 to 300m jogs between the runs
Times: 1:10, 1:10, 2:21, 2:21, 2:19, 2:19, 2:10.8
Warm down: 400m jog

Tues Nov 5, 2019 **6 miles**
warm up: ½ mile down to the Wise Center in about 5:00 and 3:30 rest
Run: 5 miles on a treadmill in 47:20 or 9:28/mile
Splits: 9:57, 9:47, 9:32, 9:26, (4:42 + 3:57) = 8:39, After the 3rd mile running got easier.
Warm down: ½ mile in 5:11

Wed Nov 6, 2019 **6 miles**
In the morning I ran ½ mile down and then ½ mile up hill at a good pace.
In the afternoon I ran on the high school track with 3 other runners.
warm up: 1.5 miles at about 10:30/mile.
Run: 1 x 200m, 2 x 400m, 2 x 800m. 2 x 400m, 1 x 200m
Times: 63s, 2:12, 2:10, 4:22, 4:14, 2:02, 2:02, 57s
We jogged ¼ mile after the the 800m runs and 200m after all the other runs.

Thur Nov 7, 2019 **no running**

Fri Nov 8, 2019 **6 miles**
I ran on a Wise Center treadmill.
warm up: 1 mile at various paces between 10:30/mile and 8:30/mile and rest 3:00
Run: 5 miles in 43:00 or 8:36/mile
Spits: 8:57, 8:49, 8:41, 8:23, 8:10
I ran a lot faster than 3 days ago.

In the past week: 27.5 miles

Sat Nov 9, 2019 **5 miles**
Run: 5 miles on a Wise Center treadmill in 47:47 or 9:33/mile
Splits and pulses at the end of each mile:
9:57 (?), 9:08 (?), 9:19 (143bpm), 9:34 (143bpm), 9:51 (144bpm)
I had to slow in order to keep my pulse from rising.

Sun Nov 10, 2019 **3 miles**
Run: 3 miles on a Wise Center treadmill in 28:30 or 9:30/mile
Approximate splits: 10:00, 9:30, 9:00 Pulse at the end : 142bpm

Mon Nov 11, 2019 **5.5 miles**
Run: 5 miles on a Wise Center treadmill in 47:25 or 9:29/mile
Splits and pulses at the end of each mile:
9:43 (132bpm), 9:30 (137bpm), 9:16 (142bpm), 9:22 (142bpm), 9:33 (143bpm)
Warm down: ½ mile in about 5:30

Tues Nov 12, 2019 **4 miles**
Run: 3 miles on a Wise Center treadmill in 28:28 or 9:29/mile
Splits: 9:45, 9:31, 9:12   Pulse at the end: 139bpm
Warm down: 1 mile in about 11:00

Wed Nov 13, 2019 **no running**

Thur Nov 14, 2019 **6 miles**
Run: 5 miles on a Wise Center treadmill in 46:35 or 9:19/mile
Splits and pulses at the end of each mile:
9:29 (125bpm), 9:01 (142bpm), 9:07 (142bpm), 9:25 (143bpm), 9:32 (142bpm)
Warm down: 1 mile in 11:00
Compare to 3 days ago. Today I could run faster and still maintain a pulse of 142bpm at the end of the run.

Fri Nov 15, 2019 **5.6 miles**
warm up: 0.1 mile lead into a 5 mile run on a Wise Center treadmill.
Run: 5 miles in 46:43 or 9:21/mile
Splits and pulses at the end of each mile:
9:27 (123bpm), 9:18 (138bpm), 9:13 (142bpm), 9:17 (141bpm), 9:26 (142bpm)
Warm down: ½ mile in about 5:30
Mile spits were more consistent today than yesterday. And today I was running faster at the end of 5 miles than yesterday even though my pulse was 142bpm at the end of each run. I should try to run each mile at 9:20/mile and see what my final pulse is.

In the past week: 29.1 miles

Sat Nov 16, 2019 **5.5 miles**
I ran on a Wise Center treadmill.
warm up: 1 mile in 9:11 at various paces some as fast as 8:35/mile
Run: 1 x ½ mile, 4 x ¼ mile, 1 x ½ mile. I jogged ¼ mile before each run. The jogging pace was about 12:00/mile.
Times for runs: 4:00, 2:00, 2:00 (147bpm), 2:00, 2:00 (148bpm), 4:00 (153bpm)
The 3 pulse rates given are the pulses at the end of a run.
Warm down: ½ mile in in 6:00.

Sun Nov 17, 2019 **no running**

Mon Nov 18, 2019 **6 miles**
warm up: ½ mile run down to the Wise Center, and a few minute rest
Run: 5 miles in 44:35 or 8:55/mile
Mile splits and pulses at the end of each mile:
9:19 (143 bpm), 9:04 (144 bpm), 8:57 (1:50 bpm), 8:50 (155 bpm), 8:25 (163 bpm)
The last ¼ mile was in 2:01.
Warm down: ½ mile in about 6:00

Tues Nov 19, 2019 **6.9 miles**
warm up: 0.6 miles down to the Wise Center and 0.05 mile lead into a 6 mile run on a Wise Center treadmill.
Run: 6 miles in 56:50 or 9:28/mile
Splits and pulses at the end of each mile:
9:30 (133bpm), 9:22 (137bpm), 9:36 (140bpm), 9:30 (142bpm), 9:23 (144bpm)
9:29 (145bpm)
Warm down: 1/4 mile in about 2:40

Wed Nov 20, 2019 **no running**

Thur Nov 21, 2019 **2.85 miles**
I ran on a Wise Center treadmill.
warm up: 0.1 mile lead into 2 miles, 2 miles in 9:48 and 9:31 and a 4 minutes rest
Run: 0.25 miles in about 2:30 and 0.7 miles at 8:00/mile pace.
Warm down: ½ mile in 6:00

Fri Nov 22, 2019 **5.3 miles**
I ran on a Wise Center treadmill
warm up: 0.05 mile lead into 2 miles, 2 miles in 9:31 and 9:01 and a 4 minutes rest
Run: 6 x ¼ mile in 2:00 with a ¼ mile jog before each run in about 3:00.
Pulses at the end of each run: ?, 150, 151, 152, 150, 153
Warm down: ¼ mile in about 2:30
In the past week: 25.55 miles

Sat Nov 23, 2019 **5.8 miles**
I ran on a Wise Center treadmill.
warm up: 0.5 miles at various paces and rest 4 minutes
Run: 0.05 mile lead into a 5 mile run, Time for run 45:46 or 9:09/mile
Mile slits and pulses at the end of each mile:
8:58 (?), 9:02 (141 bpm), 9:06 (143 bpm), 9:19 (141 bpm), 9:21 (142 bpm)
Warm down: ¼ mile in 2:45

Sun Nov 24, 2019 **no running**

Mon Nov 25, 2019 **5.75 miles**
I ran on a Wise Center treadmill.
warm up: 0.1 mile lead into a 2 mile run. Mile splits: 9:25, 8:58, Pulse at end: 143 bpm
Rest 4:00, My pulse after 1:00 of rest was 100bpm, and after the 4:00 rest it was 81 bpm.
Run: 4 x ¼ mile and 1 x 1 mile with a ¼ mile jog before each run. The ¼ mile runs
where all in 2:00 and the mile was in 8:00. the ¼ mile jogs took about 3:00.
Pulses after ¼ mile runs: 149, 150, 150, 151 bpm. Pulse at the end of the mile run: 159
bpm
Warm down: ½ mile in about 6:00.

Tues Nov 26, 2019 **6 miles**
I ran 6 miles on roads. The first mile was mainly up hill and the last mainly down.
Run: 2.5 miles in 24:52 or 9:56/miles. The first mile was in 10:32
Recovery: ¼ mile jog in 2:38, rest 3:00, ¼ mile jog in 2:34
Run: 2.5 miles in 22:49 or 9:05/miles. The last mile was in 8:42
Warm down: ½ mile in 5:54

Wed Nov 27, 2019 **3.5 miles**
Run: I ran on a hill in Greendale Cemetery. The hill has an ascent of 153 feet in ½ mile
without any level or down hill. I started at the top and ran down and then up three times
with a 2 min rest between each mile.
Times: (5:55+6:24)=12:12, (4:54+6:14)=11:08, (4:13+5:14)=9:27
Warm down: 2 minutes rest, ½ mile jog

Thurs Nov 28, 2019 **no running**

Fri Nov 28 – Sun Nov 1, 2019 **no running**
I have a cold.

In the last week: 21 miles

Mon Dec 2, 2019 **3.25 miles**
I ran on a Wise Center treadmill.
Run 3 miles: 10:00, 9:58, 9:30. I ran the 3rd mile faster as I ran and ended at 8:58/mile.
Warm down: ¼ mile walk

Tues Dec 3, 2019 4**.25 miles**
I ran on a Wise Center treadmill.
Run 4 miles: Approximate splits and pulses:10:00, 9:30, 9:00(155 bpm), 10:00(142 bpm)
Warm down: ¼ mile walk
I still am experiencing the effect of the cold I am recovering from.

Wed Dec 4, 2019 **4.5 miles**
I ran on a Wise Center treadmill.
Run 3 miles: Approximate splits and pulses:10:00(139 bpm), 9:30(143 bpm), 9:00(155 bpm), 10:00(146 bpm)
Warm down: ½ mile walk in about 7:30(108 bpm))
I felt a little better than yesterday.

Thur Dec 5, 2019 **no running, we drove 400 miles to California MD**

Fri Dec 6, 2019 **4.4 miles**
Run: 4.15 miles on rolling hills in California MD
Splits: 9:52, 9:29, 9:29, 9:18, and the last 0.15 miles at 7:45/mile pace
Warm down: 0.25 mile walk

In the last week: 16.4 miles

Sat Dec 7, 2019 **4.5 miles**
I ran on a course that had rolling hills but it wasn't the same one as yesterday.
warm up: ¼ mile jog
Run: 4 miles in 39:01 or 9:45/mile
Splits: 10:11, 9:45, 9:55, 9:10
Warm down: ¼ mile jog

Sun Dec 8, 2019 **no running**

Mon Dec 9, 2019 **3.6 miles**
I ran on a treadmill in the Country Inn in California MD.
Run: 3.6 miles
Approximate splits and pulses:
9:45 (?), 9:30 (143 bpm), 9:00 (156 bpm)
Warm down: 0.6 miles at about 9:55/mile pace

Tues Dec 10, 2019 **4.9 miles**
I ran the same course as thee days ago with rolling hills.
warm up: ¼ mile jog
Run: 4 miles in 37:18 or 9:20/mile
Splits and pulses: 9:42(?), 9:30 (106 bpm), 9:30 (143 bpm), 8:37 (165 bpm)
Warm down: 0.65 mile jog

Wed Dec 11, 2019 **3.25 miles**
Run: I ran 3 miles on slightly rolling sidewalks and roads in California MD.
Time: 31:45, or 10:35/mile Splits: 11:19, 10:40, 9:46
Warm down: ¼ mile in about 3:00

Thur Dec 12, 2019 **no running**, We drove 400 miles home.

Fri Dec 13, 2019 **4.85 miles**
I ran in the Wise Center.
Run: On the indoor track: I ran 1 mile in 8:45. Final pulse: 151 bpm, rest 8:00
On a treadmill: 4 x ¼ mile and 1 x 0.6 miles. The pace for all the runs was 8:00/mile. I jogged ¼ mile before each run in about 3:00.
Warm down: ¼ in 3:00

In the last week: 21.1 miles

Sat Dec 14, 2019 **no running**

Sun Dec 15, 2019 **no running**

Mon Dec 16, 2019 **5 miles**
I ran 5 miles on a Wise Center treadmill in 47:15 or 9:27/mile
Approximate splits and pulse at the end of each mile:
9:45 (?), 9:15 (140 bpm), 9:15 (149 bpm), 9:00 (153 bpm), 10:00 (142 bpm)

Tues Dec 17, 2019 **6.35 miles**
I ran on a Wise Center treadmill.
warm up: 1 mile in about 9:35 and rest 5 minutes
Run: 0.1 mile lead into a 5 mile run in 47:56 or 9:35/mile
Mile splits and pulses at the end of each mile:
9:13 (143 bpm), 9:24 (143 bpm), 9:35 (143 bpm), 9:45 (143 bpm), 9:58 (143 bpm)

Wed Dec 18, 2019 **no running**

Thur Dec 19, 2019 **4 miles**
I ran on a Wise Center treadmill
warm up: 2 miles in 9:45 + 9:15 = 19:00, final pulse: 145 bpm, rest 4:00
Run: 0.25 mile lead into a 1.25 mile run at 8:00/mile pace
Final pulse: 164 bpm
Warm down: ½ mile in 5:30
On Nov 21, 2019 I had a similar workout but stopped after 0.7 miles at 8:00/mile
pace because I was pushing too hard. Today I could have kept running beyond
1.25 miles at that same pace.

Fri Dec 20, 2019 **4 miles**
I ran on a Wise Center treadmill
warm up: 2.25 miles. The warm up included 2.15 miles at an average pulse of
9:30/mile. Final pace: 8:57/mile, final pulse: 145 bpm, rest 4:00
Run: 0.25 mile lead into a 1 mile run at 8:00/mile pace
Final pulse: 160 bpm
Warm down: ½ mile in about 5:30
I felt tired from yesterday's workout and stopped the faster run after 1 mile.
Yesterday I felt good after 1.25 miles.
In the last week: 19.35 miles

Sat Dec 21, 2019 **4 miles**
I ran 4 miles on hilly roads in Greendale Cemetery going faster as I ran.
Splits: 12:28, 12:40, 10:58, 9:45

Sun Dec 22, 2019 no running

Mon Dec 23, 2019 **4 miles**
I ran 4 miles on hilly roads and up and down Greendale Cemetery hills.
Splits: 11:51, 11:51, 10:15, 10:23

Tues Dec 24, 2019 **4 miles**
I ran 2 miles mainly downhill to the high school track in 20:20 and the 2
miles on the track in 20:14

Wed Dec 25, 2019 **no running**

Thur Dec 26, 2019 **5 miles**
It was surprisingly 57 degrees and I ran with shorts and a long sleeve shirt. It
was a nice run on a hilly course with the first mile mainly up hill and the last
mile down. Time: 50:30 or 10:06/mile.
Splits: 10:47, 10:34, 10:23, 10:01, 8:43

Fri Dec 27, 2019 **5.25 miles**
It was a nice day again.
warm up: 1 mile on hilly Limber Rd near my house in 10:44 and rest 8:00.
Run: 4 miles on hilly roads in 36:07. Sum of ascents: 267 feet
This is one of my fastest times on this course.
Splits:
July 4, 2018:   9:18, 9:12, 8:41, 8:34 Average pace: 8:56
May19, 2019:   9:42, 9:12, 8:44, 8:16 Average pace: 8:59
July 6, 2019:   9:58, 8:55, 8:55, 8:09 Average pace: 8:59
Today: 9:27, 9:18, 8:48, 8:34 Average pace: 9:02
Warm down: ¼ mile of walking and running

In the last week: 22.25 miles

Sat Dec 28, 2019 **4 miles**
I jogged the same hilly 4 mile course that I ran yesterday.
Time: about 46 minutes

Sun Dec 29, 2019 **4.2 miles**
I ran 4.2 miles on Limber Rd, Ryan Rd, N Main, and Limber Rd.
Time: 43:17 or about 10:20/mile on a hilly course

Mon Dec 30, 2019 **no running**

Tues Dec 31, 2019 **no running**

Wed Jan 1, 2010 **no running**

Thur Jan 2, 2019 **5 miles**
I ran on a treadmill in the Wise Center.
warm up: 1 mile in 9:25 going faster as I ran and rest about 5:00
Run: 6 x ¼ mile with a ¼ mile jog before each run.
The runs were all in 2:00 and the jogs in 3:00.
Pulses at the end of each run: 147, 149, 151, 153, 154, 155 bpm
Warm down: ½ mile in 3:00 + 2:30 = 5:20 and rest a few minutes,
½ mile jog home

Fri Jan 3, 2019 **5 miles**
I ran on a treadmill in the Wise Center.
warm up: 1 mile in 9:20 going faster as I ran and rest about 5:00
Run: 6 x ¼ mile with a ¼ mile jog before each run.
The runs were all in 2:00 and the jogs in 3:00.
Pulses at the end of each run: 149, 150, 152, 154, 155, 156 bpm
Warm down: 1 mile in about 11:00
I felt better than yesterday.

In the past week: 18.2 miles

Sat Jan 4, 2020 **2.25 miles**
Run: I ran 1 mile out and 1 mile back on hilly Limber Rd. After the first mile I rested about 2:00. Times: 10:21 and 8:28
Warm down: ¼ mile jog

Sun Jan 5, 2020 **no running,** I am experiencing a reaction to a shingle shot.

Mon Jan 6, 2020 **4 miles**
I ran 4 miles on a Wise Center treadmill.
Splits and pulses at the end of each mile:
10:00 (124 bpm), 9:30 (139), 9:01 (152), 10:00 (146)

Tues Jan 7, 2020 **4.25 miles**
I ran on a Wise Center treadmill.
warm up: 1 mile in 9:22 and rest about 4:00
Run: 3 x ¼ mile and 1 x ½ mile, all at 8:00/mile pace, before each run I jogged ¼ mile
Warm down: rest 10 minutes and 1 mile on the indoor track in 9:45

Wed Jan 8, 2020 **no running**

Thur Jan 9, 2020 **4 miles**
I ran on the Wise Center indoor track.
warm up: 1 mile in 9:26, final pulse: 147
Run: 6 x ¼ mile with a ¼ mile jog after each run.
Times and pulses at the end of each run:
2:00 (153 bpm), 1:58 (155), 2:00 (158), 1:59 (1:60), 1:58 (161), 1:52.1 (163)
The jogs were all about 3:00

Fri Jan 10, 2020 **no running** We drove to Pittsburgh and then later to New Alexandria PA.

In the past week: 14.5 miles

Sat Jan 11, 2020 **3.5 miles**
I ran on a 1 mile loop down and up hill in New Alexandria PA.
Run: 3 x 1 mile with a 4:00 rest between the runs
Times: 9:48, 8:52, 8:29
Warm down: ½ mile jog

Sun Jan 12, 2020 **no running**

Mon Jan 13, 2020 **5.5 miles** I ran on a Wise Center treadmill.
warm up: ½ mile down to the Wise Center
Run: 1.5 miles going faster as I ran. I ended at 8:00/mile pace and averaged 9:02/mile.
After resting 4 minutes I ran 6 x ¼ mile with a ¼ mile jog before each run.
Times were all 2:00 for the runs.
Pulse at the end of each run: 149 bpm, 151, 152, 153, 154, 154
Pulses at the beginning of each run about: 110 bpm, 115, 116, 122, 124, 121
The jogs took about 3:00.
Warm down: ½ mile in about 6:00

Tues Jan 14, 2020 **6.8 miles** I ran on a Wise Center treadmill.
warm up: ½ mile down to the Wise Center
Run: 6.31 miles in 1 hour or 9:30.5/mile
Spits and pulses at the end of each mile:
9:59 (125bpm), 9:31 (138), 9:00 (148), 8:30 (154), 9:13 (150), 10:48 (143),
and 0.31 miles in 2:59

Wed Jan 15, 2020 **2 miles**
I road a 160 calorie ride on a stationary bike and take this to be roughly equivalent to a 1.5 mile
run. Then I walked ½ mile on the indoor track.

Thur Jan 16, 2020 **6.25 miles** I ran on a Wise Center treadmill.
warm up: ½ mile down to the Wise Center
Run: 1.5 miles going faster as I ran and averaged 9:06/mile.
After resting 5 minutes I ran 6 x ¼ mile with a ¼ mile jog before each run.
Times were all 2:00 for the runs.
Pulse at the end of each run: 146 bpm, 148, 149, 150, 151, 150
The jogs took about 3:00.
Warm down: ½ mile in about 5:30
rested a few minutes, ¾ mile walk on the indoor track with first ½ mile in 7:17

Fri Jan 17, 2020 **7.75 miles** I ran on a Wise Center treadmill.
warm up: ½ mile down to the Wise Center
Run: 6.50 miles in 1 hour or 9:13.9/mile
Spits and pulses at the end of each mile:
9:38 (125bpm), 9:29 (138), 9:24 (148), 9:16 (154), 9:09 (150), 8:58 (143),
and 0.50 miles in (2:06 + 2:00) = 4:00   **Warm down:** ½ mile 2:45 and ½ mile jog home

In past week: 31.8 miles

Sat Jan 18, 2020 **no running**

Sun Jan 19, 2020 **4.75 miles**
I ran on a Wise Center treadmill
warm up: 1.5 miles averaging 9:10/mile and going faster as I ran and rest about 4 minutes
Run: 6 x 0.2 miles with a 0.3 mile jog before each run
The first 4 runs were at 8:00/mile pace and the last 2 runs were in 7:30/mile pace.
The jogs were all about 12:00/mile pace.
Pulses at the end of the runs: 148 bpm, 151, 153, 155, 153, 155
Warm down: ¼ mile in about 3:00

Mon Jan 20, 2020 **8 miles**
I ran on a Wise Center treadmill.
warm up: 1 mile in 9:23 at various paces and rest about 6:00
Run: 6.75 miles in 60:12 or 8:55/mile
Splits and pulses at the end of each mile:
9:08 (139 bpm), 8:59 (143), 8:57.3 (147), 8:57.3 (149), 8:57.3 (149), 8:57.3 (150)
I ran the last 0.75 miles in 6:16 (158) or at a pace of 8:22/mile with the last ¼ mile at 8:00/mile.
Warm down: ¼ mile in about 3:00
Faster workouts are starting to get me in better shape.

Tues Jan 21, 2020 **2 miles**

Wed Jan 22, 2020 **5.5 miles**
I ran on a Wise Center treadmill.
warm up: 3 miles with incline at 0.5%, Splits: 9:59, 9:31, 9:01, Final pulse:146 bpm, rest 4:00
Run: Incline at 0%, 1.5 miles at 8:00/mile pace, Final pulse: 163 bpm
Warm down: ½ mile in about 6:00 and ½ mile jog home

Thur Jan 23, 2020 **no running**

Fri Jan 24, 2020 **6.5 miles**
I ran on a Wise Center treadmill.
warm up: 3 mile, Approximate splits and pulses at the end of each split:
10:00 (125 bpm), 9:30 (135), 9:00 (142), rest 4:00
Run: 3 x ½ mile with ¼ mile jog before each run
Times and pulses at the end of each run: 3:56.8 (152 bpm), 3:53.8 (156), 3:47.9 (158)
Warm down: 3/4 miles at about 11:00/mile and ½ mile jog home

In the past week: 26.75 miles

Sat Jan 25, 2020 **5 miles,**   I ran on a Wise Center treadmill and did a 142 bpm test.
Run: I ran 5 miles. Splits and pulses at the end of each mile:
9:34 (133 bpm), 9:03 (142), 9:08 (142), 9:27 (142), 9:37 (142)
I have done similar tests for years. The following are the rules I will be using for a while for the test.
1.   For the first mile start running at about 9:50/mile pace and increase the speed during the mile so that at the end of the mile the average pace is about 9:30/mile. At the end of the mile start the wrist stop watch. Remember the time for the mile as read from the treadmill display and heart rate (HR) as read from HR monitor on GPS. The HR will be less than 142 bpm.
2.   Continue to increase speed during the second mile and then adjust the speed up or down near the end of the second mile so the HR is 142 +/- 1 bpm at the end of the second mile. At the end of the second mile record the split on the stop watch and remember the HR which should be close to 142 bpm.
3.   Continue adjusting the speed so HR stays near 142. Also continue taking splits for each mile and remembering HR at the end of each mile. Stop running after a mile split goes above 9:30.
4.   After doing this test maybe once or twice a week for a while, you will be able to run more and more miles during the test. It will be necessary then to lower the upper limit on the last mile split from 9:30 to maybe 9:20 or lower.

Sun Jan 26, 2020 **6.5 miles** I ran on a Wise Center treadmill.
warm up: 2 miles, Splits and pulses at the end of each mile: 9:29 (129 bpm), 9:00 (139)
Run: 8 x ¼ mile with ¼ mile jog before each run.
Times for runs and pulses at the end of each:
1:58.4 (145 bpm), 1:58.4 (149), 1:58.4 (150), 1:58.4 (151), 1:56.9 (153), 1:56.9 (153), 1:56.9 (153), 1:52.5 (155), The jogs were all about 3:00.
Warm down: ½ mile in about 5:30

Mon Jan 27, 2020 **no running**

Tues Jan 28, 2020 **5.5 miles, I ran on a treadmill and did142 bpm test like I did 3 days ago.**
Run: I ran 5 miles. Splits and pulses at the end of each mile:
9:29 (135 bpm), 9:59 (143), 9:10 (142), 9:22 (142), 9:37 (142)
The result was about the same as 3 days ago.
Warm down: ½ mile in about 5:30

Wed Jan 29, 2020 **5.5 miles** I ran on a Wise Center treadmill.
warm up: 3 miles with incline at 0.5%, Approximate Splits: 10:00, 9:30, 9:00,
Final pulse:139 bpm, rest 4:00
Run: Incline at 0%, 2 miles at 8:00/mile pace,
Pulse at the end of each ½ mile: 151 bpm, 155, 158, 156
Warm down: ½ mile in about 5:30
I ran better today than one week ago , Jan 22, 2020no

Thur Jan 30, 2020 **no running**

Fri Jan 31, 2020 **4.5 miles** I ran on a Wise Center Treadmill.
Run: 4 miles in 36:08 or 9:02/mile,
Splits and pulses at the end of each mile: 9:17 (135 bpm), 8:57 (139), 8:57 (142), 8:57 (147)
Warm down: ½ mile in about 5:30

In the past week: 27 miles

Sat Feb 1, 2020 **2.5 miles**
I road a 210 calorie ride on a stationary bike and take this to be roughly equivalent to a 2mile run. Then I walked 1/2 mile on the indoor track in 7:46.

Sun Feb 2, 2020 **4.5 miles**
I ran on a Wise Center treadmill.
Run: 4 miles, Approximate Splits and pulses at the end of each mile:
10:00 (121 bpm), 9:30 (127), 9:00 (136), 10:00 (124)
Warm down: ½ in 5:30 (118 bpm)
Compare today's workout to the one on Jan 6, 2020. Pulses much lower today.
Mon Jan 6, 2020 4 miles
Run: 4 miles on a Wise Center treadmill.
Splits and pulses at the end of each mile:
10:00 (124 bpm), 9:30 (139), 9:01 (152), 10:00 (146)

Mon Feb 3, 2020 **4.5 miles**
Run: 4 miles on hilly roads and averaged 10:14/mile.
Warm down: ½ mile in about 5:30

Tues Feb 4, 2020 **5 miles total, (Run:4 miles, Walk: 1 mile)**
I ran and walked 5 miles on hilly roads and averaged 11:55/mile.
After 1.5 miles I walked 8 time for a total of 1 mile of walking.

Wed Feb 5, 2020 **4 miles total, (Run:3.2 miles, Walk: 0.8 mile)**
I ran and walked 4 miles on hilly roads and averaged 11:44/mile.
I walked 0.1 miles at the beginning of each ½ mile.

Thurs Feb 6, 2020 **4 miles**
I ran on a treadmill in the Wise Center.
warm up: 2 miles 9:30 and 8:57, final pulse 142 bpm, rest 4:00
Run: 2 x ¼ mile and 1 x ½ mile all at 8:00/mile pace. I jogged ¼ mile before each run and one at the end in about 3:00 each.

Fri Feb 7, 2020 **3.25 miles**
I ran on a Wise Center treadmill.
Run: 3 miles in 27:00,
Approximate splits and pulses at the end of each split:
9:30 (131 bpm), 9:00 (137), 8:30 (147)
Warm down: 0.25 miles in about 3:00

In the past week: 27.75 miles

Sat Feb 8, 2020 **3.5 miles**
I ran on the indoor track in the Wise Center.
Run: 3 miles in 28:08, **Splits:** 9:40, 9:20, 9:06
Warm down: ½ mile in about 6:00

Sun Feb. 9, 2020 **3.25 miles**
I ran on the indoor track in the Wise Center.
No Warm up
Run: 1 mile in 4:37 + 4:21 = 8:58 and 4 x ¼ mile, Times: 2:08, 2:07, 2:06 and 2:00
¼ mile jog after each run, each in about 3:00

Mon Feb 10, 2020 **7.5 miles (Run: 6.25 miles, Walk: 1.25 miles)**
warm up: ½ mile jog to Wise Center
Run and Walk: I ran and walked 6.5 miles on the indoor track. I walked about 0.1 miles
at the beginning of each ½ mile and averaged about 11:55/mile
Warm down: ½ mile jog home

Tues Feb 11, 2020 **no running**

Wed Feb 12, 2020 **6.5 miles (Run: 5.5 miles, Walk: 1 miles)**
I ran and walked on the Wise Center indoor and practiced a routine for running and
walking a 50 miler on a relatively level course.
Run and Walk: I ran and walked 6 miles on the indoor track. I walked about 0.1 miles
at the beginning of each ½ mile and averaged 12:44/mile. I ran slower than two days ago
and walked at about the same pace as I did then. When running I took about 40 steps
every 15 seconds. When walking I took about 40 steps every 19 seconds.
Warm down: ½ mile jog home

Thur Feb 13, 2020 **4.5 miles   (Run: 4 miles, Walk: ½ miles)**
I ran on the Wise Center indoor track.
2 miles in 18:14, ½ mile splits: 4:59, 4:45, 4:28, 4:02
9:00 rest
4 x ¼ mile with a ¼ mile jog after each run
Times for runs: 2:01, 1:59, 1:57.5, 1:53.5 Jogs in about 3:08
Warm down: ½ mile walk

Fri Feb 14, 2020 **no running**

In the past week: 25.25 miles total, run: 22.75 miles, walk: 2.75 miles

Sat Feb 15, 2020 **3 miles**
I ran 3 miles on the Wise Center indoor track.
Splits: 10:45, 10:16, 9:56

Sun Feb 16, 2020 **3 miles**
I ran 3 miles on the Wise Center indoor track.
Splits: 10:33, 10:24, 9:50

Mon Feb 17, 2020 **8 miles total, run: 4.7 miles, walk: 3.3 miles**
warm up: ½ mile to the Wise Center
Run and walk 7 miles on the indoor track: I walked about 0.2 miles and ran about 0.3 miles during each half mile and averaged 12:45/mile. Walking pace about 15:30/mile and running pace about 11:00/mile.
Warm down: ½ mile walk

Tues Feb 18, 2020 **no running**

Wed Feb 19, 2020 **3 miles total, run: 2.25 miles, walk: 0.75 miles**
I ran and walked 3 miles on the Wise Center indoor track. I walked 1/8 mile at the beginning of each ½ mile and averaged about 12:45/mile.

Thur Feb 20, 2020 **no running** I walked 1 mile on the indoor track, 7:20 + 6:57

Fri Feb 21, 2020 **3 miles**

In the past week: **16 miles**

Sat Feb 22, 2020 **1.5 miles** on a Wise Center treadmill

Sun Feb 23, 2020 **no running**

Mon Feb 24, 2020 **5 miles** on the Wise Center indoor track.
Run: 3 individual miles with a ½ mile jog between them. The jogs about 6:25.
Times for miles: 9:45, 9:19, 4:23 + 4:19 = 8:41, **Warm down:** 1 mile jog 12:33

continued

Tues Feb 25, 2020 **6 miles**
warm up: 2 miles mainly uphill to a relatively flat 1 mile stretch on Dickson
Road, Average pace: 11:27/mile and rest about 4:00
Run: 2 miles on Dickson Rd. 9:11 + 8:49 = 18:00 and rest about 4:00
Warm down: 2 miles home mainly down hill, average pace: 11:27/mile

Wed Feb 26, 2020 **3 miles**
I ran on a Wise Center treadmill.
warm up: 2 miles in 9:31 + 8:57 and a ¼ mile in 2:57
Run: ½ mile in 4:15
Warm down: ¼ mile in 3:01

Thurs Feb 27, 2020 **5.5 miles**
I ran on a Wise Center treadmill and did a 142 beat per minute test.
See Sat Jan 25, 2020 for explanation of this test.
Run: I ran 5 miles. Splits and pulses at the end of each mile:
9:29 (132 bpm), 8:58 (142), 9:13 (142), 9:25 (142), 9:38 (142)
Warm down: rest 2:00 and ½ mile in about 6:00

Fri Feb 28, 2020 **no running**

In the past week: **18 miles**

Sat Feb 19 – Fri March 6, 2020 **No running**

Sat March 7-- Fri March 13, 2020 **12 miles of walking and running**

Sat March 14, 2020 **3.8 miles**
warm up: 0.3 mile jog to the hilly 510 meter cemetery loop.
Run and walk: 10 loops, each loop included 1 minute of walking
Distance: 3.17 miles Time for 10 loops: 39:35 or 12:29/mile
Warm down: 0.3 mile jog

Sun March 15, 2020 **3.8 miles**
warm up: 0.3 mile jog to the hilly 510 meter cemetery loop.
Run: 10 loops, Distance: 3.17 miles Time for 10 loops: 34:05 or 10:45/mile
Warm down: 0.3 mile jog and walk

Mon March 16, 2020 **4.1 miles**
warm up: 0.3 mile jog to the hilly 510 meter cemetery loop.
Run and walk: 10 loops, each loop included 50 seconds of walking per loop
Distance: 3.17 miles Time for 10 loops: 36:58 or 11:40/mile
Warm down: 0.6 mile walk

Tues March 17, 2020 **4.1 miles**
warm up: 0.3 mile jog to the hilly 510 meter cemetery loop.
Run: 10 loops, Distance: 3.17 miles, Time for 10 loops: 34:55 or 11:01
min/mile
Warm down: 0.6 mile jog and walk

Wed March 18, 2020 **3.9 miles**
warm up: 0.3 mile jog to the hilly 510 meter cemetery loop.
Run: 1 mile in 9:32, Splits: 3:13, 3:07, 2:49, 23 s,
Warm down: 1.6 miles of walking and jogging, 1 mile walk

Thur March 19, 2020 **3 miles**
warm up: 0.3 mile jog to the hilly 510 meter cemetery loop.
Run: 1 mile in 9:00, Splits: 3:04, 2:54, 2:40, 22 s,
Warm down: 1.7 miles of walking and jogging

Fri March 20, 2020 **3.9 miles**
warm up: 0.75 mile jog to the hilly 510 meter cemetery loop.
Run and walk:
7 loops in 17:16 or 10:58/mile, I walked about 45 s during each loop.
3 loops in 11:15 or 11:51/mile, I walked about 80 s during each loop.

In the last week: 26.6 miles

Sat March 21, 2020 **4.3 miles**
warm up: 0.3 mile jog to the hilly 510 meter cemetery loop.
Run: 2 miles on the loop, Splits: 10:01, 9:04
Warm down: 2 miles of walking and running averaging 11:40/mile

Sun March 22, 2020 **3.8 miles**
warm up: 0.3 mile jog to the hilly 510 meter cemetery loop.
Run: 8 loops (4080 meters) in 23:45 or 9:21/mile
1020 meter splits: 6:10, 5:54, 5:58, 5:43
Warm down: rest 2 minutes, 2 loop jog and 0.3 mile jog home

Mon March 23, 2020 **2 miles**
I ran 2 miles at various paces.

Tues March 24, 2020 **4.2 miles**
warm up: 0.3 mile jog to the hilly 510 meter cemetery loop.
Run: 10 loops, Distance: 3.17 miles Time for 10 loops: 32:56 or 10:23/mile
Warm down: 0.4 mile jog, 1 minute rest and 0.3 mile jog home.

Wed March 25, 2020 **4 miles**
warm up: 1mile jog
Run: 1 mile on the hilly 510 m cemetery loop in 9:11 and rest about 3:00
Warm down: 1 mile jog in 11:56 and 1 mile walk and run in 12:06

Thur March 26, 2020 **2.5 miles**
I ran and walked 2.5 miles at various paces.

Fri March 27, 2020 **5.25 miles**
warm up: 0.5 miles to the hilly 510 meter cemetery loop.
Run and walk: I ran and walked 15 loops, 4.75 miles in 58:52 or 12:24/mile.
I ran the first 6 loops and walked about 1 minute at the beginning of the next
9 loops.
Splits every 3 loops: 11:55, 11:17, 11:48, 11:54, 11:58

In the last week: 25 miles

Sat March 28, 2020 **4 miles**
Run: 2.13 miles on very hilly roads
Run and walk: 6 loops on the hilly 510 meter cemetery loop, 1.9 miles in 23:28 or
12:21/mile. I walked about 1 minute at the beginning of each loop.

Sun March 29, 2020 **6.45 miles**
Run: 2.13 miles on very hilly roads in 24:20 or 11:25/mile
Run and walk: 13 loops on the hilly 510 meter cemetery loop, 4.12 miles in 48:44 or
11:40/mile. I walked about 1 minute at the beginning of each loop.
Warm down: 0.2 mile walk
It was a nice day and no need for sweat clothes. I ran and walked faster.

Mon March 30, 2020   **5.25 miles**
Run: 2.13 miles on very hilly roads in 24:35 or 11:32/mile
Run and walk: 6 loops on the hilly 510 meter cemetery loop, 1.9 miles in 22:40 or
11:56/mile. I walked about 1 minute at the beginning of each loop.
Run: 1 mile (3 loops plus 80 meters) Splits: 3:17, 3:02, 2:37, 27 s, Time: 9:23
Warm down: 0.2 mile walk
I wore sweats, gloves and a hat.

Tues March 31, 2020 **4.3 miles**
I ran 13 times around the 510 meter hilly cemetery loop. Distance: 4.12 miles
Average pace: 11:00/mile Warm down: 0.2 mile walk

Wed April 1, 2020 **2 miles**
I ran 2 miles on hilly roads, starting slowly and getting a little faster as I ran.

Thur April 2, 2020 **4.2 miles**
warm up: 0.3 miles to the hilly 510 meter cemetery loop.
Run: 1 mile on the loop in 9:24 followed by about a 4:00 minute rest.
1 mile in 8:16, splits: 2:35, 2:44, 2:35, 22 s, ¼ mile of jogging and walking
6 loops of running and walking in 21:53 or 11:31/mile. I walked about 1 minute during
each loop.

Fri April 3, 2020 **4 miles**
I ran 4 miles on a very hilly course. The total ascent along the course was
490 ft. Mile splits: 10:35, 11:12, 9:22, 10:40, Average pace: 10:27/mile.
The course: Down Limber, right on Jefferson, down to Randolf, left into Greendale
Cemetery. Up to 510 meter loop, around the loop 4 times and back home the same way I
came.
In the last week: 30.2 miles

Sat April 4, 2020 **5 miles**
Run: 1.4 miles to the cemetery loop and 10 laps of the loop. Total ascent: 410 feet,
Average pace: about 10:00/mile. The last loop in 2:41 which is about 8:30/mile
pace.
Warm down: 0.4 miles

Sun April 5, 2020 **4.1 miles**
warm up: 0.3 miles to the 510 meter hilly loop.
Run: 12 loops or 3.8 miles in 31:53 or 10:04/mile, total ascent: 264 feet

Mon April 6, 2020 **2.3 miles**
I ran 2.3 miles including 1 mile on the 510 meter cemetery loop.
Splits: 3:15, 3:07, 2:36, 24s, Time: 9:22, Last loop at 8:12/mile.

Tues April 7, 2020 **3 miles**
warm up: 1 mile run at easy pace, 4:00 rest
Run: 1 mile on the 510 meter cemetery loop. Splits: 2:45, 2:42, 2:35, 24s, Time:
8:26
Warm down:

Wed April 8, 2020 **4.4 miles**
warm up: 0.3 miles to the hilly 510 meter cemetery loop.
2 miles on the loop in 10:30 + 9:40 = 20:10
250 meter jog and 5:00 rest.
Run: 3 x 510 meters with a 2:00 rest after each the run.
Times for runs: 2:45, 2:41, 2:26
3 loops of continuous running with 1 minute walk at the beginning of each loop.
Time: 10:26, or about 10:55/mile pace.
Warm down: 0.2 mile jog.

Thur April 9, 2020 **no running**

Fri April 10, 2020 **4 miles**
I ran 4 miles on a very hilly course. The total ascent along the course was
490 ft. Mile splits: Average pace: 10:56/mile.
The course: Down Limber, left on Jefferson, down to Randolf, left into Greendale
Cemetery. Up to 510 meter loop, around the loop 4 times and back home the same
way I came. Same run as last Friday. It was cold today, wore sweats.
In the last week: 22.8 miles

Sat April 11, 2020 **4 miles**
I ran the same workout as yesterday and on Friday April 3, 2020.
I ran 4 miles on a very hilly course. The total ascent along the course was 490 ft.
Today: Mile splits: 9:15, 10:16, 8:58, 10:07,   Average pace: 9:38/mile.
Fri April 3: Mile splits: 10:35, 11:12, 9:22, 10:40,   Average pace: 10:27/mile.
The course: Down Limber, right on Jefferson, down to Randolf, left into Greendale
Cemetery. Up to 510 meter loop, around the loop 4 times and back home the same way I
came.

Sun April 12, 2020 **2 miles**
I ran 2 miles on hilly roads in 10:31+9:06 =19:37.

Mon April 13, 2020 **3 miles**
I ran down ½ mile and up ½ mile on the hill in Greendale Cemetery and repeated 2 more
times with no stopping along the way. 1 mile splits: 11:30, 11:28, 10:30. The elevation
change along the 3 mile run was 372 feet.

Tues April 14, 2020 **3.5 miles**
Run: 3.5 miles on slightly hilly roads averaging about 10:45/mile. Last half mile in
about 5:00.

Wed April 15, 2020 **4 miles**
warm up: 0.6 miles
Run: I repeated the workout I did 2 days ago.
I ran down ½ mile and up ½ mile on the hill in Greendale Cemetery and repeated 2 more
times with no stopping along the way.
Today: 1 mile splits: 11:32, 10:26, 9:37. The elevation along the ½ mile was 124 feet.
Monday: 1 mile splits: 11:30, 11:28, 10:30. The elevation along the ½ mile was 124
feet.
Warm down: 0.4 miles

Thur April 16, 2020 **4.5 miles**
warm up: 0.25 miles to the 510 meter cemetery loop.
Run and walk: 4 miles on the loop, walking 3 times during each mile. I walked a total
of 3 minutes during each of the first 2 miles, 4.5 minutes during the third mile and 6
minutes during the third mile. Mile times: 12:13, 12:20,12:10, 12:40.
Warm down: 0.4 miles home.

Fri April 17, 2020 **no running**

In the last week: 21 miles

Sat April 18, 2020 **5.6 miles**
I ran and walked 5.6 miles on very hilly roads and averaged about 13 minutes per mile.

Sun April 19, 2020 **5 miles**
I ran and walked 5 miles on very hilly roads and averaged about 13 minutes per mile.

Mon April 20, 2020 **5 miles**
I ran and walked 5 miles on very hilly roads and averaged about 13 minutes per mile.

Tues April 21, 2020 **1.25 miles**
I ran and walked 1.25 miles**.**

Wed April 22, 2020 **5 miles**
I ran and walked 5 miles on very hilly roads and averaged about 13 minutes per mile.

Thur April 23, 2020 **5 miles**
I ran and walked 5 miles on very hilly roads and averaged about 13 minutes per mile.

Fri April 24, 2020 **5 miles**
I ran and walked 5 miles on very hilly roads and averaged about 13 minutes per mile.

In the last week: 31.9 miles

Sat April 25, 2020 **4.7 miles**
warm up: 2 miles at about 10:15/mile mainly on hilly 510 m cemetery loop. Rest 5:00
Run: 5 x 510 meters with 250 meter jogs, and 3 minutes between each run.
Times for the runs: 2:49, 2:41, 2:29, 2:27, 2:18.5(7:17/mile pace for the last run)
Warm down: ½ mile

Sun April 26, 2020 **3 miles**
I ran 3 miles on very hilly roads and averaged 11:49/mile.

Mon April 27, 2020 **5 miles**
warm up: 0.5 miles to the 510 meter hilly cemetery loop and rest 1 minute.
Run: 4 miles on the loop which is 12 loops plus about 320 more meters.
The total ascent on the 4 mile run was about 300 feet.
Mile Splits: 10:40, 10:05, 10:04, 8:41 Time: 39:30
Warm down: Rest 5 minutes and jog 0.5 miles home.

Tues April 28, 2020 **4.5 miles**
I ran on the 510 meter hilly cemetery loop.
warm up: 1 mile
Run: 1 x 510 meters in 2:59, ¼ mile jog,
1 x 1020 meters in 2:54+2:53, 510 meter jog
1 x 1mile in 8:08, Splits: 2:44, 2:39, 2:22, 23
Warm down: 1 mile jog

Wed April 29, 2019 **5 miles**
warm up: ½ mile
Run: 3 times mainly down and back up again on the Greendale Cemetery hill. The total
distance for each run was 1.5 miles.
There is a total ascent of 176 feet over the 1.5 miles.
I rested 2 minutes after the first two runs.
Times: 14:54 (9:56/mile), 14:33 (9:42/mile), 13:43 (9:09/mi)
I felt good doing this tough workout.

Thurs April 30, 2019 **4.94 miles** on the 510 meter hilly cemetery loop.
warm up: 0.25 miles
Run and walk: I ran and walked 14 loops with about 160 yards of walking during each loop.
Distance: 4.44 miles, Total ascent: 310 feet, Time: 56:52, Average pace 12:49/mile
Warm down: 0.25 miles

Fri May 1, 2019 **4.94 miles** on the 510 meter hilly cemetery loop, the same as yesterday.
warm up: 0.25 miles
Run and walk: I ran and walked 14 loops with about 170 yards of walking during each loop.
Distance: 4.44 miles, Total ascent: 310 feet, Time: 54:44, Average pace 12:20/mile
Warm down: 0.25 miles
In the last week: 31.1 miles

Sat May 2, 2020 **4.5 miles**
I ran on the hilly 510 meter cemetery loop.
warm up: jog 0.25 miles
Run: 1mile in 9:40 and rest about 4:00
1 mile in 2:38 + 2:42 + 2:37 + 22s = 8:19 (total ascent 66 feet) and rest about 10:00
7 loops = 2.22 miles in 24:08 or 10:58/mile

Sun May 3, 2020 **4.2 miles,** I ran on the hilly 510 meter cemetery loop.
warm up: 0.25 miles
Run: 3.7 miles averaging 10:29/mile
Warm down: 0.25 miles

Mon May 4, 2020 **6 miles**
warm up: 0.25 miles
Run: 1 mile on the hilly 510 meter cemetery loop in 10:28 and rest 3 minutes
Then one time mainly down and back up again on the Greendale Cemetery hill. The
total distance for the run is 1.5 miles. There is a total ascent of 176 feet over the 1.5
miles. **Time:** 14:52 (9:56/mile)
After resting 3 minutes I ran 3 miles on the loop in 29:55 (9:58/mile)
Warm down: 0.25 miles

Tues May 5, 2020 **3.5 miles**
I repeated the workout I did on April 13 & April 15, 2020 and ran 3 times down and up a
½ mile hill in the cemetery for a total of 3 miles. Elevation change on the hill is 124 ft.
warm up: 0.25 miles
Today: 1 splits: 11:59, (5:21+6:39) = 12:00, (5:05 + 5:20) = 10:25
April 15: 1 mile splits: 11:32, 10:26, 9:37.
April 13: 1 mile splits: 11:30, 11:28, 10:30.
Warm down: 0.25 miles

Wed May 6, 2020 **2 miles** on hilly roads averaging 10:25/mile.

Thur May 7, 2020 **5.8 miles**
warm up: 0.3 miles
Run and walk: 5 miles, 4 times down and up a hill in the Greendale Cemetery
averaging about 12:55/mile. The difference in elevation from top to bottom is 163 feet so
the **total** ascent on the run was 652 feet.

Fri May 8, 2020 **2 miles**
I ran 2 miles on hilly roads with a total ascent of 254 feet averaging 10:55/mile.

In the last week: 28 miles

Sat May 9, 2020 **4 miles**
I ran on the 510 meter hilly cemetery loop
warm up: 0.25 miles
Run: 1 mile in 9:21 (total ascent 66 feet)
Run and walk: 7 loops (2.22 miles) averaging 11:45/mile. On each loop, I ran mainly downhill 310 meters at about 9:00/ mile and walked all uphill 200 meters at about 16:00/mile. Total ascent over the run was about 154 feet.
Warm down: 0.5 miles

Sun May 10, 2020 **5.4 miles**
It is 0.75 miles from the very top of Greendale Cemetery to just out side the entrance at the bottom of the cemetery. The total elevation change is 210 feet from top to bottom.
warm up: 0.3 miles
I ran the hill from top to bottom and back up three times with no rests in a time of 45:37 or 10:08/mile. The total ascent along the 4.5 miles was 630 feet.
Splits: 6:55 (down) + 8:48 (up) = 15:33
      6:52 (down) + 8:51 (up) = 15:43
      6:42 (down) + 7:39 (up) = 14:21
The last uphill felt relatively easy.
Warm down: Rest a few minutes and 0.6 miles on the cemetery loop.

Mon May 11, 2020 **2.2 miles** on hilly roads averaging 10:22/mile.

Tues May 12, 2020 **4.4 miles**
Run: 3.4 miles on hilly roads and grass at the Allegheny College athletic field averaging 10:12/mile.
Warm down: Rest 3 minutes and 1 mile jog home.

Wed May 13, 2020 **5 miles**
warm up: On mile to the Allegheny athletic field and rest 3 minutes.
Run: 2 **x** 1.5 miles on a hilly course with a 7 minute rest between.
Ascent for first 0.75 miles: about 40 feet, Ascent for second 0.75 miles: about 50 feet
Times: (7:26 + 7:23) = 14:49 or 9:51/mile
      (6:53 + 6:27) = 13:20 or 8:52/mile
Warm down: rest 5 minutes and 1 mile jog home

Thur May 14, 2020 **5 miles** on hilly roads and grass. Total ascent: 310 ft, Ave pace 10:38

Fri May 15, 2020 **4.3 miles**
warm up: 0.3 miles
Run: I ran down ½ mile and up ½ mile on the hill in Greendale Cemetery and repeated 3 more times with no stopping along the way. Mile splits: 11:21, 11:20, 11:17, 11:04. The elevation change along the 4 mile run was 496 feet.

In the last week: 30.3 miles

Sat May 16, 2020 **6.3 miles**
I ran on the hilly 510 meter cemetery loop.
warm up: ½ mile and rest a few minutes.
Run: 6 x ½ mile run with ¼ mile jog between the runs.
Times for runs: 4:13, 4:10, 4:08, 4:06, 4:06, 3:43, Times for jogs about 3:25
Sum of ascents along each half mile: about 35 feet
Warm down: Rest a few minutes and jog 1.6 miles

Sun May 17, 2020 **4 miles**
I ran the somewhat hilly 4 mile Wesbury Course. The total ascent on this course is 277 feet.
The average pace: 9:58/mile.

Mon May 18, 2020 **5.25 miles**
warm up: 0.25 mile jog
Run: 5 miles on a 0.83 mile loop on the Allegheny athletic field. 5 miles is 6 loops plus 35 yards. Time: 48:51 or 9:46/mile. Each loop has 50 feet of ascent, or 300 feet for 5 miles.
Splits for each 0.83 miles: 8:49, 8:22, 8:10, 8:02, 7:46, 7:32

Tues May 19, 2020 **4 miles**
I ran an easy 4 miles mainly on the grass loop around the Allegheny athletic field.

Wed May 20, 2020 **3.5 miles**
I ran an easy 3.5 miles mainly on the grass loop around the Allegheny athletic field.

Thur May 21, 2020 **3.5 miles**
warm up: 1 mile to the Allegheny athletic field in 10:10 and rest 3:00.
I ran on a 0.75 mile grassy loop that has a total ascent of 50 feet per loop.
Run: 1 x 0.75 miles and 1 x 1.5 miles with a 3:00 rest between.
Times for runs: 6:59, (7:10 + 6:37) = 13:47 (9:11/mile)
Warm down: rest 2:00 and 0.25 mile jog

Fri May 22, 2020 **3.75 miles**
warm up: 1.5 miles to the Allegheny athletic field in 11:13 and rest 5:00.
I ran on a 0.75 mile grassy loop that has a total ascent of 50 feet per loop.
Run: 2.25 miles averaging 11:53/mle
0.75 mile splits: 9:06, 9:24, 8:13
Comparison with yesterday's workout shows that today was a recovery day.

In the last week: 30.3 miles

Sat May 23, 2020 **5 miles**
I ran on the 510 meter loop in Greendale Cemetery.
warm up: 1 mile at various paces and rest 5 minutes.
Run: 6 x ¼ mile with a ¼ mile jog between the runs.
Each ¼ mile run was half down and half uphill with vertical decent and ascent of about 20 feet. Times for the runs: 1:59, 1:56, 2:00, 1:59, 1:57, 1:49. The jogs were about 3:20.
Warm down: 1.25 mile jog.

Sun May 24, 2020 **5 miles**
I cut grass with a push mower for an hour and a quarter, rested 45 minutes and then ran the same Wesbury course as last Sunday only I added on an additional mile at the Allegheny athletic field to make the run 5 miles. The total ascent for the 5 miles was about 365 feet. I averaged 11:57/mile which is about 1 minute per mile slower than last week. After yesterday's workout this was a good run.

Mon May 25, 2020 **5 miles**
I didn't cut grass today but I did run the same workout as yesterday. Today I ran the last mile about 50 seconds faster than I did yesterday and averaged 11:47 for the 5 miles.

Tues May 26, 2020 **3.3 miles** at an easy pace.

Wed May 27, 2020 **2.3 miles** at an easy pace.

Thurs May 28, 2020 **5 miles**
I ran on the hill from the very top of Greendale Cemetery to Jefferson Street which is a short distance outside the entrance to the cemetery. The hill is 0.806 miles long with an elevation change of 216 feet. There was a slight refreshing drizzle the whole time.
warm up: 0.6 miles and rest a minute
Run: I ran 2 times down and up the hill and felt really good the whole way especially coming up the hill the second time. Time for 3.22 miles: 33:36 or 10:26/mile
Splits: 1st time: Down 7:27 or 9:15/mile, Up 10:13 or 12:38/mile
      2nd time: Down 7:21 or 9:08/mile, Up 8:33 or 10:34/mile
Warm down: Rest a minute and jog 1.2 miles

Fri May 29, 2020 **5 miles**
I ran on the 510 meter loop in Greendale Cemetery
warm up: 0.6 miles and rest 1 minute
Run: 4 miles in 41:28 or 10:16/mile, Mile splits: 10:02, 11:53, 10:22, 9:11
During the second mile my energy was low but after that I felt better. Total ascent: 275 ft
Warm down: **0.4 miles**

In the last week: 30.6 miles

Sat May 30, 2020 **5 miles**
Run: 4.6 miles on hilly roads including the 0.81 mile hill in Greendale Cemetery
Average pace: 10:26/mile
1st 0.8 miles downhill averaging about 9:00/mile
2nd 0.81 miles uphill with an elevation change of 216 feet averaging about 11:00/mile
3 miles on hilly 510 meter cemetery loop averaging 10:40/mile with the last mile in 9:33
Warm down: 0.4 miles

Sun May 31, 2020 **4.25 miles**
I ran 4.25 miles on hilly roads and grass and averaged about 10:25. The last mile was hilly and time was 9:50.

Mon June 1, 2020 **4.5 miles**
Run: 4 miles on hilly roads averaging 8:57/mile
Sum of ascents: 267 feet, This is one of my fastest times on this course.
Splits:
July 4, 2018:   9:18, 9:12, 8:41, 8:34 Time: 35:45, Average pace: 8:56/mile
Today: 9:46, 9:03, 8:47, 8:12 Time: 35:47, Average pace: 8:57/mile
Warm down: 6 minute rest and ½ mile jog

Tues June 2, 2020 **4.3 miles**
Run: 4.3 miles on hilly roads and grass at the Allegheny athletic field.
Average pace: 10:58/mile, Total ascent on the course: 369 feet

Wed June 3, 2020 **4 miles**
warm up: 0.5 miles
Run: 3.25 miles on slightly hilly roads, Average pace: 10:04/mile, Total ascent 143 feet
Warm down: 0.25 miles

Thur June 4, 2020 **4.15 miles**
I ran almost the same workout as yesterday but on a different course.
warm up: 0.5 miles
Run: 3.25 miles on slightly hilly roads, Average pace: 10:03/mile. Total ascent 100 feet
Warm down: 0.4 miles

Fri June 5, 2020 **4 miles** I ran the same workout and course as 2 days ago.
warm up: 0.5 miles
Run: 3.25 miles on slightly hilly roads, Average pace: 9:33/mile, Total ascent 143 feet
Warm down: 0.25 miles

In the last week: **30.2 miles**

Sat June 6, 2020 **6.2 miles**
warm up: 3 miles at various paces mainly out and back on Limber Rd and rest 5:00
Run: I ran on the Greendale Cemetery loop.
6 x ¼ mile with a ¼ mile jog after each run.
Each ¼ mile run was half down and half uphill with vertical decent and ascent of about 20 feet. Times for the runs: 1:57, 1:57, 1:56, 1:58, 1:55, 1:48. The jogs were about 3:20.
Warm down: 0.2 mile jog.
I ran the ¼ miles faster today than on Sat May 23, 2020 (2 weeks ago). I think the longer warm up today made me feel better.

Sun June 7, 2020 **5.7 miles**
warm up: 0.3 mile jog and rest 5 minutes.
Run: I ran my "Old Morning Loop" that I used to run a lot. The course is 5 miles and has a total vertical ascent of 400 feet as measured on Google Earth.
Average pace: 9:37/mile, Last mile: 8:39
Warm down: 0.4 mile jog

Mon June 8, 2020 **4.25 miles**
I ran 4.25 miles on hilly roads and grass at various paces.

Tues June 9, 2020 **3.1 miles**
I ran 3.1 miles mainly on the 510 meter cemetery loop. This run included a 2 miles portion that was somewhat faster. The mile splits for the 2 miles were: 9:51 and 8:46

Wed June 10, 2020 **5 miles**
I ran my morning loop again as I did on Sunday but today I had no warm up.
5 miles at an average pace of 9:57/mile, Last mile: 8:51

Thurs June 11, 2020 **4.25 miles**
warm up: 0.25 to Greendale Cemetery, 1 mile in 10:16 and rest 5 minutes.
Run: 2 miles on the 510 meter cemetery loop. Mile Splits: 9:03 and 8:38,
Sum of vertical ascents over the 2 miles: 140 feet,
Warm down: 1 mile jog

Fri June 12, 2020 **3.6 miles**
I ran 3.6 miles at various paces and no faster than about 10:00/mile. I am resting up for a faster workout tomorrow.

In the last week: 32.1 miles

Sat June 13, 2020 **8.2 miles**
warm up: 2 miles out and back on Limber Rd and rest 3 minutes.
Run: 5 miles on the "Morning Loop" and averaged 9:10/mile, Last mile: 8:14
Warm down: rest 5 minutes and jog 1.2 miles ,

Sun June 14, 2020 **5 miles**
I ran the "morning loop" with no warm up.
5 miles at an average pace of 11:35/mile, Last mile: 10:00

Mon June 15, 2020 **4.2 miles**
I ran 4.2 miles including a 3.17 mile run which is 10 cemetery loops (each loop is 3.17 miles as measured with a wheel). I increased speed with each loop.
Time for 10 loops: 32:09 or 10:09/mile, Total of vertical ascents 220 feet
Loop times: 3:35(11:18/mile), 3:31, 3:27, 3:21, 3:18, 3:15, 3:09, 3:05, 3:01, 2:28(7:47/mile)

Tues June 16, 2020 **5.5 miles**
I ran at the Allegheny College athletic field.
warm up: 2 miles on hilly grass and rest a few minutes
Run: 7 x ¼ mile with about 1/8 mile jog between. I ran on the road leading to parking lot and the parking lot.
Times for ¼ mile runs: 2:00(8:00/mile), 1:55, 1:52, 1:44, 1:41, 1:45, 1:39(6:36/mile)
The jogs between the runs took about 1:50.
Warm down: 1 mile on the grass.

Wed June 17, 2020 **4 miles**
I ran about the same workout as 2 days ago but I did not try to increase my speed on each loop of the 10 loop run.
Run: 4 miles including a 3.17 mile run which is 10 cemetery loops
Time for 10 loops: 30:52 or 9:44/mile, Total of vertical ascents 220 feet

Thur June 18, 2020 **1.5 miles**
I ran 1.5 miles including 1 mile on the cemetery loop in 8:53 going faster as I ran.

Fri June 19, 2020 **5.3 miles**
I ran on roads in California Maryland
warm up: 0.5 miles slowly, 1.5 miles at about 10:30/mile and rest 3 minutes
Run: 7 x 0.2 miles with a 0.2 mile jog after each run. I ran back and forth on a 0.2 mile stretch of a nearly flat road.
Times for runs: 1:33(7:43/mile), 1:32, 1:26, 1:29, 1:26, 1:28, 1:21.8(6:48/mile)
The 0.2 mile jogs after each run took about 2:35
Warm down: 0.5 mile jog
In the last week: 33.7 miles

Sat June 20, 2020 4.85 miles
warm up: 0.2 mile jog and rest 2 minutes
Run: 4.4 miles averaging 10:21 on hilly roads in California MD
Mile splits: 11:51, 10:38, 10:19, 9:23 and the last 0.4 miles at 8:27/mile
Warm down: rest 2 minutes and 0.25 jog

Sun June 21, 2020 6 miles on a hot, humid day
Run: 6 miles averaging 10:20/mile on hilly roads in California MD
Mile splits: 10:59, 10:50, 10:11, 10:42, 9:59, 9:29
Warm down: 0.25 mile walk

Mon June 22, 2020 **4.5 miles** It was not quite as hot as yesterday.
I ran the same course as yesterday but left out the middle 2 miles.
warm up: ¼ mile jog and rest 2 minutes
Run: 4 miles averaging 9:22/mile on hilly roads in California MD,
Total vertical ascent: 155 feet along the 4 miles
Mile Splits: 10:20, 9:40, 8:57, 8:33
Warm down: ¼ mile jog

Tues June 23, 2020 **5.6 miles**
I ran the same 4 mile course as yesterday.
warm up: 1 mile jog and rest 2 minutes
Run: 4 miles averaging 9:12/mile on hilly roads in California MD,
Total vertical ascent: 155 feet along the 4 miles,Mile Splits: 9:55, 9:24, 8:53, 8:36
Warm down: rest 3 minutes and 0.6 mile jog

Wed June 24, 2020 **5.6 miles**
After warming up, I ran 3 miles on the same out and back course as yesterday. But I left
out the middle mile. So today the first 1.5 miles were the same as the first 1.5 miles
yesterday and the second 1.5 miles today were the same as the last 1.5 miles yesterday.
warm up: 2 miles at 10:51/mile and rest 4 minutes
Run: 3 miles averaging 8:44/mile on hilly roads in California MD,
Total vertical ascent: about 135 feet along the 4 miles,Mile Splits: 9:16, 8:45, 8:10
Warm down: rest 3 minutes and 0.6 mile jog

Thur June 25, 2020 **1.5 miles** in about 18:00 on roads near Spring Village

Fri June 26, 2020 **3.35 miles**
warm up: 0.75 mile jog and rest 2 minutes
Run: 2 miles out and back on the same course I ran 2 days ago but today I left out the middle
mile that I ran 2 days ago. I was surprised that I did not need as much warm up as usual.
Time: 16:50 or 8:25/mile
Mile splits: 8:42, 8:08. The last ¼ mile was in 1:50 (7:20/mile pace) on a level path.
Warm down: 0.6 miles
In the last week: 31.1 miles

Sat June 27, 2020 **5.3 miles**   I ran roads in Ortley Beach NJ with very little elevation changes.
warm up: 1 mile in 10:55
Run: 4.3 miles in 37:29 or 9:22/mile
Splits: 9:46, 9:34, 9:26, 8:43, and the last 0.3 miles at 8:29/mile

Sun June 28, 2020 **4.5 miles**   I ran on roads in Fairfield NJ with very little elevation changes.
Run: 4 miles averaging 10:00/mile on a hot day
Splits: 10:50, 10:06, 9:54, 9:00 The last ¼ mile at 8:00/mile
Warm down: ½ mile jog

Mon June 29, 2020 **5 miles**   I ran on roads in Fairfield NJ with very little elevation changes.
warm up: ¼ mile walk, 1 mile in 9:31 and rest 3 minutes
Run: 8 x 0.2 miles with a 0.2 mile jog between these runs
Times for the 0.2 mile runs:
1:28(7:17/mile), 1:28, 1:30, 1:31, 1:28, 1:28,1:23.9(6:59/mile), 1:29   Average: 1:28
The 0.2 mile jogs between the runs were in about 2:40
Warm down: rest about 3 minutes and 1 mile in 10:48

Tues June 30, 2020 **3.6 miles**   I ran on roads in Fairfield NJ with very little elevation changes.
warm up: 1.2 miles at 10:36/mile and rest 3 minutes
Run: 1 mile in 7:52, I ran out and back on a ½ mile stretch of road.
Warm down: rest about 3 minutes and 1.4 miles at 9:38/mile

Wed July 1, 2020 **2.5 miles**   I ran on roads in Fairfield NJ with very little elevation changes.
warm up: ¼ mile walk, 1 mile in 10:20 and rest 2 min
Run: 1 mile in 8:06,
Warm down: ¼ mile jog
WE ARE BACK IN MEADVILLE!
Thurs July 2, 2020 **5.2 miles (A similar workout to the one on Thur May 28, 2020)**
I ran on the hill from the very top of Greendale Cemetery to Jefferson Street. The hill is 0.806 miles long with an elevation change of 216 feet..
warm up: 1.4 miles and rest a minute
Run: I ran 2 times down and up the hill. Time for 3.22 miles: 31:36 or 9:49/mile (On May 28 Ave Pace was 10:28/mile)
Splits: 1st time: Down 7:15 or 9:08/mile, Up 9:13 or 11:25/mile
        2nd time: Down 6:48 or 8:27/mile, Up 8:20 or 10:18/mile
Warm down: Rest a minute and jog 0.6 miles

Fri July 3, 2020 **4.3 miles**
warm up: 0.3 mile jog to the Greendale Cemetery loop
Run: 3.8 miles (12 loops) Time: 39:59 or 10:31/mile, Sum of vertical ascents: 264 feet
Warm down: rest 3 minutes and 0.2 mile jog

In the last week: 30.4 miles
I have run at least 1.5 miles every day for the last 73 days.

Sat July 4, 2020 **4.3 miles**   **(The same workout as yesterday.)**
warm up: 0.3 mile jog to the Greendale Cemetery loop
Run: 3.8 miles (12 loops) Time: 39:46 or 10:28/mile, Sum of vertical ascents: 264 feet
Warm down: rest 3 minutes and 0.2 mile jog

Sun July 5, 2020 **7.25 miles**
warm up: 2 miles out and back on Limber Rd and rest 5 minutes.
Run: 5 miles on the "Morning Loop" and averaged 9:01/mile, Last mile: 8:28
Mile splits: 8:37, 8:57, 9:02, 10:00, 8:28
Warm down: rest 1 minute and jog 0.25 miles

Mon July 6, 2020 **5 miles**
Run: 5 miles on very hilly roads averaging 10:45/mile
Warm down: 0.6 mile walk with Mary Jane on cemetery loop

Tues July 7, 2020 **4.5 miles**
Run: 4.5 miles on hilly roads and grass averaging 10:31/mile
Warm down: rest a few minutes and 1 mile walk with Mary Jane on cemetery loop

Wed July 8, 2020 **2 miles**
The ball of my left foot hurts a little. It felt better when I ran with a forefoot strike.
After running I soaked my foot in epsom salt in warm water.

Thur July 9, 2020 **4 miles**
I ran on a 0.75 mile grass loop at the athletic field. The loop has a 50 ft vertical ascent. I
thought the grass would be good for my soar left foot and it was.
warm up: 0.75 miles at 11:00/mile
Run: 3 miles on the loop. Average paces for each of the 4 loops:
10:05, 9:50, 9:42 and 9:18/mile
Warm down: Rest a few minutes and 0.25 mile jog
Later I walked a mile with Mary Jane on the cemetery loop.

Fri July 10, 2020 **4.25 miles**
I ran on a 0.75 mile grass loop at the athletic field. The loop has a 50 ft vertical ascent.
I ran the same workout as yesterday except I did not use the first loop as a warm up.
I felt a lot better than yesterday.
Run: 3.75 miles on the loop. Average paces for each of the 5 loops:
Yesterday: 11:00, 10:05, 9:50, 9:42 and 9:18/mile
Today: 9:43,   9:27, 9:23, 9:20 and 8:40/mile
Warm down: Rest a few minutes and 0.5 mile jog
Later I walked a mile with Mary Jane on the cemetery loop.

In the last week week: 31.3 miles

Sat July 11, 2020 **2.5 miles**
warm up: 0.25 miles to Greendale Cemetery loop
Run: 2 miles on the loop averaging 10:02/mile, Splits 10:30, 9:34
Warm down: 0.25 miles

Sun July 12, 2020 **11.25 miles**
warm up: 1 mile on Limber Rd and rest 5 minutes.
Run: 2 x 5 miles on the "Morning Loop" with 1 minute stop between the loops to drink Gatorade
Mile splits 1ˢᵗ loop: 10:05, 9:46, 9:23, 10:32, 8:55, Time: 48:41, Average pace: 9:44
Mile splits 2ⁿᵈ loop: 9:23, 9:23, 9:12,   9:32, 7:58, Time: 45:29, Average pace: 9:06
Warm down: rest 1 minute and jog 0.25 miles

Mon July 13, 2020 **4.1 miles**
Run: 4.1 miles on hilly roads and grass going faster as I ran, Average pace: 10:47/mile

Tues July 14, 2020 **4.6 miles**
Run: 4.6 miles on very hilly roads and averaged 10:45/mile.
Sum of ascents along course: 535 ft

Wed July 15, 2020 **5.5 miles**
warm up: 0.25 mile jog to the 510m Greendale Cemetery loop and 1.75 miles on the loop averaging 9:51/mile
Run: 8 x 0.2 miles with a 0.2 mile jog between each of the runs. The runs were each half downhill and half uphill..
Times for the 0.2 mile runs: 1:28, 1:28, 1:31, 1:25, 1:30, 1:28, 1:27, 1:22.6 (6:53/mile)
Average time: 1:27.5, Average time for the 0.2 mile jogs: 2:45
Warm down: rest 3 minutes and jog ½ mile

Thur July 16, 2020 **4.3 miles**
Run: I had an easy 4.3 mile run on roads and grass.

Fri July 17, 2020 **4.1 miles**
warm up: 1.25 miles
Run: From the very top of Greendale Cemetery to Jefferson Street which is a short distance outside the entrance to the cemetery then back up. The hill is 0.8 miles long with an elevation change of 216 feet.
Running down, Distance: 0.8 miles, Time: 6:52, Pace: 8:34/mile
Running up,   Distance: 0.8 miles, Time: 8:09, Pace: 10:09/mile (fastest time up ever)
Pace for round trip: 9:22/mile (fastest round trip pace ever)

In the last week: 36.35 miles

Sat July 18, 2020 **4 miles**
Run: 4 miles on hilly roads averaging 10:15/mile, Splits: 11:38, 9:57, 9:49, 9:33
Total of ascents along the way: 267 feet

Sun July 19, 2020 **7.9 miles**
I ran on a relatively flat 1.8 mile loop that I have not run on in a long time. It consists of Devore
Rd, Springs Rd, Alden St and Oakgrove Ave.
Run: 4 x 1.8 miles with a 5 minute rest between each run.
1st loop, Time 18:47, 10:26/mile
2nd loop, Time 16:01,   8:54/mile
3rd loop, Time 15:44, 8:44/mile
4th loop, Time 15:07, 8:24/mile
Ave Time for last 3 loops, 15:37, 8:41/mile
Warm down: rest 5 minutes and 0.5 mile jog

Mon July 20, 2020 **4.5 miles**
warm up: 0.25 miles to the cemetery loop
Run: 4 miles on the loop averaging 10:33/mile, Sum of ascents: 280 feet
Splits: 11:20, 10:30, 10:14, 10:10, Average pace: 10:33
Warm down: 0.25 miles home

Tues July 21, 2020 **4.5 miles**   Same workout as yesterday.
Splits: 10:29, 10:35, 10:21, 10:01, Average pace: 10:22

Wed July 22, 2020 **4.5 miles**   Same workout as yesterday.
Splits: 9:40, 9:24, 9:18, 8:39   Average pace: 9:15
I felt pretty much recovered from Sunday's workout.

Thur July 23, 2020 **4.7 miles**
warm up: 0.25 mile jog to cemetery loop and 1 mile on loop in 10:53
Run: 2 x from the very top of Greendale Cemetery to Jefferson Street which is a short distance
outside the entrance to the cemetery then back up. The hill is 0.8 miles long with an elevation
change of 216 feet.
Running down, Distance: 0.8 miles, Time: 7:20, Pace: 9:10/mile
Running up,   Distance: 0.8 miles, Time: 9:16, Pace: 11:35/mile
Running down, Distance: 0.8 miles, Time: 7:35, Pace: 9:29/mile
Running up,   Distance: 0.8 miles, Time: 9:26, Pace: 11:18/mile
Average Pace for 3.2 miles: 10:23/mile, Sum of vertical ascents: 432 feet
See Fri July 17, 2020

Fri July 24, 2020 **2.5 miles**
warm up: 0.25 miles to the cemetery loop
Run: 2 miles on the loop averaging 9:35/mile, Sum of ascents: 140 feet, **Splits:** 9:51, 9:19
Warm down: 0.25 miles home
In the last week: 32.6 miles

Sat July 25, 2020 **3.5 miles**
Run: 3.5 miles at various paces, the last mile in about 10:10

Sun July 26, 2020 **7 miles**
warm up: 1.5 miles and rest 5 minutes.
Run: 5 miles on the "Morning Loop" averaging 8:48/mile, Last mile: 8:10
Mile splits: 8:31, 8:50, 8:54, 9:35, 8:10
Warm down: rested a few minutes and jogged 0.5 miles

Mon July 27, 2020 **5 miles**
warm up: 0.25 miles to the cemetery loop
Run: 4 miles on the loop averaging 10:00/mile, Sum of ascents: 280 feet
Warm down: 0.75 miles home
Last Monday I did the same workout as today, both times after a difficult workout the previous day. Today I ran faster than last Monday and felt better than last Monday. I think my conditioning continues to improve.
Splits on Monday July 29, 2020: 11:20, 10:30, 10:14, 10:10, Average pace: 10:33
Splits today: 10:10,   9:52, 10:02,   9:55, Average pace: 10:00

Tues July 28, 2020 **3 miles**
warm up: 0.25 miles to the cemetery loop
Run: 2 miles on the loop averaging 9:54/mile, Sum of ascents: 140 feet
Warm down: 0.75 miles home

Wed July 29, 2020 **3 miles**
warm up: 0.25 miles to the cemetery loop
Run: 1 mile on the loop in 9:34 and rest 3 minutes
        1 mile on the loop in 8:25 and rest 3 minutes
Warm down: 0.75 miles home

Thur July 30, 2020 **2.5 miles**
warm up: 0.25 miles to the cemetery loop
Run: 2 miles on the loop in 20:32
Warm down: 0.25 miles home

Fri July 31, 2020 **2 miles** at various paces.

In the last week: 25.5 miles

Sat Aug 1, 2020 **6.4 miles**
I organized and ran in a 5.4 mile handicapped run for 6 runners. The course is 3 x 1.8 miles on a 1.8 mile road loop. It has a very short hill in the beginning of the loop. The Saturday before the run each runner ran 3 loops with a 5 minute rest between the loops. I used their times to handicap today's run. The discussion I emailed to the group before today's run is below. It explains the handicapping and discusses the care we took for protection against Covid 19.
My Run; After warming up with a mile at various paces I ran the 5.42 miles in 47:16 or 8:43/mile.
Mile Splits: 8:48, 8:48, 8:44, 8:55, 8:26, and the last 0.42 miles at 8:37/mile
Email to runners: **Handicapping 5.4 mile run August 1, 2020**

That was an enjoyable workout on Saturday. And I was happy that we followed safe procedures. I hope we can all take part in the 5.4 mile handicapped run on Saturday at 7:00 AM at the same place. Please don't let your guard down. Continue to wear masks when appropriate and to follow social distancing. I have heard TV reports that the recent increase in the virus's spread has been in part due to people interacting with their friends while not expecting to spread the disease or to be infected.

Below I explain the way I did the handicapping for the run and explaining how each of us will start at a different time so that we will all finish roughly at the same time. At the end of the run please do not run within 15 feet of another runner without your mask on.

I have added the three times that each runner had on Saturday July 25, and used these sums to calculate the starting times for runners on coming Saturday August 1. I ran the same 3 x 1.8 mile workout on a different day. So I will be running on Saturday too. The sum of the three times for me was 46:52. But I think I probably would have run about 10 seconds per mile faster if I had not been running alone. So I am using 46:00 for me. Even with this adjustment I have the slowest time so I will be starting first.

	Times and totals	Start Times	Result for 5.4 miles August 1, 2020
Jim	16:01, 15:44, 15:07 Total = 46:52 -> 46:00	0	47:16
Bill	15:12, 15:11, 15:17 Total = 45:40	0:20	46:08
Brian	15:01, 15:23, 14:30 Total = 44:54	1:06	
David	15:02, 15:06, 13:21 Total = 43:29	2:31	43:38
Tim	14:52, 13:56, 12:51 Total = 41:39	4:21	
Colton	13:56, 13:03, 12:16 Total = 39:15	6:45	

I took the difference between my total time and the total time for each of the other runners to determine how much time after I start should each of you start. These differences are what is listed above under "Start Time". So when I start each of you should start your watches at the same time. When your watch gets to the time listed for you that is when you start. If you want to know the time that you run the 5.4 miles (three loops without stopping) you just subtract your Start Time from the total time your watch records.

We probably won't run the 5.4 miles at the same pace as we ran each of the 1.8 miles last Saturday because we took two 5 minute rests when we ran the 3 x 1.8 miles. But I am thinking the differences given in the last column will still have all of us finishing at about the same time. It will be a good experiment.

Sun Aug 2, 2020 **5 miles**
Run: 5 miles on the "Morning Loop" in the counter clockwise direction averaging 10:15/mile.

Mon Aug 3, 2020 **5.25 miles**
warm up: 0.25 miles to the cemetery loop
Run: ½ mile down and ½ mile up hill in 10:30, elevation change is 120 feet, rest 2:00
6 x 0.317 miles on the loop with a 0.317 mile jog between the runs
average time for runs: 2:49 (8:53/mile), average time for jogs: 3:24 (10:45/mile)
Vertical ascent on one loop: 22 feet
Warm down: 0.5 mile jog

Tues Aug 4, 2020 **5.35 miles** (The same workout as yesterday)
warm up: 0.25 miles to the cemetery loop
Run: ½ mile down and ½ mile up hill in 9:57, elevation change is 120 feet, rest 3:00
6 x 0.317 miles on the loop with a 0.317 mile jog between the runs
average time for runs: 2:40 (8:25/mile), average time for jogs: 3:33 (11:12/mile)
The last 0.317 mile run in 2:25 (7:37/mile)
Vertical ascent on one loop: 22 feet
Warm down: 0.6 mile jog

Wed Aug 5, 2020 **5 miles running** (1 mile walking and 5 miles of running)
I ran and walked 6 miles on hilly roads and averaged 12:10/mile. I walked 10 times for a total of 1 mile of walking and 5 miles of running.

Thur Aug 6, 2020 **5.5 miles running** (1 mile walking and 5.5 miles of running)
warm up: 0.25 mile jog
Run: 6 miles on hilly roads and averaged 12:12/mile. I walked 10 times for a total of 1 mile of walking and 5 miles of running. Total vertical ascent: 630 feet.
Warm down: 0.25 mile jog

Fri Aug 7, 2020 **2 miles**
I ran 2 easy miles. The ball of my left foot is hurting.

In the last week: 34.5 miles running

Sat Aug 8, 20 **6.5 miles**
warm up: 0.25 mile jog to the cemetery
Run: Down and up hill 1 mile in 4:57 + 5:32 = 10:29 and rest 4:00
1 x from the very top of Greendale Cemetery to Jefferson Street which is a short distance
outside the entrance to the cemetery then back up. The hill is 0.8 miles, elevation of 216 feet.
Running down, Distance: 0.8 miles, Time: 6:59, Pace: 8:44/mile
Running up,   Distance: 0.8 miles, Time: 8:18, Pace: 10:22/mile
Total Time: 15:17 (9:33/mile)
5 x 0.317 miles on the loop with a 0.317 mile jog after each run
average time for runs: 2:34 (8:06/mile), last run in 2:26 (7:41/mile)
average time for jogs: 3:43 (11:43/mile), Vertical ascent on one loop: 22 feet
Warm down: 0.5 mile jog

Sun Aug 9, 2020 **6.5 miles**
warm up: 1.5 miles and 9 minutes rest.
Run: 5 miles on the "Morning Loop" averaging 8:44/mile, Last mile: 8:08
Time: 43:42, Mile splits: 8:33, 8:47, 8:50, 9:25, 8:08
Warm down: rested a few minutes and walked 0.4 miles

Mon Aug 10, 20 **5.3 miles**
warm up: 0.25 mile jog to the cemetery
Run: Down and up hill 1 mile in 4:27 + 5:14 = 9:42 and rest 3:00
6 x 0.317 miles on the loop with a 0.317 mile jog after each run
ave for runs: 2:35 (8:09/mile), last run in 2:22 (7:28/mile), ave for jogs: 3:44 (11:47/mile)
Vertical ascent on one loop: 22 feet
Warm down: 0.5 mile jog

Tues Aug 11, 2020 5 **miles running** (1 mile walking and 5 miles of running)
I ran and walked 6 miles on a hilly course and averaged 12:08/mile. I walked 12 times for a
total of 1 mile of walking and 5 miles of running.

Wed Aug 12, 2020 **2.75 miles**
warm up: 0.5 miles
Run: 2 miles on the cemetery loop in 16:55 (8:28/mi), Sum of vertical ascents: 132 ft
Warm down: 0.25 miles

Thur Aug 13, 2020 **5 miles**
warm up: 1.5 miles
Run: 3.17 miles (10 x 0.317 miles) on the cemetery loop in 28:04 or 8:51/mile
Mile splits: 9:08, 9:04, 8:34, Sum of vertical ascents: 220 feet.
Warm down: 0.3 miles

Fri Aug 14, 2020 **3 mile**
I ran 3 miles on hilly roads at various paces, some at about 9:00/mile.
In the last week: 34 miles

Sat Aug 15, 2020 **6.75 miles**
warm up: 1.5 miles on hilly roads and grass and rest a few minutes
Run: 4 miles in 39::08 on hilly roads, Mile Splits: 9:00, 10:56, 11:18, 7:53
Warm down: 1 mile jog, 1 mile walk, ¼ mile jog

Sun Aug 16, 2020 **2.7 miles running and 1 mile walking**
warm up: 0.25 miles to cemetery loop
Run and walk: 10 cemetery loops or 3.17 miles in 38:47 or 12:14/mile, I walked 0.1 miles during each 0.317 mile loop.
Warm down: 0.25 mile jog

Mon Aug 17, 2020 **3.2 miles**
Run: 3.2 miles on hilly roads in 33:32 or 10:29/mile. Sum of vertical ascents: 446 feet

Tues Aug 18, 2020 **3.2 miles** (working on walking and running routines for an ultra)
Run and walk: The same 3.2 mile course as yesterday in 37:50 or 11:49/mile. The course involves four 0.8 mile segments, a downhill, uphill, downhill and uphill. Each segment has a vertical ascent or descent of about 220 feet. I ran the two downhill segments and ran and walked the two uphill segments. When running and walking I ran 0.1 miles, walked 0.1 miles and repeated 4 times. So I walked a total of 0.8 miles during the 3.2 mile workout. On the uphill segments the walk/run distance ratio was 1/1. For the whole workout the ratio was 0.8/2.4 or 1/3.

Wed Aug 19, 2020 **5.4 miles**
I ran a 5K and submitted my time for Mark Courtney's virtual Ice Cream Race.
The course I ran was 2 x out and back on part of Devore Rd and Oakgrove Ave.
warm up: 2.1 miles and rest a few minutes
Run: 5K in 25:44 or 8:16/mile, Splits: 8:20, 8:15, 8:18, 52s, Age Grading %: 77.7
Warm down: rest a few minutes and 0.3 mile jog

Thur Aug 20, 2020 **1 mile**

Fri Aug 21, 2020 **5.6 miles**
warm up: 1 mile to the Allegheny outdoor track in 10:08 and rest a few minutes
I ran wide on the turns so each lap was 440 yards.
Run: 6 x 330 yds with a 550 yd jog after each run.
Times: 1:24, 1:26, 1:21, 1:22, 1:22, 1:15(6:40/mile) Ave time: 1:22 (7:17/mile)
Warm down: 1.6 mile jog

In the last week: 27.9 miles

Sat Aug 22, 2020 **10 miles running and 1.5 miles walking**
I ran and walked 11.5 miles on hilly roads in 2:17:45 (11:59/mile), the time includes about 2 minutes of resting while drinking water eating a gel and talking to Mary Jane. I ran about 10 miles and walked about 1.5 miles.

Sun Aug 23, 2020 **6.56 miles**
I ran 6.56 miles in 1:09:41 or 10:37/mi. The course was very hilly with a total vertical ascent of 670 ft.

Mon Aug 24, 2020 **5 miles**
I ran 5 miles on hilly roads (not as hilly as yesterday).
Time: 53:41 or 10:44/mile

Tues Aug 24, 2020 **4.5 miles**
warm up: 0.25 miles to the cemetery loop
Run: 4miles on the loop in 42:31 or 10:38/mile, Sum of vertical ascents: 280 feet

Wed Aug 25, 2020 7 **miles**
warm up: 2 miles to the Allegheny outdoor track and rest a few minutes
I ran wide on the turns so each lap was 440 yards.
Run: 8 x 330 yards with a 550 yd jog after each run.
Times: 1:27, 1:23, 1:21, 1:27, 1:26, 1:26, 1:24, 1:17(6:51/mile)
Ave time: 1:24 (7:28/mile)
Warm down: 1 mile jog

Thurs Aug 26, 2020 **4 miles**
warm up: 0.3 mile jog to cemetery loop
Run: 2 x from the very top of Greendale Cemetery to Jefferson Street which is a short distance outside the entrance to the cemetery then back up. The hill is 0.8 miles long with an elevation change of 216 feet.
Dist: 3.2 miles, Time: 11:27/mile, Sum of vertical ascents: 432 feet, Temperature: 80 degrees F
Warm down: 0.5 miles

Fri Aug 28, 2020 **2.5 miles**
warm up: 0.25 miles to the cemetery loop
Run: 2 miles on the loop averaging 8:50/mile, Sum of ascents: 132 feet, **Splits:** 9:16, 8:22
Warm down: 0.25 miles home
In the last week: 32.6 miles while running

In the last week: 39.6 miles running, 1.5 miles walking during workouts

Sat Aug 29, 2020 **2.1 miles**
warm up: 0.25 miles
Run: Down and up the 0.8 mile hill from the top of the cemetery loop to Jefferson St.

Distance: 1.6 miles Time: 17:12, Elevation Change 216 feet
Warm down: 0.25 miles
The ball of my left foot started to hurt and I stopped running.

Sun Aug 30, 2020 **1 mile**
I jogged 1 mile on grass. The ball of my left foot is hurting.

Mon Aug 31, 2020 **4.15 miles**
The ball of my left foot feels a lot better. I ran on the college artificial turf football field and track.
warm up: ½ mile
Run: 2 miles around the field at about 9:00/mile with no shoes, rest a couple minutes
        1 mile on the track in 8:25 and rest a couple minutes
        0.9 miles around the field at about 9:00/mile with no shoes
My foot felt better running with no shoes on the artificial turf than on the track with shoes.

Tues Sept 1, 2020 **3.6 miles** My foot continues to improve.
warm up: 1.25 miles mainly on grass with no shoes
Run: 2 miles on the cemetery loop with shoes
Splits: 9:25, 8:34, Total vertical ascent: 132 feet
Warm down: 0.35 miles

Wed Sept 2, 2020 **2.5 miles** My foot is okay
warm up: 0.25 to the cemetery loop
Run: 2 miles on the cemetery loop
Splits: 9:33, 9:22, Total vertical ascent: 132 feet
Warm down: 0.25 miles

Thur Sept 3, 2020 **5.5 miles**
warm up: 0.5 miles
Run: 15 Greendale Cemetery loops, each loop has a total ascent of 22 feet
Distance 4.76 miles, Total ascent 330 feet
Time: 41:45 (8:47/mile)
The last 8 loops had an average pace of 8:31/mile for 2.54 miles and total ascent of 176ft
Warm down: 0.25 miles

Fri Sep 4, 2020 **7.8 miles**
warm up: 0.25 miles to the cemetery loop
Run: ½ mile down and ½ mile up hill in 11:00, elevation change is 120 feet, rest 3:00
10 x 0.317 miles on the loop with a 0.317 mile jog after the runs
average time for runs: 2:40 (8:25/mile), average time for jogs: 3:43
The last 0.317 mile run in 2:17 (7:12/mile)
Vertical ascent on one loop: 22 feet
Warm down: 0.25 miles

In the last week: 26.7 miles

Sat Sept 5, 2020 **2.5 miles**
I ran 2.5 miles slowly to recover from my workouts in the last two days

Sun Sept 6, 2020 **4 miles**
warm up: 0.25 miles
Run: 3.5 miles on the cemetery loop averaging 10:00/mile
Warm down: 0.25 miles

Mon Sept 7, 2020 **4 miles**
warm up: 0.5 miles
Run: 3.17 miles (10 loops) on the cemetery loop averaging 10:00/mile
Warm down: 0.3 miles
From my last 3 workouts I found when I am running on a relatively small loop, like the 0.317 mile cemetery loop, my Garmin Forerunner 35 is more accurate when worn on my right wrist. I have measured the loop with a wheel at a distance of about 1 foot away from the inside edge. Today when I ran 10 loops, I ran 5 loops in one direction and 5 loops in the other direction, and the distance came out to be 3.16 miles.

Tues Sept 8, 2020 **2 miles**
warm up: 0.25 miles
Run: 4 cemetery loops (1.27 miles) in 12:37 (9:57/mile)
Warm down: 0.5 miles

Wed Sept 9, 2020 **5.25 miles,** same workout as on Aug 3 only considerably faster today
warm up: 0.25 miles to the cemetery loop
Run: ½ mile down and ½ mile up hill in 9:44, elevation change is 120 feet, rest 2:00
6 x 0.317 miles on the loop with a 0.317 mile jog between the runs
average time for runs: 2:28 (7:47/mile), average time for jogs: 3:41 (11:37/mile)
Vertical ascent on one loop: 22 feet
Warm down: 0.5 mile jog

Thurs Sept 10, 2020 **5.4 miles**
warm up: 0.3 mile jog to the top of Greendale Cemetery
I ran on the hill from the very top of Greendale Cemetery to Jefferson Street. The hill is 0.8 miles long with an elevation change of 216 feet..
Run: I ran 3 times down and up the hill. Time for 4.8 miles: 52:33 or 10:57/mile
1st time: Down 8:23, Up 9:38   2nd time: Down 7:54, Up 9:46 3rd time: Down 7:48, Up 9:04
Warm down: Rest a minute and jog 0.3 miles

Fri Sept 11, 2020 **4.5 miles**
warm up: 0.25 miles
Run and walk: 4 miles on the 0.317 mile cemetery loop. I ran 4:00, walked 0:30 and repeated
Average pace about 11:40/mile.
Warm down: 0.25 miles

In the last week: 27.7 miles

Sat Sept 12, 2020 **5.1miles**
warm up: 0.25 miles
Run: 4 miles on the 0.317 mile cemetery loop
Average pace about 10:40/mile.
Warm down: 0.85 miles

Sun Sept 13, 2020 **2.5 miles**
warm up: 0.25 miles
Run: 2 miles on the cemetery loop averaging 9:30/mile
Warm down: 0.25 miles

Mon Sept 14, 2020 **4 miles**
warm up: 0.25 miles
Run: 3 miles on the cemetery loop in 26:44 or 8:55/mile
Mile splits: 9:43, 8:55, 8:02 Sum of ascents: 210 feet
8:02 is the fastest mile I have run on the loop in a while.
Warm down: 0.75 miles

Tues Sept 15, 2020 **2 miles**
I ran 2 miles out and back on hilly Limber Rd in 10:31+8:57 = 19:28 (9:44/mile)

Wed Sept 16, 2020 **2 miles**
I ran 2 miles around the Allegheny football field with socks and no shoes and averaged 10:00/mile.

If you run 4.5 times around the field including the end zones and the areas that include the benches the distance is 20 yards short of a mile. The field is covered with artificial grass.

Thur Sept 17, 2020 **2.5 miles**
warm up: 0.25 miles of drills
Run: 2 miles around the Allegheny football field with socks and no shoes and averaged 9:13/mile.
Warm down: 0.25 mile jog

Fri Sept 18, 2020 **1 mile**
I jogged a mile

In the last week: 19.1 miles

Sat Sept 19, 2020 **7 miles**
Our summer running group ran a 10K on Tamarack Drive.
warm up: 0.75 miles at various paces and some drills. I think I should have warmed up more because it took a couple of miles during the 10K to feel I was running more efficiently.
Run: I ran 10k out and back along Tamarack Dr. The course was more up hill going out and more down hill coming back. Time for 1st 5K: 28:04. Time for 2nd 5K: 26:17
Overall Time: 54:21 or 8:45/mile, Age Grading %: 76.8
Splits: 9:02, 8:52, 9:09, 8:45, 8:31, 8:16, 1:46
My average heart rate for this run was 145 bpm. I read in Runners World that a 10K should be run at 85% of maximum heart rate. Assuming I did this, I calculate my max heart rate to be 145/0.85 = 171 bpm. This is very high for my age.   (220-78=142 bpm)

Sun Sept 20, 2020 2.5 miles
warm up: 0.25 miles
Run: 2 miles on the cemetery loop averaging 11:30/mile
Warm down: 0.25 miles

Mon Sept 21, 2020 1.25 miles
Run: 1.25 miles at various paces on the Allegheny College track.

Tues Sept 22, 2020 **2 miles**
Run: 2 miles on the Allegheny College track in 10:12 + 9:37 = 19:49

Wed Sept 23, 2020 **4 miles**
warm up: dynamic drills
Run: 4 miles on the Allegheny track in 39:19, splits: 9:58, 10:02, 10:00, 9:20, the last ¼ mile in 2:07
Warm down: 0.25 mile jog

Thur Sept 24, 2020 **2 miles**
Run: 2 miles on hilly roads averaging 10:46/mile.

Fri Sept 25, 2020 **5.1 miles**
warm up: 1/8 mile of dynamic drills
I ran on the Allegheny track, running wide on the curves so each lap was ¼ mile.
Run: 3 x 1 mile with ¾ mile jogs between the runs,
Mile times: 9:14, 8:56, 8:24   ¾ mile jog times: about 8:28 (11:17/mile)
The last ¼ mile 7:36/mile pace
Warm down: ½ mile

In the last week: 23.9 miles

Sat Sept 26, 2020 **6.6 miles**
Run: 6.6 miles on hilly roads averaging 11:30/mile

Sun Sept 27, 2020 **6.2 miles**
Run: 6.2 miles on slightly hilly roads averaging 11:27/mile

Mon Sept 28, 2020 **6.6 miles**
Run: 6.6 miles on hilly roads averaging 11:55/mile
The following graphs are for the run I had on Mon Sept 28. The most interesting things I see in them are two sudden tranistion where my pulse at one point lowered very quickly and in the other it raised quickly but it lowered again because I started running slower. I wonder if I had maintained the same pace if my pulse would have remained higher.

Wed Sept 30, 2020 **5.1 miles**
I ran and walked 5.1 miles on very hilly roads and averaged about 12:00/mile
When running uphill I kept my pulse between 110 and 120 bpm by running and walking.

Fri Oct 2, 2020 **2.6 miles** of walking on hilly roads averaging 15:27/mile

In the last week: 24.5 miles of running

Sat Oct 3, 2020 **5 miles** of walking on very hilly roads averaging 15:40/mile

Sun Oct 4, 2020 **No running or walking**

Mon Oct 5, 2020* **2.1 miles** of walking on very hilly roads in the cemetery
warm up: 0.25 mile walk to the cemetery
Walk, starting to collect data for a heartbeats/Mile investigation:
0.8 mile downhill walk, Ave Pace: 15:16/mile, Ave HR: 76,->1160 heartbeats/Mile, 267 ft/mile el. gain
0.8 mile uphill walk,   Ave Pace: 15:56/mile, Ave HR: 89,->1418 heartbeats/Mile, 267 ft/mile el. loss
Warm down: 0.25 mile walk home

Tues Oct 6, 2020* **3.7 miles** of walking on very hilly roads
I did the same workout as yesterday except I walked 2 times down and up the hill.
0.8 mile downhill walk, Ave Pace: 14:10/mile, Ave HR: 77,->1091 heartbeats/Mile, 267 ft/mile el. gain
0.8 mile uphill walk,   Ave Pace: 14:34/mile, AveHR:110,->1602 heartbeats/Mile, 267 ft/mile el. loss
0.8 mile downhill walk, Ave Pace: 15:11/mile, Ave HR: 94,->1427 heartbeats/Mile, 267 ft/mile el. gain
0.8 mile uphill walk,   Ave Pace: 15:54/mile, AveHR:105,->1670 heartbeats/Mile, 267 ft/mile el. loss

Wed   Oct 7, 2020* **3.7 miles** of walking on very hilly roads
I did the same workout as yesterday except today the first down and up was faster than
the second. Yesterday it was the other way around.
0.8 mile downhill walk, Ave **Pace**: 15:16/mile, Ave HR: 76,->1160 heartbeats/Mile, 267 ft/mile el. gain
0.8 mile uphill walk,   Ave Pace: 15:50/mile, Ave HR: 93,->1472 heartbeats/Mile, 267 ft/mile el. loss
0.8 mile downhill walk, Ave Pace: 14:04/mile, Ave HR: 86,->1210 heartbeats/Mile, 267 ft/mile el. gain
0.8 mile uphill walk,   Ave Pace: 14:26/mile, AveHR:116,->1674 heartbeats/Mile, 267 ft/mile el. loss

Thur Oct 8, 2020 **4.3 miles running 1 mile walking**
warm up: 0.25 to cemetery
Run and walk: 3 x down and up the 0.8 mile cemetery hill, 4.8 miles
I ran down, and I walked and ran up the hill. When going up I ran until my pulse rose above
120 beats/min and then walked until my pulse went below 110 beatsmin.
Time for 4.8 miles: 59: 55, Ave Pace: 12:29/mile, Ave HR:112,->1398 heartbeats/Mile
Warm down: 0.25 mile jog home

Fri Oct 9, 2020 **4.3 miles running 1 mile walking Compare to yesterday's workout.**
warm up: 0.25 to cemetery
Run and walk: 3 x down and up the 0.8 mile cemetery hill, 4.8 miles
I ran down, and I walked and ran up the hill. When going up I ran until my pulse rose above
130 beats/min and then walked until my pulse went below 120 beatsmin.
Time for 4.8 miles: 56: 32, Ave Pace: 11:51/mile, Ave HR:118,->1399 heartbeats/Mile
Warm down: 0.25 mile jog home
**I had more beats per minute today than yesterday. Next time I should keep my
pulse between 115 and 105 bpm when going up hill.
In the last week: 8.6 miles of running, 16.5 miles walking**

Sat Oct 10, 2020 2020 **7 miles**
Our summer running group ran a 10K on Tamarack Drive.
warm up: 0.5 mile jog
Run: I ran 10k out and back along Tamarack Dr. The course was more up hill going out
and more down hill coming back. I ran with Jim Fitch and we averaged 9:39/mile
My average heart rate for this run was 161 bpm as read on my GPS. I think my GPS
wasn't reading correctly because 161 bpm would be near my maximum.

Sun Oct 11,2020 **no running**

Mon Oct 12, 2020 **1 mile jog**

Tues Oct 13, 2020 **4.3 miles running and 1 mile walking**
warm up: 0.25 mile jog
Run and walk: 3 x down and up the 0.8 mile Greendale Cemetery hill.
The 3 down hill runs: Ave Heart Rate: 108, Ave pace: 10:03
The 3 up hill run/walks: Ave Heart Rate: 109, Ave pace: 14:46
Today Oct 13:
Time for 4.8 miles: 59: 34, Ave Pace: 12:24.5/mile, Ave HR:108.5,->1345 heartbeats/Mile
On Thur Oct 8, 2020:
Time for 4.8 miles: 59: 55, Ave Pace: 12:29/mile, Ave HR:112,->1398 heartbeats/Mile
On Oct 8 when going up hill, I ran until my HR was up to 120 bpm and then walked until
my HR was 110 bpm and then repeated.
On Oct 13 when going up hill, I ran until my HR was up to 115 bpm and then walked
until my HR was 105 bpm and then repeated.
On Oct 13 my average rate was faster and heartbeats/mile was lower.
Therefore this scheme is better. I should repeat these two workouts and also
try the following:
When going up hill, run until my HR is up to 110 bpm and then walk until my HR is 100
bpm and repeat.

Fri Oct 16, 2020 **2.1 miles walking**
I walked 2.1 miles including down and up the hill from the top of Greendale Cemetery to
Jefferson St. The elevation change on the 0.8 mile hill is 276 ft.
For the uphill walk:
Time: 12:00, *Ave pace: 14:57/mile, Ave heart rate 110 bpm, 1644 heartbeats/Mile*
On Oct 13, I ran and walked up the same hill with the following result:
          Ave pace: 14:46/mile, Ave heart rate 109 bpm, 1610 heartbeats/Mile
It appears that running and walking is only slightly better than just walking for the same
average Heart Rate. Actually there may be an insignificant difference.

In the last week: **12.3 miles running**

Sat Oct 17, 2020 3**.7 miles walking**
I walked 3.7 miles including 2 x down and up the hill from the top of Greendale Cemetery to Jefferson St. The elevation change on the 0.8 mile hill is 276 ft.
For today's 1st downhill walk:
Time: 10:49, *Ave pace: 13:32/mile, Ave heart rate: 83 bpm, 1124 heartbeats/Mile*
For today's 2nd downhill walk:
Time: 11:29, *Ave pace: 14:23/mile, Ave heart rate: 71 bpm, 1021 heartbeats/Mile*
The slower downhill walk had fewer heartbeats/mile. I should do a walk that is even slower. When I do the even slower walk I should repeat the other two downhill walks so all three are done on the same day.

For today's 1st uphill walk:
Time: 11:22, *Ave pace: 14:14/mile, Ave heart rate: 95 bpm, 1352 heartbeats/Mile*
For yesterday's uphill walk:
Time: 12:00, *Ave pace: 14:57/mile, Ave heart rate: 110 bpm, 1644 heartbeats/Mile*
For today's 2nd uphill walk:
Time: 12:16, *Ave pace: 15:19/mile, Ave heart rate: 76 bpm, 1164 heartbeats/Mile*
I have to repeat these three walks and do them on the same day. The results here appear to be inconsistent.

Sun Oct 18, 2020 **5.3 miles walking**
I walked 5.3 miles including 3 x down and up the hill from the top of Greendale Cemetery to Jefferson St. The elevation change on the 0.8 mile hill is 276 ft.
For today's 1st downhill walk:
Time: 11:16, *Ave pace: 14:08/mile, Ave heart rate: 105 bpm, 1484 heartbeats/Mile*
For today's 2nd downhill walk:
Time: 11:49, *Ave pace: 14:47/mile, Ave heart rate: 84 bpm, 1242 heartbeats/Mile*
For today's 3rd downhill walk:
Time: 12:16, *Ave pace: 15:19/mile, Ave heart rate: 91 bpm, 1394 heartbeats/Mile*
Inconsistent results
For today's 1st uphill walk:
Time: 11:21, *Ave pace: 14:08/mile, Ave heart rate: 120 bpm, 1696 heartbeats/Mile*
For today's 2nd uphill walk:
Time: 12:04, *Ave pace: 15:04/mile, Ave heart rate: 110 bpm, 1657 heartbeats/Mile*
For today's 3rd uphill walk:
Time: 12:55, *Ave pace: 16:05/mile, Ave heart rate: 94 bpm, 1512 Heart Beats/Mile*

Sometime I should do 3 uphill runs with average paces of about 15,16,17 min/mile. As the pace gets slower there should be a pace where the beats per mile goes up.

Mon Oct 19, 2020 **no running or walking**

Tues Oct 20, 2020 3.**7 miles walking**
I walked 3.7 miles including 2 x down and up the hill from the top of Greendale Cemetery to Jefferson St. The elevation change on the 0.8 mile hill is 276 ft.
For today's 1st downhill walk:
Ave pace: 13:10/mile, Ave heart rate: 120 bpm, 1580 heartbeats/Mile (Too Fast)
For today's 2nd downhill walk:
Ave pace: 14:03/mile, Ave heart rate: 113 bpm, 1588 heartbeats/Mile
These downhill walks had high heart rates compared to Oct 17.
I think the first downhill walk was so fast it was over some kind of limit above which a faster heartbeat was triggered.
For today's 1st uphill walk:
Ave pace: 14:20/mile, Ave heart rate: 130 bpm, 1863 heartbeats/Mile (Too Fast)
For today's 2nd uphill walk:
Ave pace: 15:44/mile, Ave heart rate: 113 bpm, 1778 heartbeats/Mile
From these results I think I walked the first downhil and uphill too fast because my high heart rate carried over into the second down and up.
A heart rate of 105 bpm max is maybe about best for downhill. Check this.
A heart rate of 115 bpm max is maybe about best for uphill.   Check this.

Wed Oct 21, 2020 **No running or walking**

Thur Oct 22, 2020 **5.3 miles** of walking
I walked 5.3 miles including 3 x down and up the hill from the top of Greendale Cemetery to Jefferson St. The elevation change on the 0.8 mile hill is 276 ft.
On the hill: Distance: 4.7 miles, Ave Pace: 15:08, Ave Heart Rate: 99, 1498 heartbeats/Mile

Fri Oct 23,2020 **5.6 miles** of walking
Walk: 5.6 miles including 16 loops on the Greendale 0.317 mile loop.
Total ascent on the 16 loops: 350 ft
I tried to keep my heart rate under 120 bpm while walking up hill.
On the loop: Distance: 5.07 miles, Ave Pace: 13:53, Ave Heart Rate: 101, 1402 heartbeats/Mile

In the last week: No running; 23.6 miles of walking

Sat Oct 24,2020 **5.2 miles** of walking
Walk: 5.2 miles including 4 x down and up on a ½ mile of the Greendale hill.
Total ascent: 500 ft for 4 miles
I tried to keep my heart rate under 120 bpm.
For the 4 miles: Ave Pace: 14:24, Ave Heart Rate: 112bpm,
1612 heartbeats/Mile, heartbeats/Mile is higher than yesterday and too high.
I think I am tired.

Sun Oct 25, 2020 **4.4 miles** of walking
Walk: 4.4 miles including 12 loops on the Greendale 0.317 mile loop.
Total ascent on the 12 loops: 264 ft
I tried to keep my heart rate under 120 bpm while walking up hill.
On the loop: Distance: 3.80 miles, Ave Pace: 13:51, Ave Heart Rate: 106,
1399 heartbeats/Mile Essentially the same as 2 days ago.

Mon Oct 26, 2020 **4.4 miles** of walking
Walk: 4.4 miles including 12 loops on the Greendale 0.317 mile loop.
Total ascent on the 12 loops: 264 ft
I tried to keep my heart rate under 120 bpm while walking uphill.
On the loop: Distance: 3.80 miles, Ave Pace: 13:30, Ave Heart Rate: 104,
1404 heartbeats/Mile Essentially the same as yesterday and 3 days ago even
though I ran a good deal faster.

Tues Oct 27, 2020 **no running**
I did 10 minutes on an eliptical machine

Wed Oct 28, 2020 **4.7 miles** of walking
In the morning: 10 minutes on an eliptical machine, Pulse rose to 131.
Walk: 4.7 miles including 16 loops on the Greendale 0.317 mile loop.
Total ascent on the 12 loops: 350 ft
I tried to keep my heart rate under 115 bpm while walking uphill.
On the loop: Distance: 5.07 miles, Ave Pace: 14:13, Ave Heart Rate: 105,
1493 heartbeats/Mile

5 days ago I did the same distance with the following result:
On the loop: Distance: 5.07 miles, Ave Pace: 13:53, Ave Heart Rate: 101,
1402 heartbeats/Mile
When going faster my heart rate was lower on average. ?
Thur Oct 29, 2020 **4.27** miles walking

I walked down Limber and Jefferson, and into the Cemetery up to the loop.
After walking 5 loops I walked back home.
The sum of the ascents on the course is about 500 ft.
Distance: 4.27 miles, Ave Pace: 14:19, Ave Heart Rate: 111,
1589 heartbeats/Mile
The large value of beats/mile maybe because of the large value of sum of ascents as compared to what I have been walking recently.

Fri Oct 30, 2020 **4.7** miles walking
warm up: 0.4 mile walk
Walk: I walked 4 miles: 3 x 1.25 miles down and up on the Greendale Cemetery hill plus 0.25 miles on the loop.
The sum of the ascents on the course is about 515 ft.
Distance: 4 miles, Ave Pace: 14:08, Ave Heart Rate: 105,
1484 heartbeats/Mile
heartbeats/mile is less than yesterday's.?
      In the last week: no miles of running
Sat Oct 31, 2020 **5.2 miles** of walking
warm up: 0.4 mile walk to the cemetery
Walk: 4.8 miles, I walked down and up the cemetery hill 3 times. Sum of ascents: 650 ft
Ave pace: 15:12, Ave heart rate: 105 Heart Beats/mile:1596
My heart rate went up a lot near the end of the walk.
Warm down: 0.3 mile walk home

Sun Nov 1, 2020 **no running and walking**
Mon Nov 2, 2020 **no running and walking**

Tues Nov 3, 2020 **4.9 miles** of walking
warm up: 0.35 mile walk to the cemetery loop
Walk: 4.23 miles on the cemetery loop, Time: 59:23, sum of ascents: 300 ft
Pace: 14:03/mile, heart rate: 104 bpm, 1460 heartbeats/mile
Warm down: 0.3 mile walk home

Wed Nov 4, 2020 **no running or walking**
Thurs Nov 5, 2020 **4 miles** of running
I ran and walked 4.5 miles including 12 x cemetery loop or 3.8 miles **12:37/mile**
I walked 1:05 on each loop while going uphill. **Average heart rate: 118 bpm**
1489 heartbeats/mile. This is comparable to values I have been getting while only walking. **I tried to keep my heart rate under 125 bpm.**

Fri Nov 6, 2020 **4.5 miles of running**
I ran 4.5 miles including 12 x cemetery loops or 3.8 miles averaging **12:34/mile**
No walking, **Average heart rate: 123 bpm**
1546 heartbeats/mile. I tried to keep heart rate under 130 bpm.

Comparing this to yesterday, I think walking and running may be more efficient.
                    In the last week: 8.5 miles of running

Sat Nov 7, 2020 **4 miles of running**
I ran and walked 4 miles including 9 x cemetery loop or 2.85 miles averaging **12:40/mile** I
walked about 40 seconds up hill during each loop.
No walking, **Average heart rate: 121 bpm**
1532 heartbeats/mile, a little less than yesterday. I tried to keep heart rate under 125 bpm.

**I am starting to think my average heart rate for a 50 mile run should be under about 122
bpm. This rate should be for running or walking up hills.**

Sun Nov 8, 2020 **3.75 miles of running**
I ran on Tamarack Drive while watching runners in our running group run 8 miles.
warm up: 0.25 mile jog
Run: 2 miles averaging 11:28/mile, Ave Heart Rate: 119
Run/Walk: 2 miles averaging 12:31/mile, Ave Heart Rate: 117/mile
These results seem to show it is more efficient to only run on relatively level ground.

Mon Nov 9, 2020 **no running**

Tues Nov 10, 2020 **no running**

Wed Nov 11, 2020, **4.9 miles running**
warm up: 0.25 mile jog to the Greendale Cemetery loop. Each loop is 0.317 miles
Run: 4 x 0.317 miles with 1 loop jogs after each run
Times for runs: 2:51, 2:55, 2:52, 2:46 Ave time for jogs 3:52 Rest a few minutes
Run/walk: 7 loops in 27:07, Distance: 2.22 miles, Ave Pace: 12:13/mile
I walked for about 50s during uphill on each loop.
Warm down: 0.25 miles home

Thur Nov 12, 2020 **4.9 miles running**
warm up: 0.25 mile jog to the Greendale Cemetery loop.
Run/Walk: 4 miles on the loop in 39:11 with the last mile in 8:50.
Ave Heart rate: 145 bpm, Ave Pace: 9:48/mile, HB/mile: 1421, Sum of ascents: 280 feet
Warm down: 0.5 miles

Fri Nov 13, 2020 **5 miles**
warm up: 0.25 mile jog to the Greendale Cemetery
Run/Walk: 4.8 miles on the hill in the cemetery. Starting from the top all the way to Jefferson
St is 0.8 miles. I ran down and up this hill 3 times.
Ave Heartrate: 117 bpm, Ave Pace: 12:25/mile, HB/mile: 1453, Sum of ascents: 650 feet
Warm down: 0.5 miles
In the last week: 22.6 miles running

Sat Nov 14, 2020 **no running**

Sun Nov 15, 2020 **no running**

Mon Nov 16, 2020 4 **miles running 0.6 miles walking**
warm up: 0.25 jog to Greendale cemetery
Run/walk: 4 miles on the long steep hill and cemetery loop. I walked and ran and kept my pulse under 125 bpm and averaged 13:20/mile. The last mile time was 12:25 because after 3 miles I was running and walking at a faster pace and had a lower pulse. This was very interesting.

Tues Nov 17, 2020 **no running**
I used our elliptical for 25 minutes. My average pulse was 103 bpm. At the end I went faster and my pulse went up to about 140 bpm.

Wed Nov 18, 2020 **no running**
I used our elliptical for 24 minutes. My average pulse was 119 bpm. I did 2 x 6 minutes at a fast pace. Each fast part was followed by 6 minutes at a slow pace. The average heart rate during the fast parts was about 140 bpm and during the slow parts about 100 bpm.

Thurs Nov 19, 2020 **no running**
On October 1, 2020 I had cateract/glaucoma surgery on my right I. Today I had the same surgery on my left eye and will continue to do lighter training for about 4 more weeks.

Fri Nov 20, 2020 **no running**

In the last week: 4 miles of running.

Sat Nov 21, 2020 **no running**

Sun Nov 22, 2020 3.5 miles of walking including 3 miles on hilly roads averaging 15min/mile and ave heart rate of 95 bpm. 1425 heart beats per mile

Mon Nov 23, 2020 10:47 on the elliptical, HR: 108, steps/min: 140,
771 heartbeats/1000 steps

Tues Nov 24, 2020 **3.7 miles of walking** including 2 x down and up the cemetery hill.
1st time: 1.6 miles, 14:34/mile, 89 bpm, 1296 heartbeats/mile, elevation change 216 feet
2nd time: 1.6 miles, 14:59/mile, 104 bpm, 1588 heartbeats/mile, elevation change 216 feet
I kept heart rate under 125 bpm

Wed Nov 25, 2020 **2 miles of walking** including 1 x down and up the cemetery hill.
1.6 miles, 14:37/mile, 102 bpm, 1491 heartbeats/mile, elevation change 216 feet
I kept heart rate under 125 bpm

Thur Nov 26, 2020 **4.5 miles of walking** including 4 miles on the 500m cemetery loop.
4 miles, 14:03/mile, 104 bpm, 1460 heartbeats/mile, elevation change 275 feet
I kept heart rate under 125 bpm

Fri Nov 27, 2020 **3.7 miles of walking** mostly on hilly roads.
This included 2 of the fastest miles I have walked.
Walk: 6+ times around the cemetery, Distance: 2 miles, Pace: 12:51/mile, HR:130,
1670 heartbeats/mile, elevation change: 275 feet

Sat Nov 28, 2020 **5.5 miles of walking** on hilly roads.
This included 5 miles on the cemetery loop.
1st mile (Warm up): 13:54, HR: 102 bpm, 1418 heartbeats/mile
Next 2 miles: 26:41, pace: 13:21, HR: 116 bpm, 1547 heartbeats/mile
Next 2 miles: 27:42, pace: 13:51, HR: 111 bpm, 1537 heartbeats/mile

Sun Nov 29, 2020 **5.5 miles of walking** on hilly roads.
This included 5.07 miles on the cemetery loop. The sum of the ascents was 350 feet.
Walk: 16 cemetery loops (5.07 miles) averaging 14:08/mile, HR: 104, 1470
hearbeats/mile

Mon Nov 30, 2020 **no running or walking**

Tues Dec 1, 2020 11:15 on the elliptical,
HR: 114, steps/min: 134, 851 heartbeats/1000 steps

Wed Dec 2, 2020 12:00 on elliptical and 2 miles of fast walking on hilly roads

Thur Dec 3, 2020 31:09 on the elliptical, HR: 124, steps/min: 142,
873 heartbeats/1000 steps

Fri Dec 4, 2020 **3 miles of running** and 1.5 miles of walking
Run/walk: I ran and walked 4 miles on the cemetery hill.
Distance 4 miles, Time: 52:36, HR: 117, Ave Pace: 13:09/mile,1539 heartbeats/mile
I ran all down hills and ran uphills until my heart rate reached 125 bpm. Then I walked
until it went down to 115 bpm.
I am thinking that walking and running is more efficient than running at 13:00/mile
average.

In the past week: **3 miles running**

Sat Dec 5, 2020 **2 miles** of running on hilly roads in the cemetery.

Sun Dec 6, 2020
20:00 on the elliptical, HR: 136, steps/min: 146, 932 heartbeats/1000 steps
rest 15 minutes
15:00 on the elliptical, HR: 115, steps/min: 122, 943 heartbeats/1000 steps

Mon Dec 7, 2020 **2.5 miles running**
10:00 on the elliptical, HR: 103, steps/min: 124, 831 heartbeats/1000 steps
rest 10 minutes and jog 0.25 miles to the cemetery lap
Run: 2 miles on the cemetery loop with a total accent of 132 feet
Time: 21:17, HR:142 bpm, pace: 10:38/mile, 1510 heartbeats/mile
jog ¼ mile home

Tues Dec 8, 2020 1 mile walk

Wed Dec 9, 2020 **2.5 miles runnning**
10:00 on the elliptical, HR: 93, steps/min: 124, 750 heartbeats/1000 steps
rest 10 minutes and on elliptical 2 x 2 minutes at a "speed" of about 20 with each 2
minutes followed by 3 minutes at a "speed" of about 14.
rest 10 minutes and jog 0.25 miles to the cemetery lap
Run: 2 miles on the cemetery loop with a total accent of 154 feet
Time: 20:49, HR:141 bpm, pace: 10:25/mile, 1469 heartbeats/mile
jog ¼ mile home

Thurs Dec 10, 2020 **3.4 miles running**
warm up: 0.25 miles to the cemetery loop
Run: 1.6 miles down the cemetery hill to Jefferson St and back up again.
Rest a few minutes
2 x 1 loop (0.317 miles) in 3:00, 2:54, 2:50 and 2:38 with a 3:50 jog after each
Warm down: 0.25 mile jog home

Fri Dec 11, 2020 4.**75 miles runnning**
warm up: 0.25 mile jog to the cemetery loop
Run: 2 miles on the cemetery loop with a total accent of 154 feet
Time: 20:37, HR:137 bpm, pace: 10:19/mile, 1411 heartbeats/mile
walked ¼ mile and rested a few minutes
4 x 1 loop (0.317 miles)

Sat Dec 12, 2020 **6.25 miles**
I meet Jim Fitch at the Tamarack Dr. After a 1.25 mile warm up, we ran 5 miles.
Time: 48:55, Ave Pace: 9:47, Ave HR: 151 bpm, 1477 heartbeats/min.

Sun Dec 13, 2020 **4.4 miles**
warm up: 0.25 mile run to the cemetery.
Run: 3.9 miles on hilly roads in 47:50. HR:124 ave pace:12:16/mile
1520 heartbeats/mile
Warm down: 0.25 miles

Mon Dec 14, 2020 **4 miles**
Run: 4 miles in 52 minutes on very hilly roads.

Tues Dec 15, 2020 1 mile walk on the cemetery loop

Wed Dec 16, 2020 **no running**

Thur Dec 17, 2020 On the eliptical: 20 minutes, Ave HR:114
The workout included 6 x 1 minute fast with a 2:00 slow pace after each.
During each fast interval my pulse rose to between 130 bpm and 143 bpm.

Fri Dec 18, 2020 On the elliptical:
warm up: 20 minutes at a relatively constant rate with 5 min going backwards.
Ave HR: 111 bpm. rest 5:00
Intervals: 21 minutes including 7 x1 minute fast with a slow pace after each fast part.
During each fast interval my pulse rose to between 135 bpm and 151 bpm.

In the past week: 14.7 miles running

Sat Dec 19, 2020 On the elliptical
warm up: 15 minutes at a relatively constant rate, Ave HR: 131 bpm, rest 5:00
Intervals: 24 minutes including 8 x 1:20 minute fast with a slow pace after each fast
part. During each fast interval my pulse rose to between 140 bpm and 153 bpm.
Warm down: I rested for 5 minutes and did a 3 minute warmdown
My heart rate graph

Heart Rate

Dec 19, 2020 After a 15 minutes warmup on our elliptical I rested 5 minutes and then did 8 x pretty fast. The fast parts were 1:20 with a 1:40 slow part after each. Notice how the heart rate drops relatively quickly during the slow parts. This indicates that I am in pretty good shape.

No Overlay ▾

Sun Dec 20, 2020 **no running**

Mon Dec 21, 2020 **no running**
On the elliptical: 44 minutes at various paces, pulse reached 147 bpm, Ave Pulse: 124

Tues Dec 22, 2020 **no running**

Wed Dec 23, 2020 **2.25 miles running**
warm up: 1 mile
Run: 1 mile on the cemetery loop in 8:53, Total ascent: 66 feet
Warm down: 0.25 jog

Thur Dec 24, 2020 **3 miles running**
warm up: 1 mile
Run: 2 miles on the cemetery loop in 9:30 + 9:04 = 18:34, Total ascent: 132 feet
Warm down: 0.25 jog

Fri Dec 25, 2020 **no running**

In the last week: 5.25 miles of running

Sat Dec 26, 2020 On the elliptical: I repeated the workout I did last Saturday Dec 19
warm up: 15 minutes at a relatively constant rate, Ave HR: 113 bpm, rest 5:00
Intervals: 25 minutes including 8 x 1:20 minute fast with a slow pace for 1:40 after each fast interval. During each fast interval my pulse rose to between 147 bpm and 163 bpm. I went faster and my pulse was higher this week. "Speed" during fast intervals: about 21 "Speed" during slow intervals: about 15.

Warm down: 2:40 after the last fast interval.
The Heart Rate graph for this workout was similar in shape to last Saturday's.

Sun Dec 27, 2020 **no running**

Mon Dec 28, 2020 On the elliptical: 40 minutes at various pace.
The highest pulse rate: 156bpm

Tues Dec 29, 2020 On the elliptical: Compare heart rate to Dec 26 heart rate.
warm up: 15 minutes at a relatively constant rate, Ave HR: 121 bpm, rest 5:00
Intervals: 25 minutes including 8 x 1:20 minute fast with a slow pace for 1:40 after each
fast interval. During each fast interval my pulse rose to between 127 bpm and 157 bpm.
I went faster than on Dec 26 but my pulse was lower today.
"Speed" during fast intervals: about 22 and "Speed" during slow intervals: about 15.
Warm down: 2:40 after the last fast interval.

Wed Dec 30, 2020 On the elliptical: Workout was similar to yesterday's but today the
faster intervals were shorter (1:00) and faster, and slower intervals were longer (2:00).
warm up: 15 minutes at a relatively constant rate, Ave HR: 121 bpm, rest 5:00
Intervals: 25 minutes including 8 x 1:00 minute fast with a slow pace for 2:00 after each
fast interval. During each fast interval my pulse rose to between 134 bpm and 160 bpm.
I went faster than on Dec 26 but my pulse was lower today.
"Speed" during fast intervals: about 23.5 and "Speed" during slow intervals: about 15.
Warm down: 3:00 after the last fast interval.

Thur Dec 31, 2020 **no running**

Fri Jan 1, 2021 40 minutes on the elliptical at various pace.

In the last week no running miles but good workouts on the elliptical.

Sat Jan 2, 2021 40 minutes on the elliptical at variuos pace.

Sun Jan 3, 2020 30 minutes on the elliptical
warm up: 10 minutes at "speed" of about 16.5
Intervals: 4 x 2:00 at a "speed" of about 21.5 with a 3:00 slow pace after each.

Mon Jan 4, 2021 On the elliptical
warm up: 10 minutes at "speed" of about 15.5
Intervals: 6 x 1:30 at a "speed" of about 22.5 with 2:30 at a "speed" of 15.5 after each.

Warm down: 3:30 more at a "speed" of 15.5

Tues Jan 5, 2021 On elliptical
20 minutes on the elliptical at various paces.

Wed Jan 6, 2021 **1 mile** of running on the cemetery loop
On elliptical:
warm up: 20 minutes at a "speed" of about 15.5 and rest 5 minutes
Intervals: 24 minutes including 8 x 1:20 minute fast with a slow pace for 1:40 after each fast interval. During each fast interval my pulse rose to between 132 bpm and 158 bpm.
"Speed" during fast intervals: about 21 "Speed" during slow intervals: about 15.
Warm down: rest 5 minutes and 6 minutes at a slow pace

Thur Jan 7, 2021 **no running** On elliptical
warm up: 10 minutes at a slow pace
Intervals: 33 minutes including 10 x1:20 minute fast with a slow pace for 1:40 after each fast interval. During each fast interval my pulse rose to between 124 bpm and 153 bpm. "Speed" during fast intervals: about 21 "Speed" during slow intervals: about 15.
Warm down: rest 5 minutes and 7 minutes at a slow pace

In the last week: no running but fast workouts on the elliptical.

Sat Jan 9, 2021 **7.9 miles running**
Jim Fitch and I ran a 10K on Tamarack Drive
warm up: 1.7 miles at various paces and rest a few minutes
Run: 10K out and back. Going out: wind in our faces and it was more up hill than down. Time: 30:47+30:08 = 1:00:55

Sun Jan 10, 2021 **no running**

Mon Jan 11, 2021 **no running**

Tues Jan 12, 2021 20 minutes on the elliptical, Ave HR: 136 bpm

Wed Jan 13, 2021 30 minutes on the elliptical, Ave HR: 128 bpm

Thur Jan 14, 2021 **4.63 miles** on a very hilly course
Time: 54:21, Pace: 11:44, Ave Heart Rate: 141 bpm, Sum of Ascents: 380 feet

Fri Jan 15, 2021 **4 miles** on a very hilly course, more hills than yesterday
Time: 48:03, Pace: 12:01, Ave Heart Rate: 131 bpm, Sum of Ascents: 480 feet
My heart rate was lower than yesterday's.

In the last week: 16.5 miles running

Sat Jan 16, 2021 on the elliptical
warm up: 15 min at about "speed" 16 and rest 5 minutes
Intervals: 7 x 1:30 at "speed" 21 with 1:30 slow pace "speed" 15 between the fast
intervals. During the intervals my Max HR averaged about 142. During the slow section
the minimum HR averaged about 121
Warm down: 6 minutes slow

Sun Jan 17, 2021 **no running**

Mon Jan 18, 2021 on the elliptical
I went at a constant rate for 1 hour except for 2 x 1:20 at a fast rate near the end.
Ave HR: 112 bpm

Tues Jan 19, 2021 on the elliptical
54 minutes at various paces including 3 x 1:00 fast. Ave HR: 100 bpm

Wed Jan 20, 2021 on the elliptical
42 minutes including 7 x 1:00 fast except the 3rd fast interval was 1:30. Notice in the HR
graph below how my base line heart rate continues to increase slowly. Also notice how

my heart rate responds quickly to the pace. The rise of each peak is while I am going faster and the fall is when I am going slower. It takes roughly 1 minute for HR to reach baseline rate.

Thur Jan 21, 2021 **no running**

Fri Jan 22, 2021 on the elliptical
40 minutes at various paces including 10 x 1:00 fast. Ave HR: 123 bpm Peak HR: 162

In the last week: **no running but good workouts on the elliptical**

Sat Jan 23, 2021 on the elliptical
40 minutes at various paces including 6 x 1:00 fast. Ave HR: 115 bpm, Peak HR: 146

Sun Jan 24, 2021 **no running**

Mon Jan 25, 2021 on elliptical
1 hour at a few different paces:
20 minutes at a "speed" of about "18.5" and ave HR about 122 bpm
10 minutes at a "speed" of about "15.5" and ave HR about 115 bpm
 5 minutes at a "speed" of about "18.5" and ave HR about 133 bpm
 5 minutes at a "speed" of about "15.5" and ave HR about 126 bpm
 2 minutes at a "speed" of about "21.5" and peak HR about 154 bpm
18 minutes at a "speed" of about "15.5" and ave HR about 122 bpm

Tues Jan 26, 2021 on elliptical

40 minutes on the eliptical. Most of my workouts on the elliptical have included intervals of short fast runs of about 1 or 2 minutes in duration separated by slow intervals. In those workouts my heart rate responded quickly to pace. Today Then I decreased my "speed" from 22 to 15.5 over the next 16 minutes. As expected my heart rate increased as I was increasing my "speed" during the first 24 minutes. But what was interesting and not totally expected was what happened as I decreased the "speed". In the past when doing interval training is when I quickly dropped my "speed" my heart rate dropped too. Today when I slowly lowered my "speed" my heart rate stayed up near the peak value for almost the rest of the workout. I should repeat this workout but when I get to the peak "speed" after 24 minutes, I should quickly drop my "speed" to 15.5 and find out how long it takes my heart rate to start dropping. It could be when going fast for a long time the heart rate can't respond to the pace as quickly as when doing interval training.

See the HR graph on the next page

Wed Jan 27, 2021 **no running**

Thur Jan 28, 2020 on elliptical
50 minutes on the elliptical. I slowly increased my rate from a "speed" of about 15.5 to a "speed" of about 23 over a 24 minute time period.Then in contrast to what I did in my last workout I quickly reduced my "speed" to 15.5. My heart rate quickly started to go down and reached a baseline of about 110 in about 2:30. After a few minutes I did 3 x 1:00 at a speed of about 21.5 and 1 x 1:30 at a "speed" of about 24. The intervals were separated by slow 2:00 "jogs". My pulse reached 160 during the last fast interval.
See the Heart Rate graph below.

Fri Jan 29, 2021, on the elliptical
warm up: 10 minutes at a "speed" of about 15.5 Ave HR: and a 5 minute rest
Fast intervals: 9 x 1:00 at a "speed" of about 21.5 and 1 x 1:00 at a "speed" of about 23
The intervals were separated by 2:00 slow "jogs" at about 15.5. Max HR: 158
In the last week: no running but good workouts on the elliptical

Sat Jan 30, 2021 on elliptical
36 minutes at various paces on the elliptical including 10:00 at a "speed" of 19.5 and 8 intervals of about 1:00 in length at "speeds" ranging from 21.5 and 25.
Ave HR: 128, Peak HR: 162

Sun Jan 31, 2021 no running

Mon Feb 1, 2021 on elliptical
32 minutes at various paces on the elliptical including
Time	"speed"
10:00	19.5
5:00	21.5
5:00	15.5
7:00	Intervals: 3 x 1:00: "speed" 25 separated by 2:00 at 15.5
5:00	15.5

Ave HR: 126 Max HR 160, This was a tough workout.

Tues Feb 2, 2021 on elliptical
34 minutes at various paces on the elliptical including

Time	"speed"
10:00	19.5
5:00	21.5
5:00	19.5
9:00	Intervals: 3 x 1:00: "speeds" 22.5, 23.5, & 25.5with 2:00 after each at 15.5
5:00	15.5

Ave HR: 131 Max HR 169, This workout was somewhat more difficult than yesterday's.

Wed Feb 3, 2021 **4miles running**
I ran 4 miles on a very hilly course. The total ascent along the course was
490 ft. Mile splits: Average pace: 11:26/mile.
The course: Down Limber, left on Jefferson, down to Randolf, left into Greendale
Cemetery. Up to 510 meter loop, around the loop 4 times and back home the same
way I came. It was cold and I wore sweats.

Thur Feb 4, 2021 no running

Fri Feb 5, 2021 on elliptical
25 minutes at various paces on the elliptical including

Time	"speed"
10:00	19.5
5:00	21.5
4:00	19.5
1:00	26.0
5:00	15.5

Ave HR: 126 Max HR 159

In the last week: 4 miles running and good workouts on the elliptical

Sat Feb 6, 2021 on elliptical
1 hour on the elliptical at various "speeds" between 15.5 and 26.5
Ave HR: 113 Max HR 154

Sun Feb 7, 2021 on elliptical
35 minutes on the elliptical at various paces including 3 x 45s at "speeds" of 22.5, 23.5
and 24.5. Ave HR: 136

Mon Feb 8, 2021 on elliptical

warm up: 10 minutes at a "speed" of 19.5, Ave HR 139
Intervals: Intervals were 1:00, Time between the intervals: 2:00 Max HR:160
"speeds" for intervals: 121.5, 122.5, 123.5, 124.5, 125.5
                                   121.5, 122.5, 123.5, 124.5, 126.5
"speed" between fast intervals: 15.5
Warm down: 7:00 at a "speed: of 15.5

Tues Feb 9, 2021 **no running**
Wed Feb 10, 2021 1 hour on the elliptical at various paces
Thurs Feb 11, 2021 **no running**
Fri Feb 12, 2021 50 minutes on elliptical at various paces

In the last week: no running but good workouts on the elliptical
Sat Feb 13, 2021 20 minutes on elliptical at various paces, Ave HR: 118, Max HR: 151

Sun Feb 14, 2021 **no running**

Mon Feb 15, 2021 35 minutes on elliptical at various paces, Ave HR: 125, Max HR: 152
Workout included 8 x 1:00, at "speeds" of 23.5 for the first 7 and 26 for the 8th interval

Tues Feb 16, 2021 40 minutes on elliptical at various paces, Ave HR: 131, Max HR: 162

Wed Feb 17, 2021 **1 mile of running**
Run: 1 mile of running on the 0.31 mile cemetery loop. The temperature was in the high 20's and the road was snow packed. I ran with small cleats on my shoes and heavy clothing. The fastest loop was at about 10:30/mile pace and average heart rate for the mile was about 135 beats/min. It felt good to be running. The weather has been cold and snowy lately and I have been getting good workouts on an elliptical.

Thur Feb 18, 2021 34:00 on elliptical, Ave HR: 111, Max HR: 152
10:00 at a "speed" of 18 & 6 x 1:00 (fast interval)
3:00 at a slow rate ("speed"=15.5) after each fast interval.
"Speeds" of fast intervals: 23, 23, 23, 24, 24, 26.5.
The HR graph for the complete workout is below.

In the last week: 10 miles of running and good workouts on the elliptical

Sat Feb 27, 2021 **3.85 miles running** on the cemetery loop
Run: 3.85 miles,
Time: 39:09, Ave pace: 10:10/mile, Last mile time: 9:31, Total ascent 264 feet

Sun Feb 28, 2021 **no running**

Mon March 1, 2021 **on elliptical**
20 minutes on the elliptical, Ave HR: 130, Max HR: 150
Warm down: 5 minutes

Tues March 2, 2021 **4 miles of running**
Run: 4 miles on very hilly roads in 43:19
Ave Pace: 10:50, Ave HR:133 bpm, Max HR: 146 bpm Total Ascent: 490 ft
Compare to the same workout on Feb 3, 2021. I felt stronger today.

Wed March 3, 2021 **4 miles of running**
Warm up: jog 1.5 miles
Run: 4 x 0.317 mile cemetery loop with 1 loop jog between the intervals.
Times: 2:59, 2:54, 2:53, 2:44, Times for 1 loop jogs: about 4:00
Warm down: ¼ mile jog

Thur March 4, 2021 **no running**

Fri March 5, 2021 on the elliptical
15 minutes at a "speed" of 20, Ave Pulse: 120, Max Pulse 129 and rested 3 minutes
Intervals: 5 x 1:00 at "speed" of 25 with 1:00 between the intervals at a "speed" of 15.5
Ave Pulse: 111, Max Pulse: 149

Warm down: 5:00 at a "speed" of 15

In the last week: 11.9 miles of running and good workouts on the elliptical.

Sat March 6, 2021 **no running**

Sun March 7, 2021
Warm up: 1.5 miles mainly on the 0.317 meter cemetery loop
Run: 12 x cemetery loop = 3.80 miles in 40:10 or 10:34/mile
3 loop splits:10:12, 10:23, 10:12, 9:23 with the last loop at 9:18/mile pace.
Total ascent: 264 feet, Ave HR: 135

Mon March 8, 2021 **no running**

Tues March 9, 2021 **6.1 miles running**
Warm up: 3 miles at various paces
Run: 5K with Jim Fitch on Tamarack Dr on a nice day, Our Time: 29:26
Pace: 9:28/mile, Mile Splits: 9:31, 9:36, 9:26, and 53s for the last 0.11 miles
Warm down: 5 minute walk

Thur March 11, 2021 **6.1 miles running**
Warm up: 0.75 mile jog
Run: 15 x 0.317 cemetery loop = 5.07 miles, Time: 59:45, Pace: 11:47/mile, Ave HR:122, Max HR:136
Warm down: 0.25 mile jog
Fri March 12, 2021 **no running**

In the last week: 12.2 miles of running

Sat March 13, 2021 **3.7 miles**
Warm up: 0.25 miles
Run: 10 x 0.317 cemetery loop = 3.17 miles, Time: 34:26, Pace: 10:51/mile, Ave HR:136
Warm down: 0.25 mile jog

Sun March 14, 2021 **4.4 miles**
Warm up: 1 mile
Run: 10 x 0.317 cemetery loop = 3.17 miles, Time: 32:47, Pace: 10:21/mile, Ave HR:134
Warm down: 0.25 mile jog

Mon March 15, 2021 **3.7 miles**
Warm up: 0.25 miles
Run: 10 x 0.317 cemetery loop = 3.17 miles, Time: 34:22, Pace: 10:50/mile, Ave HR:140
Warm down: 0.25 mile jog

Tues March 16, 2021 **no running**

Wed March 17, 2021 **6.75 miles** running 0.25 miles walking
I ran and walked 7 miles on hilly roads and averaged about 12:30/miles. Ave HR: 115

Thur March 18, 2020 **no running**

Fri March 19, 2021 **3.7 miles**
Warm up: 0.25 miles
Run: 10 x 0.317 cemetery loop = 3.17 miles, Time: 31:28, Pace: 9:55/mile, Ave HR:132
Warm down: 0.25 mile jog
I felt a lot better than 3 days ago.

In the last week: 22.3 miles

Sat March 20, 2021 **5.3 miles**
Warm up: jog 1.25 miles
Run: 6 x 0.317 mile cemetery loop with 1 loop jog between the intervals.
Times: 2:49, 2:53, 2:48, 2:43, 2:37, 2:31, Ave Time: 2:44 or 8:36/mile pace
Times for 1 loop jogs: about 4:00
Warm down: ¼ mile jog

Mon March 22, 2021 **4 miles running**
Warm up: 0.5 miles to the cemetery loop
Run and walk: 13 cemetery loops running the first ¼ mile of each loop and walking the last 0.067
So I ran 3.25 and walked 0.87 miles for a total of 4.12 miles in 51:48 or 12:34/mile
Warm down: 0.25 miles

Wed March 24, 2021 **4.7 miles**
I ran on the Allegheny College track.
Warm up: 1.5 miles averaging 10:00/mile and rest a few minutes
Run: 6 x 300m with 300m jog after each run,
Times: 1:31, 1:33, 1:32, 1:28, 1:26, 1:25, Ave Time: 1:29 or about 7:55/mile pace,
Jog Times: about 2:40
Warm down: rest a few minutes and 1 mile in 9:55

Thur March 25, 2021 **8 miles**
Run: 7 miles on the Allegheny track, Mile splits: 11:38, 11:18, 10:45, 10:46, 10:45, 10:39, 10:12
Average pace: 10:52, Ave HR: 129 bpm
I was a little tired and stiff from yesterday's workout but felt better as I ran.
Warm down: 1 mile jog home

Fri March 26, 2021 **no running**

In the last week: 22 miles

Sat March 27, 2021 **3.7 miles**
Warm up: 0.25 mile jog to the Greendale Cemetery 510 meter loop.
Run: 10 cemetery loops in 29:48 or 9:24/mile. Time/loop: 2:59, Total vertical ascent: 220 feet
Mile splits: 9:53, 9:19, 9:11

Sun March 28, 2021 **no running**

Mon March 29, 2021 **4.5 miles running**
Warm up: 0.5 miles to the cemetery loop
Run and walk: 15 cemetery loops running the first ¼ mile of each loop and walking the last 0.067
So I ran 3.75 and walked 1 miles for a total of 4.75 miles in 57:14 or 12:02/mile Ave HR: 130
Warm down: 0.25 miles

Tues March 30, 2021 **6 miles**
Warm up: 2.5 miles including 2 miles in 21:57 on the cemetery loop and then rest a few mnutes
Run: 10 cemetery loops in 29:59 or 9:27/mile. Time/loop: 3:00, Total vertical ascent: 220 feet
Warm down: 0.3 miles

Wed March 31, 2021 **3.7 miles**
 Warm up: 0.25 miles
Run: 10 cemetery loops (3.17 miles) in 31:20 or 9:53/mile.
Warm down: 0.25 miles

Thur April 1, 2021 **no running**

Fri April 2, 2021 **3.7 miles**
Warm up: 0.25 miles
Run: 10 cemetery loops (3.17 miles) in 31:03 or 9:48/mile. HR = 135
Warm down: 0.25 miles

In the last week: 21.6 miles

Sat April 3, 2021 **3.7 miles**
Warm up: 0.25 miles
Run: 10 cemetery loops (3.17 miles) in 30:18 or 9:34/mile. HR = 130
Warm down: 0.25 miles

Sun April 4, 2021 **no running**

Mon April 5, 2021 **no running**
I walked 3 miles with Mary Jane

Tues April 6, 2021 **7.8 miles**
Warm up: 2.8 miles at various paces on Tamarack Dr.
Run: I ran 5 miles with Jim Fitch on Tamarack Dr
Splits: 9:06, 9:06, 9:07, 9:11, 9:04 Time:45:34 Ave HR: 155 bpm Elevation gain 104 feet

Wed April 7, 2021 **3 miles running**
Warm up: 0.25 miles to the cemetery loop
Run and walk: 10 cemetery loops running the first ¼ mile of each loop and walking the last 0.067
So I ran 2.5 miles and walked 0.67 miles for a total of 3.17 miles in 40:19 or 12:43/mile, Ave HR = 107
Warm down: 0.25 miles

Thur April 8, 2021 **5 miles**

Warm up: 0.3 mile jog to the Greendale Cemetery 510 meter loop.
Run: 13 cemetery loops, Distance: 4.1 miles, Time: 44:55 or 10:56/mile. Ave Pulse 123
Warm down: 0.6 miles

Fri April 9, 2021 **4.67 miles**
Warm up: 0.25 mile jog to the Greendale Cemetery 510 meter loop.
Run: 13 cemetery loops plus 0.05 miles, Distance: 4.17 miles, Time: 41:21 or 9:51/mile.
The last mile was in 9:00 Ave Pulse 128
Warm down: 0.25 miles
I was tired after the fast run on Tuesday but have felt better every day since then.

24.2 miles in the last week

Sat April 10, 2021 **5.6 miles**   I practiced running hills for an ultra marathon.
Warm up: 0.3 miles to the top of the 0.8 mile hill in the Greendale Cemetery.
Run: 4.8 miles on the hill in the cemetery. Starting from the top all the way to Jefferson St is 0.8 miles.
I ran down and up this hill 3 times.
Ave Heart Rate: 104 bpm, Ave Pace: 13:30/mile, Sum of ascents: 650 feet

	pace	Ave Heart Rate
down:	10:54	95
up:	14:54	110
down:	11:55	97
up:	14:56	111
down:	12:12	96
up:	15:14	111

Warm down: 0.5 miles

Sun April 11, 2021 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 cemetery loops or 3.17 miles in 33:36 or 10:36/mile, Ave HR = 112
Warm down: 0.25 miles

Mon April 12, 2021 **no running**

Tues April 13, 2021 **5.6 miles**
Warm up: jog 1.25 miles
Run: 7 x 0.317 mile cemetery loop with 1 loop jog after the intervals.
Times: 2:48, 2:52, 2:51, 2:47, 2:42, 2:40, 2.24 Ave Time: 2:43 or 8:34/mile pace
Times for 1 loop jogs: about 3:50
Warm down: ¼ mile jog
Compare to Sat March 20, 2021

Wed April 14, 2021 **5.3 miles**   I practiced running hills for an ultra marathon.
Warm up: 0.25 miles to the top of the 0.8 mile hill in the Greendale Cemetery.
Run: 4.8 miles on the hill in the cemetery. Starting from the top all the way to Jefferson St is 0.8 miles.
I ran down and up this hill 3 times.
Ave Heart Rate: 127 bpm, Ave Pace: 12:49/mile, Sum of ascents: 650 feet
          pace   Ave Heart Rate

```
down: 10:35        131
   up: 14:07       133
down: 11:48        113
   up: 13:46       127
down: 11:26        110
   up: 13:49       127
```
Warm down: 0.25 miles

Thur April 15, 2021 **3 miles**
Run: 3 miles on hilly roads slowly in a drizzle.

Fri April 16, 2021 **no running**

In the last week: 23.2 miles

Sat April 17, 2021 **3.5 miles**
Warm up: 0.25 miles to the 0.317 mile cemetery loop.
Run: 2 miles on the loop in 20:16, Splits: 10:49, 9:27, Rest 7:00 including 0.35 mile jog
Run: 1 mile in 8:31 with the last 0.366 miles in 3:00 or 8:13/mile, Sum of ascents: 66 ft
for the mile and 22 ft for the last 0.366 miles. Good run!
Warm down: 0.25 miles home

Sun April 18, 2021 **no running**

Mon April 19, 2021 **3.5 miles** on the Allegheny College track
Warm up: 1.5 miles, the first mile in about 9:30 and last ½ mile slower
Run: 3 miles in 26:00 or 8:40/mile, Splits: 8:56, 8:38, 8:26
I ran wide on the turns so each lap was ¼ mile. The last lap was in 2:01
Warm down: 0.25 miles home

Tues April 20, 2021 **3.5 miles**
Warm up: 0.25 miles
Run: 2 miles: 1 mile all down hill from the top of Greendale Cemetery to Stewart St and
1 mile back up averaging 12:40/mile round-trip, change in altitude on the hill: 253 ft.
Ave HR: 125 bpm
Run: 1 mile on the cemetery loop in 12:30
Warm down: 0.25 miles home

Wed April 21, 2021 **no running**
Thur April 22, 2021 **4.6 miles**
Warm up: 0.35 miles to the top of Greendale Cemetery
Run: 4 miles: 1 mile all down hill from the top of Greendale Cemetery to Stewart St and
1 mile back up averaging 11:41/mile round-trip, change in altitude on the hill: 253 ft.

1 mile all down hill from the top of Greendale Cemetery to Stewart St and
1 mile back up averaging 11:55/mile round-trip, change in altitude on the hill: 253 ft.
Warm down: 0.25 miles home

Fri April 23, 2021 **5.6 miles**
Warm up: jog 0.25 miles to the cemetery loop, sum of ascents on the loop: 22 feet
Run: 1 mile (3 loops plus) on the loop in 9:53 and 2:45 rest
Run: 7 x 0.317 mile cemetery loop with 1 loop jog after the intervals.
Times: 2:43, 2:48, 2:42, 2:42, 2:39, 2:33, 2:20 Ave Time: 2:38 or 8:18/mile pace
Times for 1 loop jogs: about 3:50
Warm down: ¼ mile jog
Compare to Tue April 13, 2021

In the last week: 20.2 miles

Sat April 24, 2021 5**.5 miles**
Warm up: 0.25 miles
Run: 5 miles:
1 mile all down hill from the top of Greendale Cemetery to Stewart St and
1 mile back up averaging 12:26/mile round-trip, change in altitude on the hill: 253 ft.
1 mile all down hill from the top of Greendale Cemetery to Stewart St and
1 mile back up averaging 12:20/mile round-trip, change in altitude on the hill: 253 ft.
1 mile on the cemetery loop in 12:30, sum of ascents: 60 ft
Ave HR: 126 bpm
Warm down: 0.25 miles home

Sun April 25, 2021 **no running**

Mon April 26, 2021 **5 miles**
Warm up: 2.3 miles at various paces including 1 cemetery loop in about 3:10
Run: With Bill and David 4 x 1 cemetery with a cemetery loop jog after each fast loop.
Distance around loop : 0.317 miles, sum of ascents along loop: 22 feet
Times: 2:31, 2:32, 2:29, 2:19, Average time: 2:28, Time for jogs: about 3:55
Warm down: 0.25 mile jog home

Tues April 27, 2021 **4.6 miles**
In the morning I cut grass with a push mower for over an hour. In the afternoon I worked in the
garden for over an hour. I rested a few minutes and felt tired when I started my run. After 2
miles I felt better.
Warm up: 0.35 miles to the cemetery loop
Run: 4 miles on the cemetery loop averaging 11:25/mile, sum of ascents: 280 feet.
Warm down: 0.25 mile jog home

Wed April 28, 2021 **2.5 miles**
Warm up: 0.25 miles

Run: 2 miles on the cemetery loop in 18:39, Splits: 9:49, 8:50 sum of ascents: 130 feet.
Warm down: 0.25 miles

Thur April 29, 2021 **no running**

Fri April 30, 2023 **3.5 miles**
I felt tired from the hard workouts I have had since last Friday.
Warm up: 1.25 mile jog mainly on the cemetery loop and rest about 2 minutes
Run: On the loop 2 miles, Splits: 11:14, 10:44
Warm down: 0.25 miles

In the last week: 21.1 miles

Sat May 1, 2021 **5 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 3x1mile on the loop with 0.5 mile jog after each mile
Mile times: 9:27, 9:22, 8:48 Times for jogs about 6 minutes
Warm down: 0.25 miles

Sun May 2, 2021 **3 miles**
I ran 3 miles out and back on Limber Rd averaging 11:20/mile

Mon May 3, 2021 **4 miles**
1 mile to the Allegheny College track
2 miles on the track at 11:00/mile
1 mile home

Tues May 4, 2021 **4.6 miles**
Warm up: 0.25 miles
Run: 4.1 miles on the cemetery loop averaging 11:07, sum of ascents: 286 feet.
Warm down: 0.25 miles

Wed May 5, 2021 **4.6 miles**
Warm up: 0.25 miles
Run: 4.1 miles on the cemetery loop averaging 11:15, sum of ascents: 286 feet.
Warm down: 0.25 miles

Thur May 6, 2021 **4.6 miles**
Warm up: 0.25 miles
Run: 4.1 miles on the cemetery loop averaging 11:07, sum of ascents: 286 feet.
Warm down: 0.25 miles
Fri May 7, 2021 **1 mile of jogging**
In the last week: 26.8 miles

Sat May 8, 2021 **5 miles Same workout as last Saturday May 1**
Warm up: 0.25 miles to the cemetery loop
Run: 3x1mile on the loop with 0.5 mile jog after each mile
Mile times: 9:51, 9:25, 8:47 Times for jogs about 6 minutes
Warm down: 0.25 miles

Sun May 9, 2021 **4.6 miles**
Warm up: 0.25 miles
Run: 4.1 miles on the cemetery loop averaging 11:09, sum of ascents: 286 feet.
Warm down: 0.25 miles

Mon May 10, 2021 **4.5 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 2 miles on the loop in 21:04 or 10:32/mile and rest a few minutes.
Then with David and Bill 3 x 1 cemetery with a cemetery loop jog before each fast loop.
Distance around loop : 0.317 miles, sum of ascents along loop: 22 feet
Times: 2:30, 2:31, 2:34, Average time: 2:32, Time for jogs: about 3:55
Warm down: 0.3 mile on the loop

Tues May 11, 2021 **no running**

Wed May 12, 2021 **5 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 4.44 miles on the cemetery loop averaging 11:01, sum of ascents: 308 feet.
Warm down: 0.3 mile jog

Thur May 13, 2021 **3 miles**
Warm up: 0.25 miles to the cemetery loop
Run: On the loop: 1 mile in 10:16, jog ½ mile in about 6:00, 1 mile in 9:42, rest a little
Warm down: 0.25 mile jog home

Fri May 14, 2021 **no running**

In the last week: 22.1 miles

Sat May 15, 2021 **6.6 miles**
Warm up: 1.5 miles
Run: I ran a staggered start 5 miles with 5 other runners on Tamarack Drive.
Time: 43:15, Ave Pace: 8:39/mile, Splits: 8:59, 8:37, 8:36, 8:38, 8:23
I ran 45:34 on the same course on April 6, 2021

Sun May 16, 2021 **no running**

Mon May 17, 2021 **5 miles**
I ran with 7 other runners on the high school track. We have not done interval
training since 2019.
Warm up: 2 mile jog
Run: 6 x 400m with a 400m jog after each. Times: 2:05, 2:04, 2:03, 1:58, 1:55,
1:50 Times between runs: about 3:30

Tues May 18, 2021 **no running**

Wed May 19, 2021 **4.9 miles**
Warm up: 0.25 miles
Run: 4.1 miles on the cemetery loop averaging 11:08, sum of ascents: 286 feet.
Warm down: 0.5 miles

Thur May 20, 2021 **5.25 miles**
Run: 5 miles on the Allegheny College track. I ran wide on the turns so each lap
was ¼ mile. Time: 54:02, Ave Pace: 10:48/mile
Warm down: 0.25 mile jog

Fri May 21, 3.5 miles on the Allegheny track
I run wide on the curves so each lap is ¼ mile
Run: 1.5 miles averaging 10:40/mile and rest a few minutes
       1.5 miles averaging 9:39/mile, Splits: (9:58, 4:30)
Warm down: ½ mile jog
Soon after running I cut grass for an hour with a push mower.

In the last week: 25.25

Sat May 22, 2021 **no running**

Sun May 23, 2021 **no running**

Mon May 24, 2021 **5 miles**
I ran with 10 other runners on the high school track.
Warm up: 2 miles
Run: 200m, 400m, 600m, 600m, 400m, 200m with jogs after each one that were the same distance as the distance we had just run.
Times: 1:00, 2:03, 3:01, 2:54, 1:54, 0:55

Tues May 25, 2021 **8 miles running,** 2.2 miles walking
I ran and walked 10.2 miles with Jim Fitch mostly on the Ernst Trail and Ernst Trail extension.

Wed May 26, 2021 **6 miles**
I ran on the high school track with 10 other runners.
Run: 3miles including 4 x 400m with a 400m jog between the runs.
Times on the runs: 2:14, 2:15, 2:14, 2:10 and rest a few minutes
More faster intervals: 6 x 400meters with a 400 meter jog after each run
Times on the runs: 1:59, 2:00, 1:58, 2:00, 1:54, 1:48

Thur May 27, 2021 **2 miles**
I jogged 2 miles on the Ernst Trail

Fri May 28, 2021 **2.2 miles**
I ran 2.2 miles on the cemetery averaging 11:40/mile

In the last week: 23.2 miles

Sat May 29, 2021 **2.2 miles**
I ran 2.2 miles on the cemetery averaging 10:42/mile

Sun May 30, 2021 **3.45 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops (3.17 miles) in 32:56 Ave Pace: 10:23/mile
Mile Splits: 10:25, 10:29, 10:20
Warm down: 1 mile walk with Mary Jane

Tues June 1, 2021 **5.25 miles**
I ran with 10 other runners on the high school track.
Warm up: 2 miles at various paces
Run: 200m, 400m, 600m, 600m, 400m, 200m with jogs after each one that were
the same distance as the distance we had just run.
Times: 1:04, 2:05, 3:11, 3:09, 2:00, 0:57
Warm down: 0.25 miles

Wed June 2, 2021 **2.4 miles**
Warm up: 0.25 miles
I ran 1.9 miles on the cemetery loop averaging 10:58/mile
Warm down: 0.25 miles

Thurs June 3, 2021 **1 mile**
I ran a mile with Jamie.

Fri June 4, 2021 **no running**

In the last week: 14.3 miles

Sat June 5, 2021 **6.75 miles**
I ran with 7 other runners on Tamarack Drive.
Warm up: 1.75 miles at various paces.
Run: 5 miles in 43:27, Ave Pace: 8:41/mile, Splits: 8:56, 8:43, 8:40, 8:44, 8:23
On May 15, 2021 43:15, Ave Pace: 8:39/mile, Splits: 8:59, 8:37, 8:36, 8:38, 8:23
Ave HR: 156 bpm, VO2Max: 45

Sun June 6, 2021 **3 miles**
Warm up: 0.25 miles
Run/walk: 10 cemetery laps (3.17 miles). During each lap I ran about 0.25 miles and
walked about 0.07 miles and averaging 12:38/mile.
Warm down: 0.25 miles

Mon June 7, 2021 **7.25 miles**
In the morning:
3 miles including 2.5 miles on the Greendale Cemetery loop averaging about 11:10/mile
Ave HR: 120 bpm, VO2Max: 46
In the afternoon on the high school track I ran with 9 other runners:
2 mile warm up, 3 x 800m with 400m jog after each.
Times for the 800's: 4:24, 4:25, 4:17

Tues June 8, 2021 **4.6 miles**
Warm up: 0.25 miles
Run/walk: 13 cemetery laps (4.13 miles) in 45:45 or 11:04/mile
Ave HR: 124 bpm, VO2Max: 46
Warm down: 0.25 miles

Wed June 9, 2021 **5 miles**
I ran with 9 other runners on the high school track.
Warm up: 1 mile at various paces.
Run: 8 x 400 meters with 400 meter jog after each.
Times: 2:06, 2:04, 2:04, 2:10, 2:10, 1:52, 1:58, 1:57, The jogs took about 4:00

Thur June 10, 2021 **4.6 miles**
Warm up: 0.25 miles
Run/walk: 13 cemetery laps (4.13 miles) in 44:43 or 10:50/mile
Ave HR: 143 bpm, VO2Max: 44
Warm down: 0.25 miles

Fri June 11, 2021 **no running**

In the last week: 31.2 miles

Sat June 12, 2021 **7.3 miles**
Warm up: 0.3 miles
Run: 7 miles on Limber, Fisher, Dickson, Ryan, Limber, Leslie, Beechwood, Limber.
It was a hilly, beautiful run with very few cars on a Saturday morning.
Time: 1:21:48, Pace: 11:41/mile , Ave HR: 116, VO2MAX: 45

Sun June 13, 2021 **4.6 miles**
Warm up: 0.25 miles
Run/walk: 13 cemetery laps (4.13 miles) in 44:50 or 10:51/mile
Ave HR: 117 bpm, VO2Max: 46
Warm down: 0.25 miles
On Thurs June 10 I did the same workout with almost the same time. My Ave pulse was a lot lower today but my VO2Max was measured only slightly higher today on my Garmin. Also compare this workout to June 8,

Mon June 14, 2021 **5 miles**
I ran with 7 other runners on the high school track.
Warm up: 2 miles at about 10:40/mile
Run: 200m, 400m, 600m, 600m, 400m, 200m with jogs after each one that were

the same distance as the distance we had just run.
Times today: 1:03, 2:03, 2:58, 2:54, 1:46, 0:53
Times on June 1: 1:04, 2:05, 3:11, 3:09, 2:00, 0:57
I felt good running today.

Tues June 15, 2021 **4.6 miles**
Warm up: 0.25 miles
Run: 13 cemetery laps (4.13 miles) in 43:41 or 10:35/mile
Ave HR: 118 bpm, Heart beats per mile: 1249, VO2Max: 47
Warm down: 0.25 miles
My average heart rate was about the same as 2 days ago and I ran 70 seconds faster today. I feel like I ran better yesterday and today than I have been.

Wed June 16, 2021 **6 miles**
I ran with 10 other runners on the high school track.
Warm up: 3 miles at various paces.
Run: 4 x 800m with a 400m jog after each 800.
Times: 4:19, 4:06, 4:00, 3:45. Times between runs about 4:00

Thur June 17, 2021 **4.1 miles**
In the morning I ran a 5K on the Allegheny athletic fields and trail.
In the afternoon I ran a mile with Jamie.

Fri June 18, 2021 **3.5 miles**
I ran 3.5 miles on the Allegheny College fields and trail.
This run included a 5K course that I measured.
Distance 3.11 miles in 33:17 or 10:42/mile

In the last week: 35.1 miles

Sat June 19, 2021 **7 miles**
I ran 7 miles on the Allegheny College hilly athletic fields and trail through the woods.
This run included 2 x 5K with a few minutes rest between.
Average pace for the 2 runs: 11:00/mile for the 1st 5K and 10:02/mile for the 2nd 5K.
Average heart rate: 131bpm & 143bpm
Heart beats per mile: 1441 &1435 This is pace times heart rate. I wonder if this is inversely related to VO2Max. I think VO2MAX would also be related to sum of elevating gains.
Maybe VO2MAX=Constant *(sum of elevation gains/mile)/ (heartbeats/mile).

Sun June 20, 2021 **3.7 miles**
Warm up: 0.25 miles
Run: 10 cemetery laps (3.17 miles) in 38:02 or 12:00/mile
Ave HR: 125 bpm, Heart beats per mile: 1500,VO2Max: 44
Warm down: 0.25 miles
I was tired from yesterday's workout.

Mon June 21, 2021 **7.75 miles**
In the morning: 3.7 miles total
Warm up: 0.25 miles
Run: 10 cemetery laps (3.17 miles) in 36:12 or 11:32/mile
Ave HR: 118 bpm, Heart beats per mile: 1360,VO2Max: 44
Warm down: 0.25 miles
I was less tired than yesterday
I the afternoon I ran with 6 other runners at the Allegheny College athletic fields.
Run: 4.55 miles at various paces including ½ of the 5K course we will run on Saturday at 10:14/mile.
I felt tired from the running on Saturday and today.

Tues June 22, 2021 **no running**

Wed June 23, 2021 **2 miles**
I ran at an easy pace on grass and and trails.

Thur June 24, 2021 **2 miles**
I ran at an easy pace mainly on the cemetery loop.

Fri June 25, 2021 miles **no running**
I walked 1.5 miles marking a 5K cross country course at the Allegheny athletic field.

In the last week: 22.5 miles

Sat June 26, **4.5 miles**
I ran a 5K cross country run with 8 other runners on the Allegheny Athletic fields. .It was a hilly course
Warm up: 1.4 miles
Run: 5K in 27:50 or 8:54/mile

Sun June 27, 2021 **5 miles Thank you CM**
Warm up: 0.25 miles
Run: 14 cemetery laps (4.44 miles) in 51:04 or 11:30/mile
Ave HR: 113 bpm, Heart beats per mile: 1300, VO2Max: 45
Warm down: 0.25 miles

Mon June 28, 2021 **5.3 miles**
Warm up: 0.25 miles
Run: 15 cemetery laps (4.76 miles) in 55:05 or 11:04/mile
Ave HR: 117 bpm, Heart beats per mile: 1295, VO2Max: 45, ElevChange(Garmin) 227 feet
Warm down: 0.25 miles

Tues June 29 – Thur July 1, 2021 **no running**

Running in Amsterdam

Fri July 2, 2021 **5 miles**
I ran 5 miles mainly on bike paths in Amsterdam
Ave pace: 11:32/mile, Ave HR: 128, Heartbeats/mile: 1476

Sat July 3, 2012 **5 miles** in 51:25
I ran 5 miles mainly on bike paths in Amsterdam
Ave pace: 10:16/mile, Ave HR: 125, Heartbeats/mile: 1283

Sun July 4, 2012 **1mile**
When running I stepped with my right foot landing parallel to a curb. The left side of my foot was on the curb and the right side of it went quickly downward. X-rays at the ER indicated a bone was broken and possibly another. I have a cast around my foot and up close to my knee. A long recovery ahead with a cast on for up to 10 weeks.
In the last 2 weeks: 25.8 miles

Thur Nov. 11, 2021
I just had my last physical therapy session at the Vernon Place Therapy Unit in Meadville. My last three sessions included running on an anti gravity treadmill that allows you to run with effectively less weight. Today during a 30 minute period I reached an effective weight of 87% my real weight and 10:00/mile pace. Dan Craven, my therapist felt I was ready to start running on a regular treadmill and on the indoor track at Allegheny College. It has been over 5 months since my injury on July 4

Fri Nov. 26, 2021
In the past 2 weeks I have had 10 workouts on stationary recumbent bike, elliptical and indoor track. Total miles of running: **18 miles**
Today I did 20 minutes on the elliptical machine.

In the last two weeks: 18 miles

Sat Nov 27, 2021 30 minutes on elliptical machine

Sun Nov 28, 2021 25 minutes on elliptical machine
Mon Nov 29, 2021 **2 miles of running** on the indoor track.
Tues Nov 30, 2021 **2 miles of running** on the indoor track.
Wed Dec 1, 2021 **2 miles of running** on the indoor track.
Sat Dec 4, 2021 Mixing 4.25 miles of walking and running on the indoor track.
    3.75 miles of running and 0.5 miles of walking
Mon Dec 6, 2021 30 minutes on elliptical at speeds settings between 15 and 21.
Thurs Dec 9, 2021 Mixing 2.75 miles of walking and running on the indoor track
    2.25 miles of running and 0.5 miles of walking
Fri Dec10,2021 35 minutes on a stationary recumbent bike at level 12 at various speeds
    Pulse rose to 161
Sat Dec 11, **3x1 mile** with ¼ mile walks before, between and after each run.
    Times: 11:45, 11:42, 10:54
Mon Dec 13, 2021 35 minutes on stationary recumbent bike. I brought my pulse to 163
Tues Dec 14, On the indoor track: **3 miles of mainly running** and a little walking.
    Splits: 11:50, 11:48, 11:39
Wed Dec 15, 2021 35 minutes on stationary recumbent bike. I brought my pulse to 161
Thur Dec 16, 2021 ½ mile walk to Wise Center, 4 mile run/walk averaging 13:02/mile
    ¼ mile walk. About **3.5 miles running**
Fri Dec 16 -Sun Dec 19, 2021 **6 miles of running** and 2 miles of walking
Mon Dec 20, 2021 3 cycles with the weight machines
Wed Dec 22, 2021 Warm up on indoor track and rest a little. 1.5 mile Splits: 9:57 + 4:47
    Total miles: **2.3 miles**
Thurs Dec, 23, 2021 2 cycles with weight machines and 11 minutes on recumbent bike
        with a fast finish.
Fri Dec, 24, 2021 **3.6** miles on hilly roads at a slow pace
Sun Dec 26, 2021 31 minutes on the elliptical at about a speed of 15.5
Tues Dec 28, 2021 **2** miles of walking on the cemetery loop averaging 16:00/mile
Wed Dec 29, 2021 **2** miles on the cemetery loop.
Thur Dec 30, 2021 **2** miles on the cemetery loop.
Fri Dec 31, 2021 **2.5** miles on the cemetery loop.

Happy New Year!

Tues Jan 4, 2022 **2.5** miles on the indoor track.
Wed Jan 5, 2022 **2.5** miles on the indoor track.
Fri Jan 7, 2022 **2.5** miles on the indoor track.
Fri Jan 28, 2022 In the last 3 weeks I ran **21** miles

Sat Jan 29, 2022 2 miles on the indoor track

Sun Jan 30, 2022 no running

Mon Jan 31, 2022 1.5 mile run/walk averaging 14:00/mile, running distance: 1.25 miles
On recumbent bike, level 12, 10 minutes, Ave speed: 18.0 mile/hr, final pulse: 142bpm

Tue Feb 1, 2022 1.75 mile run/walk averaging 14:00/mile, running distance: 1.45 miles
On recumbent bike, level 12, 10 minutes, Ave speed: 18.2 mile/hr, final pulse: 142bpm

Wed Feb 2 2022 2 mile run/walk averaging 13:00/mile, running distance: 1.5 miles
On recumbent bike, level 12, 10 minutes, Ave speed: 18.8 mile/hr, final pulse: 142bpm
I felt a lot better today than the last two days. During the run/walk I walked 110 yards, ran 330yards and repeated 8 times. Running pace 12:00/mile, Walking pace 16:00/mile. Because of my broken foot in July, my right leg IT band has been very tight. This caused my right hip to hurt after running for the last 2 months or so. Only lately has this been getting better after two treatments from Dan Young and a lot of stretching. Dan also told me to take it slow and build gradually. That is what I have been doing for the last 10 days and it is working.

Thur Feb 3, 2022 2.5 mile run/walk averaging 12:30/mile, running distance: 1.88 miles
Running pace: 11:25/mile, walking pace 16:00/mile, Distance walking: 0.62 miles,
Total time 31:17. I am getting better.
On recumbent bike, level 12, 10 minutes, Ave speed: 18.5 mile/hr, final pulse: 142bpm

Fri Feb 4, 2022 2.5 miles total
2 mile run/walk averaging 12:13/mile, running distance: 1.5 miles
Distance walking: 0.5 miles
Then ½ mile run in 4:47
On recumbent bike, level 12, 10 minutes, Ave speed: 18.7 mile/hr, final pulse: 142bpm

12.25 miles in the last week

Sat Feb 5, 2022 3 miles
I ran on a treadmill 3 miles averaging 12:00/mile.
The run included 4 x 0.15 miles at 10:00/mile pace.

Sun Feb 6, 2022 3 miles
I ran 3 miles on a treadmill. Splits: 11:30, 10:00 and 9:36. The last mile I ran faster as I ran and was running at about 8:41/mile for the last 0.1 miles. I felt better as I ran.

Monday Feb 7, 2022 3 miles
I ran 3 miles on a treadmill. Splits: 10:23, 10:07 and 9:24. The last mile I ran faster as I ran and was running at about 8:41/mile for the last 0.15 miles. I felt better as I ran.

Tues Feb 8, 2022 2.25 miles running 1.75 miles walking.
I ran and walked 4 miles and averaged 12:15/mile.

Wed Feb 9, 2022 4 miles
I ran 4 miles on a treadmill. The first 3.5 miles I averaged 9:46/mile.
Splits: 10:18, 10:00, 9:22, 4:30, 5:42

Thur Feb 10, 2022 2 miles on the indoor track. Splits:10:24, 9:34
A full circuit with weight machines.

Fri Feb 11, 2022 2 miles on the indoor track. Splits:11:32, 10:51

In the last week: 19.25 miles

Sat Feb 12, 2022 3.5 miles
I ran 3.5 miles on the indoor track. Splits: 11:16, 10:40, 5:01, 4:45, 4:33
I walked ¼ mile.

Sun Feb 13, 2022 2 miles
I ran 2 miles on the indoor track. Splits: 11:09, 10:59
I walked 1/8 mile

Mon Feb 14, 2022 2.5 miles
I ran on the indoor track.
½ mile warm up
4 x 0.25 miles with a 0.25 jog after each. Times: 2:19, 2:21, 2:18, 2:09
jogs in about 3:20

Tues Feb 15, 2022 2.5 miles
I ran on the indoor track.
½ mile warm up
4 x 0.25 miles with a 0.25 jog after each. Times: 2:09, 2:12, 2:07, 2:02
jogs in about 3:25

Wed Feb 16, 2022 2 miles
I ran 2 miles on the 0.317 mile cemetery loop. The loop has 22 feet of ascent.
Splits 10:50 and 9:38

Thur Feb 17, 2022 4 miles
I ran on the indoor track.
1 mile in 12:06 and a 0.25 mile jog
1 mile in 9:13, rest a minute and a 0.25 mile jog
½ mile in 4:13 and a minute rest
1 mile in 11:47

Fri Feb 18, 2022 2 miles
I ran 2 miles on a treadmill in 23:02

In the last week: 18.5 miles

Sat Feb 19, 2022 2 miles
I ran 2 miles on a treadmill in 22:03

Sun Feb 20,2022 2 miles
2 miles of running and walking on the Woodcock dam with Jim and Sharon.
1 mile of running on Benson Ave.

Mon Feb 21, 2022 3.25 miles
I ran on the indoor track.
3 miles, Splits: 9:59, 9:39, 9:14
Warm down: 0.25 mile jog

Tues Feb 22. 2022 2 miles
I ran on a treadmill.
Splits: 10:47, 10:13

Wed Feb 23. 2022 2 miles
I ran on a treadmill 2 miles in 20:37.
Splits: 10:45, 9:52 The last 0.25 miles in 2:15
Walked 0.25 miles in 4:00.

Thur Feb 24, 2022 3.5 miles
I ran on a treadmill
Warmup: 1 mile in 10:00 and rest 5 minutes
Run: 4 x 0.2 miles with 0.3 mile jog before each run.
Times: 2:00, 2:00, 2:08, 2:08 Jogs were at 12:00/mile pace.
Warm down: 0.5 miles in 6:00 and 0.25 mile walk

Fri Feb 25, 2022 2 miles
I ran 2 miles on a treadmill in 21:02

Running distance in the last 2 week: 16.8 miles

Sat Feb 26, 2022 2.25 miles
I ran 2 miles on the indoor track. Splits 9:35+9:04=18:39
jogged 0,25 miles

Sun Feb 27, 2022 2.25 miles
I ran 2 miles on the indoor track. Splits 10:34+10:14=20:48
jogged 0.25 miles

Mon Feb 28, 2022 2.25 miles
1 mile on a treadmill in 10:00 and rested 10 minutes
1.25 miles on the indoor track including 2x330 yards at 9:45/mile pace

Tues Mar 1, 2022 2.25 miles
I ran 7 laps (2.25 miles) on the cemetery loop.
Splits: 10:13, 9:46 and 2:08 for the last 0.25 miles.
Total ascent on the course 154 feet.

Wed Mar 2, 2022 2 miles
I ran 2 miles on the cemetery loop and averaged 10:40/mile

Thur Mar 3, 2022 3 miles
I walked and ran 4 miles on the indoor track, During each 0.25 miles I ran 0.19 miles and walked 0.06 miles for a total of 3miles running and 1 mile walking. I averaged 12:17/mile.

Fri Mar 4, 2022 3.25 miles
I walked and ran 4 miles on a treadmill.
I ran 1x1mile, 1x0.75miles and 1x1.5miles with a 1/4mile walk after each.
The runs were at 10:00/mile pace and the walks were at 16:00/mile pace.
The average pace was 11:04/mile. Ave heart rate 120 bpm, Max Heart rate 135.

Running distance in the last week 17.25 miles

Sat Mar 5, 2022 2 miles
2 miles on the cemetery loop in 22:42

Sun Mar 6, 2022 4.6 miles
Warm up: 1.5 miles
Run: With 5 other runners in running group, we had a staggered start 5K.

Splits: 10:02, 10:15, 9:17, 52s Time: 30:26
Mon Mar 7, 2022 2 miles
2 miles on a treadmill, Splits: 10:20, 10:02
I used weight machines for upper and lower body.

Tues Mar 8, 2022 2.25 miles
I ran 3 x ½ miles on the indoor track with ¼ mile jog after each.
Times for runs: 4:59, 4:30, 4:22, Jogs: all about 3:25

Wed Mar 9, 2022 3.5 miles
Warm up: 0.5 miles to the Wise Center
Run: 4 x ¼ miles on the indoor track with a ¼ mile jog before each
Times: 2:13, 2:06, 2:03, 1:58, Jogs: all about 3:25
Warm down: 1 mile jog

Thur Mar 10, 2022 2.7 miles running
2 x down and up cemetery 0.8 mile hill, I ran 2.5 miles and walked 0.7 miles
Time: 44:55, Ave Pace: 14:00/mile, Splits 8:47,13:31, 9:47, 12:50
Jog 0.2 miles home

Fri Mar 11, 2022 4.25 miles on indoor track
Warm up: 1 mile in 9:28, ½ mile jog in 6:38
Run: 4 x ¼ mile with ¼ mile jog between runs
Times: 2:01, 2:01, 1:57, 1:56.4 Jogs about 3:10
Warm down: 1 mile in 11:50

In the past week: 21.3 miles (40 days in a row)

Sat March 12, 2022 2.25 miles running
I ran and walked 3 miles averaging 12:52/mile. I walked 100 meters at the end of each
¼ mile.

Sun March 13, 2022 3.75 miles on the indoor track.
Warm up: 1 mile in 10:27
Run: 3 x ½ mile with ¼ mile jog before each,
Times:4:33. 4:27, 4:17.5, Jogs: all about 3:25
Warm down: ½ mile in 6:22

Mon March 14, 2022 2.5 miles running
I ran and walked 3.25 miles averaging 12;00/mile.
I walked 80 meters at the end of each ¼ mile.
Walking pace:16:00/mile, Running pace 11:00/mile

Tues March 15, 2022 2 miles on the 510 meter cemetery loop.
I ran 2 miles on the cemetery loop in 18:29. Splits 9;29, 9;00
Wed March 16, 2022 4.75 miles
I ran on the high school track with 7 other runner.
Warm up: 1.5 miles at about 11:15/mile
Run: 200m, 200m jog, 6 x 400m each followed by 400m jog
times: 1:00, 2:09, 2:02, 2:03, 2:03, 1:55, jogs: about 3:30

Thur March 17, 2022 **5.3 miles** I practiced running hills for an ultra marathon.
Warm up: 0.25 miles to the top of the 0.8 mile hill in the Greendale Cemetery.
Run: 4.8 miles on the hill in this hill 3 times.
Ave Heart Rate: 121 bpm, Time: 57:32 Ave Pace: 12:00/mile, Sum of ascents: 650 feet
       time   the cemetery. Starting from the top all the way to Jefferson St is 0.8
miles. I ran down and up
down: 7:52
   up: 11:32
down: 7:59
   up: 11:18
down: 7:48
   up: 11:02
Warm down: 0.25 miles

Fri March 18, I ran on the same course as yesterday. **3.3 miles running** and 0.1 mile walking
Time: 46:59 Ave Heart Rate: 120 bpm, Ave Pace: 13:49/mile, Sum of ascents: 430 feet
Warm down: ¼ jog mile home

In the past week: 26.4 miles (47 days in a row)

Sat March 19, 2022 **4.2 miles**
Warm up: 1 mile mainly on the cemetery loop.
Run: 10 cemetery loops (3.24 miles) in 30:01,
Ave Pace: 9:16/mile, Ave Heart Rate: 141 pm
Warm down: A few minute rest and 3 minutes on our elliptical machine.
Sum of vertical ascents: 132 feet

Sun March 20, 2022 **2 miles**
I ran 2 x down and up a half mile section of the Greendale Cemetery hill.

Mon March 21, 2022 **5.5 miles** I ran with 5 other runners on the high school track.
Warm up: 2.5 miles slowly , I should have included some faster running because it was

hard to catch my breath after the first few runs during the workout.
Run:
200m run, 200m jog, 400m run, 400m jog, 600m run, 600m jog
600m run, 600m jog, 400m run, 400m jog, 200m run, 200m jog
 Times for runs: 59s, 2:04, 3:06, 3:03, 1:47.7, 53.9

Tues March 22, 2022 **3.1 miles**
Warm up: 0.7 miles on the cemetery loop
Run: down, up and down the cemetery hill (3x0.8 miles)
Wed March 23, 2022 **2 miles** on the cemetery loop

Thur March 24, 2022 **5 miles** I ran with 4 other runners on the high school track.
Warm up: 2 miles at various paces including 2 miles of short fast runs.
Run: 4 x 800 meters with a 400m jog after each.
Times: 4:09, 3:55, 4:17, 4:01

Fri March 25, 2022 **2 miles**
Run: 2 miles on a treadmill, Splits: 10:00, 9:10 During the second mile I increased the speed after every 0.1 miles starting at 9:50/mile and ending at 8:27/mile
Warm down: 0.5 mile walk in 7:55

In the past week: 23.9 miles (54 days in a row)

Sat March 26, 2022 **2.25 miles**
I ran 2.25 miles on the cemetery loop averaging about 12:00/mile.

Sun March 27, 2022 **2 miles**
I ran 1.5 miles on a Treadmill at 9:50/mile and jog ½ mile on the indoor track.

Mon March 28, 2022 **4.6 miles**
I ran 4.6 miles on a Treadmill in 38:13, Splits 10:23, 9:38, 9:16, 8:55

Tues March 29, 2022 **4 miles** of running and 1 mile of walking
I ran and walked on the indoor track and averaged 12:42 for 40 laps or 5 miles.
I ran 2 laps (¼ mile) in about 3 minutes and walked ½ lap (1/16 mile) in about 1:00 and repeated until I reached 40 laps or 5 miles in 63:33.

Wed March 30, 2022 **4 miles**
Warm up: 0.3 miles
Run: down and up cemetery hill twice 3.2 miles
Warm down: 0.5 miles

Thur March 31, 2022 **4.5 miles** I ran with 5 other runners on the high school track.
Warm up: 1.5 miles at various paces including about 6 x 100m pick ups.
Run: 6 x 400 meters with a 400m jog after each.
Times: 2:05, 2:00, 2:01, 1:59, 1:59, 1:51 Jogs all about 3:40
Compare to March 15. I ran better today.

Fri April 1, 2022 **2.4 miles** running and 0.6 miles walking
I ran and walked 3 miles on the indoor track in 38:37 or 12:56/mile
I walked about 0.1 miles 6 times.

In the past week: 23.75 miles (61 days in a row)

Sat April 2, 2022 **4.5 miles of running** and 1.5 miles of walking.
I ran and walked 6 miles on the indoor track.
Running pace: 12:00/mile, Walking pace: 16:00/mile, Ave pace 13:00/mile
I ran 3 laps, walked 1 lap and kept repeating

Sun April 3, 2022 **3.5 miles of running** 0.75 miles of walking on the indoor track
Run: 2 miles, Splits 9:50, 9:16 and rested a few minutes
Run and walk: 2 miles of running and walking
   Running pace: about 12:00/mile, Walking pace: about 16:00/mile, Ave pace 12:55/mile
   I ran 3 laps, walked 1 lap and kept repeating
Walk: I walked ¼ mile

Mon April 3,2022 **4.6 miles**
Warm up: 1 mile including 8 x 50 yard fast.
Run: 1/8 mile run, 1/8 mile jog, ¼ mile run, 1/8 mile jog, 1/2 mile run, 1/2 mile jog,
        1/2 mile run, 1/2 mile jog, ¼ mile run, ¼ mile jog, 1/8 mile run, 1/8 mile jog:
Times: 1:02, 2:14, 4:24, 4:14, 1:57, 0:57
Warm down: a few minutes rest and ¼ mile jog

Tues April 4, 2022 **3 miles** running and 0.7 miles walking
Warm up: ¼ mile
Run and walk: On the cemetery loop
10 loops, each loop I ran 0.25 miles and walked 0.07 miles
Ave pace 12:57/mile for 3.2 miles Run/Walk distance ratio 3.6
Warm down: ¼ mile

Wed April 5, 2022 **4.6 miles** running and 1 mile walking
Warm up: ¼ mile
Run and walk: On the cemetery loop
16 loops, each loop I ran 0.26 miles and walked about 0.06 miles

Ave pace 12:51/mile for 5.1 miles Run/Walk distance ratio about 4.1
Warm down: ¼ mile

Thur April 7,2022 **3.5 miles** on the high school track with 5 other runners
Warm up 1.5 miles including 4 x 80 meters fast.
Run: 200m and 200m jog, 3 x 800m with 400m jog after each
Times: 4:27, 4:27, 4:30

Fri April 8, 2022 **4.25 miles** running and 0.75 miles walking on the indoor track
Run/walk: 4 miles averaging 11:58/mile, I walked about 0.75 miles total during 7 walks.
Run: Without any break I went right into a 1 mile run in 9:10. The last 0.13 miles were at 8:00/mile pace. I felt good.

In the past week: 28 miles (68 days in a row)

Sat April 9, 2022 **4.3 miles** running and 0.8 miles walking on the indoor track
Warm up: 0.5 miles to the Wise Center
Run/walk: 4.1 miles averaging about 12:00/mile, I walked about 0.8 miles total during 7 walks.
Run: After a few minute break I ran a ½ mile on a treadmill in 4:00 and walked ¼ mile.

Sun April 10, 2022 **5.5 miles**
Warm up: 0.5 miles on the indoor track including 8 x 45meters fast and rest a few minutes.
Run: I ran 5 miles on a treadmill.
Splits and pulses: 10:01(129bpm), 9:45, 9:30(139bpm), 9:13, 8:42(151bpm)
last ½ mile in 4:13, last ¼ mile in 2:01
Warm down: half mile walk

Mon April 11, 2022 **1.8 miles**
I ran on a treadmill and the indoor track

Tues April 12, 2022 **5 miles**
I ran 5 miles mostly with Mark Ams on a hilly course.
Splits: 12:39, 10:41, 11:08, 10:13, 10:13 Ave. Pace:10:58

Wed April 13, 2022 **2.4 miles** running and 0.6 miles walking on the indoor track.
Run/Walk: I walked about 0.1 miles and ran about 0.4 miles and repeated until I covered 3 miles. Ave Pace: 11:56/mile

Thur April 14, 2022 **5 miles** with 5 other runners on the high school track
Warm up: 1.75 miles including 6 x 80 meters fast
Run: 1x 200m run, 200m jog, 6x400m run with a 400m jog after each.
Times for runs: 1:00, 2:04, 1:56, 2:00, 1:59, 2:00, 1:59, Times for 400m jogs: about 3:40

Fri April 15, 2022 **3.5 miles** running and 0.2 miles walking.
Warm up: 0.25 to the cemetery loop
Run/walk: 10 loops on the 0.32 mile cemetery loop. On each loop I ran 3 miles and
walked 0.02 miles and averaged 11:26/mile.
Running pace 11:00/mile, Walking pace 18:00/mile
Warm down: 0.25 miles home

In the past week: 31 miles (75 days in a row)

Sat April 16, 2022 **4.25 miles**
On the indoor track, 1 mile in 5:00+4:48=9:48 and a few minute rest
On a treadmill (all jogs at about 12:00/mile)
jog 0.1 mile
run ¼ mile in 2:00, jog 0.15 mile
run ½ mile in 4:14, jog ¼ mile
run 2 miles in 8:57 + 8:20 = 17:17
walk ½ mile in 7:30

Sun April 17, 2022 **4.55 miles** running and 0.7 miles walking
Warm up: ½ mile to the Wise Center
Run/Walk: 4.5 miles. I walked 0.05 miles at the beginning of each ½ mile. Running
pace about 12:00/mile, overall pace about 12:40/mile
Warm down: ¼ mile walk

Mon April 18, 2022 **2.7 miles** running and 0.3 miles walking
Run/Walk: 3 miles. I walked 0.05 miles at the beginning of each ½ mile. Running pace
about 12:20/mile, overall pace about 13:00/mile

Tues April 19, 2022 **2 miles** on the indoor track
1 mile in 5:00+4:30 = 9:30 and rest a few minutes
2 x ¼ mile with a ¼ mile jog after each. Times 2:06 and 2:06

Wed April 20, 2022 **3.5 miles**
I ran with 6 other runners on the high school track
Warm up: 1.5 miles including a 5 x 80 meters fast
Run: 1 mile in 8:35, 2:10 rest, ¼ mile in 2:10, rest 2:10, ½ mile in 4:25, jog ¼ mile

Thurs April 21, 2022 **4.25 miles**
Yesterday I was trying to run 2 miles at about 8:30 per mile. I started out at that pace put could not maintain it because I felt somewhat breathless. So I stopped, rested and ran again. I think if I had started slower I would have been able to run faster as I ran. Today I ran 2 miles but I started slower. I ran it on a treadmill.
Warm up: On the indoor track, one mile in 9:33 going faster as I ran. Time: 9:33 and rested 4:00
Run: On a treadmill, **2 miles.** Splits: 8:59+4:15+4:07=17:21
I think I have shown again that I need to start fast runs at a pace that is slower than my overall target pace.
Warm down: rest 6:00 and 1 mile on the indoor track in 9:06 and jog ¼ mile.

Fri April 22, 2022 **2.1 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 5 cemetery loops, 1.6 miles averaging 9:55/mile
Warm down: 0.25 miles home

In the past week: 25.4 miles (82 days in a row)

We flew to The Netherlands and will stay 5 weeks

Sat April 23, 2022 **2 miles with Joe O'Brien**
Run: 2miles on a loop including Odin (the market) in 11:09+10:00, or 10:35/mile

Sun April 24, 2022 **4.16 miles**
Run: 3.66 miles averaging 10:18/mile on roads and bike path.
Warm down: 0.5 miles

Mon April 25, 2022 **2 miles with Joe O'Brien, the same as 2 days ago**
Run: 2miles on a loop including Odin (the market) in 9:37/mile

Tues April 26, 2022 **2 miles**
Run: 2miles on road and bike path in 9:54/mile

Wed April 27, 2022 **2 miles**
Run: 2miles on road and bike path in 11:16/mile

Thur April 28, 2022 **3 miles with Joe O'Brien for the first 2 miles. Also Oona O'Brien road her bike along with us for the first 2 miles.**
Run: 2miles on road and bike path in 9:32/mile, Last mile in 8:49

Fri April 29, 2022 **2miles** including 1.75 miles at 12:35/mile

In the past week: 17.2 miles (89 days in a row)

Sat April 30, 2022 **2.25 miles** 9:34 mile/mile with Joe O'Brien

Sun May 1, 2022 **2.4 miles** of running
Run/walk: I ran 0.4 miles and walked 0.1 miles and repeated 6 times until I reached 3 miles.

Mon May 2, 2022 **3.7 miles**
Warm up: 0.1 miles
Run: 3.11 miles
Splits: 10:26, 9:23, 9:04 and the last 0.11 miles at 8:09/mile, Ave Pace: 9:34/mile
Warm down: 0.25 miles

Tues May 3, 2022 **3 miles** of running and jogging averaging 11:35/mile.

Wed May 4, 2022 **2.25 miles**
1 mile in 10:00 and rest a few minutes
1 mile in 8:24 and jog ¼ mile

Thur May 5, 2022 **2 miles** in 11:30/mile **(96 days in a row)**

Fri May 6, 2022 No running We flew to Minneapolis

In the past week: 15.6 miles

Sat May 7, 2022 **3 miles**
1.5 miles averaging about 9:40/mile and rest 1 min
1 mile in 8:26 and rest 2 min
0.5 miles in 5:00

Sun May 8, 2022 no running

Mon May 9, 2022 **3 miles** in hotel
on treadmill, Splits: 9:54, 8:22, 8:17 and 0.5 mile jog

Tues May 10, 2022 **2 miles** in hotel
on treadmill, Splits 9:59 and 8:49

Wed and Thurs May 11 and 12 no running flew back to the Netherlands

Fri May 13, 2022 **3.4 miles** on roads
1 mile in 10:50 and rest 2 minutes
½ mile in 4:47, jog 0.32 miles at 13:11/mile, ½ mile in 4:31
1.08 miles at 11:32/mile pace

In the past week: 11.4 miles

Sat May 14, 2022 **5.5 miles**
5.25 miles on roads and bike paths in Oosterwold
Average pace: 11:08/mile
Warm down: 0.25 miles

Sun May 15 **no running**

Mon May 16, 2022 **5.5 miles**
5.25 miles on roads and bike paths in Oosterwold
Average pace: 9:52/mile
Warm down: 0.25 miles

Tues May 17, 2022 no running

Wed May 18 5.4 miles
2 miles at 10:21/miles Ave HR= 121 bpm Vo2Max=48 and rest a few minutes
(Pace*HR)=1250   (Pace*HR^2)=15200   (Pace^2*HR)=13000->1/48
1.11 miles at 8:37/mile Ave HR=148 bpm and rest a few minutes
(Pace*HR)=1275
2.25 miles at 10:49/mile Ave HR=135 bpm
(Pace*HR)=1460

Thur May 19, 2022 **4 miles**
2 miles at 10:45/miles Ave HR= 115 bpm and rest a few minutes
(Pace*HR)=1240
2 miles at 10:46/mile Ave HR= 121 bpm and rest a few minutes
(Pace*HR)=1300

Fri May 20, 2022 **6.25 miles**
1 mile in 11:02/miles Ave HR= 134 bpm and rest a few minutes
(Pace*HR)=1480
5 miles at 9:37/mile Ave HR=138 bpm Vo2Max=49 and rest a few minutes
(Pace*HR)=1330   (Pace*HR^2)=183000   (Pace^2*HR)=12800->1/49
Splits 9:55, 9:59, 10:03, 9:31, 8:38
0.25 miles jog

In the past week: 26.7 miles

Sat May 21, 2022 **4.5 miles**
1.25 miles at 10:52/mile Ave HR= 132 bpm and rest a few minutes
2.25 miles at 9:03/mile Ave HR=145 bpm Vo2Max=49 and rest a few minutes
(Pace^2*HR)=11900->1/49
Splits 8:52, 9:14
1 mile in 10:25

Sun May 22, 2022 **no running**

Mon May 23, 2022 **7 miles**
Warm up: 0.5 miles
Run: 6.23 miles Ave pace 9:40/mile, Ave HR= 138 bpm VO2Max=50
(Pace^2*HR)=12900->1/50
Splits: 10:05, 9:59, 9:48, 9:51, 9:27, 9:06, 1:57(8:38/mile)

Tues May 24, 2022 1 mile jogging

Wed May 25, 2022 **6 miles**
Warm up: 1.5 miles and rest a few minutes
Run: 2 miles at 9:56/mile, Ave HR = 132 bpm and rest a few minutes
(Pace^2*HR)=13000->1/50
Run: 2.5 miles at 10:47/mile, Ave HR = 127 bpm
(Pace^2*HR)=14800

Thur May 26, 2022 **5.6 miles**
Warm up: 2 miles and rest a few minutes
Run: 2 miles at 9:04/mile, Ave HR = 143 bpm and rest a few minutes
(Pace^2*HR)=11800->1/50
Run: 2.5 miles at 12:36/mile, Ave HR = 115 bpm
(Pace^2*HR)=18300

Fri May 27, 2022 no running

In the past week: 24.1 miles

Sat May 28, 2022 **6 miles**
Run: 1.5 miles at 10:45/mile and rest a few minutes
Run: 2 miles at 8:49/mile, Ave HR = 145 bpm and rest a few minutes
(Pace^2*HR)=11300->1/50
Run: 1.5 miles at 10:25/mile, Ave HR = 133 bpm
(Pace^2*HR)=14400

Sun May 29, 2022 no running

Mon May 30, 2022 **5.65 miles (Garmin V02Max=51)**
Run: 2 miles at 10:05mile HR=130 and rest a few minutes
(Pace^2*HR)= 11500
Run: 2 miles at 10:07/mile, Ave HR = 134 bpm and rest a few minutes
(Pace^2*HR)= 13700
This run was 4 x 0.25 with 0.25 mile jog before each run.
Times for runs:2:06, 2:05, 2:02, 1:53.6 Jogs averaged 3:02
Run: 1.65 miles at 11:24/mile, Ave HR = 121 bpm
(Pace^2*HR)=15700

Tues May 31, 2022 no running

Wed June 1, 2022 **5.75 miles (Garmin V02Max=50)**
Run: 2 miles at 9:57mile HR=113 and rest a few minutes
(Pace^2*HR)= 11200
Run: 1.5 miles at 10:22/mile, Ave HR = 132 bpm and rest a few minutes
(Pace^2*HR)= 14200
This run was 3 x 0.25 with 0.25 mile jog before each run.
Times for runs:2:00, 2:03, 1:56.6 Jogs averaged 3:11
Run: 2 miles at 9:22/mile, Ave HR = 147 bpm
(Pace^2*HR)= 12900

Fri June 3, 2022 **4 miles (Garmin V02Max=50)**
Run: 3.11 miles at 9:09/mile HR=142 bpm and rest a few minutes
(Pace^2*HR)= 11900
Run: 0.9 miles at 10:25/mile, Ave HR = 123 bpm and rest a few minutes
(Pace^2*HR)= 13300

21.4 miles in the past week

Sun June 5, 2022 **4 miles (Garmin V02Max=51)**
Run: 2 miles at 9:06/mile HR=138 bpm and rest a few minutes
(Pace^2*HR)= 11400
Run: 2 miles at 10:27/mile, Ave HR = 127 bpm and rest a few minutes
(Pace^2*HR)=

Mon June 6, 2022 no running

Tues June 7, 2024 **4 miles (Garmin V02Max=51)**
Run: 1 mile at 9:55/mile HR=130 bpm and rest a few minutes
(Pace^2*HR)= 12800
Run: 2 miles at 9:17/mile, Ave HR = 144 bpm and rest a few minutes
(Pace^2*HR)= 12400
Run: 1 mile at 10:01/mile HR=138 bpm and rest a few minutes
(Pace^2*HR)= 13800

Wed June 8, 2022 **no running**

Thur June 9, 2022 **7.7 miles**
Warm up: 1.5 miles at various paces
Run: 10k race starting at the VU sports center in Amsterdam
5k splits: 9:50/mile and 9:00/mile
https://uitslagen.nl/uitslag?id=2022060901110
Fri June 10, 2022 **no running**

15.7 miles in the past week

Sat June 11, 2022 **4.5 miles running**
I walked 0.05 miles and ran 0.45 miles and repeated until I covered 5 miles
in 59:55

Mon June 13, 2022 **4.65 miles** at various paces

Tues June 14, 2022 we flew hone

Wed June 15, 2022 **3 miles**
Including 4 x 800 meters 4:39, 4:41, 4:39, 4:26

Thur June 16, 2022 **4 miles** with Rod Breast on the high school track
Warm up: 1.5 miles, **Run:** 3 x 800 meters with 400 meter jogs between
Times: 4:14, 4:15, 4:10

Fri June 17, 2022 no running

Miles in past week: **16.15 miles**

Sat June 18, 2022 **5.7 miles** with 4 other runners
We ran out and back on Tamarack Drive. The 2.84 miles out in 30:15 was a warm up.
Run: The 2.84 miles back in 25:36 was a good run averaging 9:04/mile.

Sun June 19, 2022 **5 miles**
I ran a 5 mile hill course consisting of Limber to Jefferson, Jefferson to the entrance to
Greendale Cemetery, to the top of Greendale, back down and past Jefferson until I
reached 2.5 miles. Then I turned around and back tracked to my house.
Time: 1:02:50, pace: 12:34/mile, Ave Heart Rate: 115 bpm, Sum of ascents: 670 feet

Mon June 20, 2022 **4.5 miles**
Warm up: 1 mile
Run: 10 cemetery loops, 3.2 miles, in 32:01 or 10:06/mile, Elevation gain: 220 feet.
Ave Heart Rate: 126
Warm down: 0.3 miles

Tues June 21, 2022 **5 miles**
The same run as two days ago.
Time: 1:02:48, pace: 12:33/mile, Ave Heart Rate: 121 bpm, Sum of ascents: 670 feet
It was a lot hotter today than it was on Monday. This is why my heart rate was higher.

Wed June 22, 2022 **4.5 miles**
The same run as two days ago.
Warm up: 1 mile
Run: 10 cemetery loops, 3.2 miles, in 32:29 or 10:15/mile, Elevation gain: 220 feet.Ave
Heart Rate: 149 It was very hot compared to 2 days ago. That's why high Heart Rate.
Warm down: 0.3 miles

Thur June 23, 2022 **5 miles**
The same run as two and four days ago.
Time: 1:01:48, pace: 12:21/mile, Ave Heart Rate: 124 bpm, Sum of ascents: 670 feet
The temperature was somewhat cooler.

Fri June 24, 2022 **4.5 miles**
I ran 4 miles on the Allegheny outdoor track. Time: 40:58
Splits: 9:50, 10:00, 10:20, 10:49
rested a few minutes and jogged 1/ mile
Miles in past week: **34.2 miles**

Sat June 25, 2022 No running

Sun June 26, 2022 **6.5 miles**
I ran on the high school track.
Warm up: 0.5 miles in 5:05
Run: 6 miles in 1:00:01. Splits: 10:00, 9:58, 9:57, 9:59, 10:01, 10:06
I ran better than 2 days ago. Two days ago I was dehydrated. Today I drank about 20 ounces of Gatorade before and during the run. Maybe I should have had more or have eaten a gel. I only had a banana for breakfast.

Mon June 27, 2022 **6 miles**
Warm up: 2 miles
Run: 2 miles on the 510 meter cemetery loop (6⁺ loops), sum of ascents/loop: 22ft
Time: 17:52, mile splits: 9:07, 8:45
Warm down: 2 miles

Tues June 28, 2022 7 **miles**
Warm up: 0.3 miles to the top of the 0.8 mile hill in the Greendale Cemetery.
Run: 6.4 miles on the hill. I ran the following 4 times. Starting from the top all the way to Jefferson St is 0.8 miles and back up is another 0.8 miles. So 1.6 x 4 = 6.4 miles
Total time for the run: 1:17:49. Ave pace for the first half: 12:26.
The following 2 workouts are from 2020
From November 2020
*Thur Nov 12, 2020 **4.9 miles running***
warm up: 0.25 mile jog to the Greendale Cemetery loop.
Run/Walk: 4 miles on the loop in 39:11 with the last mile in 8:50.
Ave Heart rate: 145 bpm, Ave Pace: 9:48/mile, HB/mile: 1421, Sum of ascents: 280 feet
Warm down: 0.5 miles

*Fri Nov 13, 2020 **5 miles***
warm up: 0.25 mile jog to the Greendale Cemetery
Run/Walk: 4.8 miles on the hill in the cemetery. Starting from the top all the way to Jefferson St is 0.8 miles. I ran down and up this hill 3 times.
Ave Heartrate: 117 bpm, Ave Pace: 12:25/mile, HB/mile: 1453, Sum of ascents: 650 feet
Warm down: 0.5 miles

Wed June 29, 2022 no running

Thurs June 30, 2022 4.5 miles
Warm up: 1 mile
Run: 2 x the 1.6 mile cemetery hill in 36:39, Ave pace: 11:27, Ave Heart Rate: 125
Warm down: 0.3 miles home
Fri July 1, 2022 no running

Miles in past week: **24 miles**

Sat July 2, 2022 **7.5 miles**   including 10k race around Canandohta Lake
Warm up: 1.3 miles at various paces
Run: I ran on a hot hilly 10k course averaging 9:34/ mile
https://runsignup.com/Race/PA/UnionCity/CanadohtaLakeFirecracker5k10k
https://d368g9lw5ileu7.cloudfront.net/races/results_ctjfkdutci8qpukknwx0vrjarck.html

Sun July 3, 2022 **4 miles** at various paces.

Mon July 4,2022 **11 miles** on the Ernst Trail
I had Gatorade at the beginning and two times during the run,. also a gel at the beginning
and with 3 miles left.
The first 4 miles averaged 11:45, the next 5 miles 11:21 and the last 2 miles 10:20.
Time: 2:04:24 or 11:18/mile

Tues July 5, 2022   no running

Wed July 6, 2022 **1.5 miles**
This run included 1 mile on the cemetery loop in 9:35

Thur July 7, 2022 no running

Fri July 8, 2022 **1.5 miles**
This run included 3xcemetery loop (3x0.32 miles) with a 1 minute rest between.
Times: 3:14 (10:06/mile) , 3:01 (9:25/mile) , 2:49 (8:48/mile)

Miles in past week: **25.5 miles**

Sat July 9, 2022 no running

Sun July 10, 2000 **10.6 miles**
I ran the Trailblazer 15k race on the Ernst Trail.
Warm up: 1.3 miles at various paces
Run: 15k (9.3 miles), Time 1:27:13, Pace: 9:19/mile
Splits: 9:29, 9:29, 9:23, 9:30, 9:20, 9:27, 9:27, 9:06, 9:00, 8:58 pace for the last 0.3 miles

Mon July 11, 2022 **2.5 miles** running and 2.0 miles walking
I alternated running and walking 4.5 miles on the high school track.
Average pace: 13:30
Tues July 12, 2022 **2.1 miles** running and 1.6 miles walking

Warm up: 0.25 miles to the cemetery loop
Run/Walk I alternated running and walking ¼ miles on the cemetery loop and covered 3.2 miles, Average pace: 13:42
Warm up: 0.25 miles home

Wed July 13, 2022 **2.5 miles running** and 2.5 miles walking
Run/Walk: I alternated running and walking ¼ miles on the 5 mile hill course consisting of Limber to Jefferson, Jefferson to the entrance to Greendale Cemetery, to the top of Greendale, back down and past Jefferson until I reached 2.5 miles. Then I turned around and back tracked to my house.
Time: 1:12:30, pace: 14:30/mile, Ave Heart Rate: 104 bpm, Sum of ascents: 670 feet

Thur July 14, 2022 **2.1 miles** running and 1.6 miles walking
Warm up: 0.25 miles to the cemetery loop
Run/Walk I alternated running and walking ¼ miles on the cemetery loop and covered 3.2 miles, Average pace: 13:42 (The same as 2 days ago.)
Warm up: 0.25 miles home

Fri July 15, 2022 **2.4 miles** running and 1.3 miles walking
Warm up: 0.25 miles to the cemetery loop
Run/Walk I alternated running 0.3 miles and walking 0.2 miles on the cemetery loop and covered 3.2 miles, Average pace: 13:33 I ran more today than yesterday which resulted in a slightly faster ave pace.
Warm up: 0.25 miles home
The next time I do this workout I will alternate running and walking for the same amount of **time (3:25).**
This is all for the determination of a good routine for a 50 miler.

Miles in past week: **22.1 miles** and 5 miles walking

Sat July 16, 2022 no running

Sun July 17, 2022 **14.1 miles**
Warm up: 1 mile
Run: The Presque Isle ½ marathon in 2:09:20 or 9:49/mile
My GPS said distance was 13.2 miles
GPS Splits: 9:58, 9:59, 9:56, 10:00, 9:57, 9:51, 9:48, 9:35, 9:39, 9:49, 9:42, 9:34, 9:56
The last 0.2 in 1:54 or 9:36/mile
I don't think I was totally recovered from the 15k race one week ago.
There were only 2 runners in the race older than 74. I passed about 80 runners after the first 10k and no one passed me.

Mon July 18, 2022 **2.0 miles running** and 1.5 miles walking
I alternated running and walking and covered 3.5 miles on the high school track.
I ran about the same amount of time as I walked and the average pace was about
13:25/mile.
Tues July 19, 2022 **2.3 miles** running and 1.2 miles walking
Warm up: 0.25 miles to the cemetery loop
Run/Walk I alternated running and walking on the cemetery loop and covered 3.2 miles,
Average pace: 14:00, I ran and walked the same amount of time.
Warm down: 0.25 miles home
I think walking the same amount of time as running will produce a 14:00/mile pace on a
somewhat hilly ultra marathon course. 14*50= 700 minutes for 50 miles at that pace.
Someone would cover 51 miles at 14:00/mile at just under 12 hours.

Wed July 20, 2022 **2.87 miles** running and 1.79 miles walking
Warm up: 0.25 miles to the cemetery loop
Run/Walk I alternated running and walking on the cemetery loop and covered 3.2 miles,
Average pace: 13:51, I ran and walked the same amount of time (2:14, The time for each
loop was about 2:13)). The distance running was about 2.37 miles and walking was 1.79
miles.
Warm down: 0.25 miles home
If I walk the same amount of time as I run, the distance running is calculated to be
about 57% of the total distance and distance walking is about 43% of the total
distance. Also at 13:51/mile you can cover 52 miles in 12 hours and 100k in 14:21.
The national road records are 49.55 miles and 15:05:48

Thur July 21, 2022 **4.1 miles** running and 1.9 miles walking
Warm up: 0.25 miles
Run and walk: 5.5 miles alternating running and walking on hills
Total walking: 3.6 miles, Total walking 1.9 miles, time: 1:17:34, Ave Pace: 14:06/mile
Warm down: 0.25 miles

Fri July 22, 2022 **6.9 miles** running
Warm up: 0.25 miles
Run: 6.4 miles i.e. 20 cemetery loops, Ave pace: 10:47, Elevation gain: 440 ft
Warm down: 0.25 miles

Miles running in past week: **32.3 miles**

Sat: July 23, 2022 **2.85 miles** running and 2.15 miles walking
Run/walk: I alternated running and walking by walking for 2 minutes and running for 4
minutes and repeating until I covered 5 miles on hilly roads. Ave pace: 13:57/mile
Sun July 24, 2022 **5 miles**

Warm up: 1.5 miles and rest a few minutes
Run: 10 loops on the Greendale Cemetery 0.32 mile loop
Mile splits: 9:19, 9:12.8, 8:55.1 and 1:47 for the last 0.2 miles
Time: 29:14, Ave pace: 9:08/mile, Elevation gain: 220 feet
Warm down: 0.25 miles

Mon July 25, 2022 **4.75 miles** running and 0.75 miles walking on the high school track
Run/walk I walked 2 min, ran 4 min and repeated until I reached 2.5 miles.
Ave pace: 13:41
Run: I ran 5 x ½ mile with Gretchen with 2:30/200m between each ½ mile
Times:4:50, 4:40, 4:35, 4:27, 4:17

Tues July 26, 2022   **4.8 miles** running and 0.75 miles walking
Warm up: 0.3 miles
4.5 miles running and 2 miles walking with Jim Fitch
We walked 2:00, ran 4:00 and repeated until we reached 6.5 miles on very hilly roads.
Average pace: 13:50/mile, Ave HR: 109 bpm, Max HR: 125 bpm,

Wed July 27, 2022 **8.3 miles** running and 0.7 miles walking on the Allegheny College
     Track, I ran wide so each lap was 0.25 miles.
3 x 3 miles with a few minutes rest between
1st 3 miles, I ran 3 miles and averaged 12:00/mile.
2nd 3 miles, I alternated running and walking and averaged 12:20/mile.
     I ran about 2.8 miles and walked about 0.2 miles.
3rd 3 miles, I alternated running and walking and averaged 13:30/mile.
     I ran about 2.5 miles **and** walked about 0.5 miles.
During the 9th mile I walked ½ lap (0.125 miles) (in 2:00) at the beginning of each of the
two ½ miles. The time for the mile was 13:40. It was a walk/run distance ratio of 1/3. I
was walking about 16:00/mile. The walk/run time ratio was 4/9.66 or about 1/2.4. The
next time I do a long run, I will walk for 2 minutes at he beginning of each ½ mile. On a
level course the pace should be about 13:40/mile. My average HR for the last 3 miles
was 105 bpm and peak HR 113bpm.

Thur July 28, 2022 **2.25 miles** running and 1 mile walking
On the high school track.
Walk/Run: I walked 1/8 mile and ran 3/8 mile and repeated until I covered until I
covered 2 miles in 13:00/mile. Then I rested a few minutes.
Run: 3x0.25 miles with a 0.25 mile jog between. Times: 2:05, 2:13, 2:05

Fri July 29, 2022 No running

Miles running in past week: **28 miles** and 5.5 miles walking

Sat July 30, 2022 **12 miles running** 3 miles walking
I ran and walked 15 miles on a very hilly course with Jim Fitch. The last 1.5 miles were fastest. Ave HR 112 bpm. Before the 13.5 mile point my HR was always under 130 bpm. During the last 1.5 miles while running hard uphill it went to 154 bpm. Total ascent: 1,800 feet. Ave pace: 13:32

Sun July 31, 2022 **no running**

Mon Aug 1, 2022 **1.8 miles running** and 2.7 miles walking on the high school track
Walk/Run: I alternated walking and running until I reached 3 miles and averaged about 15:00/mile. The run distance 0.55 miles and walk distance 2.45 miles.
After about 5 minute rest I ran with 3 other runners:
Run: 1/8 mile run, 1/8 mile jog, ¼ mile run, ¼ mile run, ½ mile run, ¼ mile walk
Times for runs: 1:00, 2:06, 4:13

Tues Aug 2, 2022 **1 mile running** and 4 miles walking with Jim Fitch on a very hilly course.
Walk/Run: 5 miles averaging 15:35/mile. Total ascent: 663 feet, Ave HR: 94 bpm

Wed Aug 3, 2022 **4.45 miles**
Warm up: 1 mile at various paces
Run: 3.2 miles (10 x 0.32 miles) on the cemetery loop in 28:42 or 8:58/mile
Mile splits: 9:05, 9:04, 9:00, 1:33 for the last 0.2 miles, Sum of vertical ascents: 220 feet.
Ave HR: 152 bpm
Warm down: 0.25 miles

Thur Aug 4, 2022 **8 miles running** and 2.5 miles walking
In the morning.
Warm up: 0.25 miles
Walk/Run: Alternated walking and running on the cemetery loop until I reached 6 miles. I walked about 2.5 miles and ran about 3.5 miles. Ave Pace: 14:00/mile, Ave HR: 98 bpm.
Total Ascent: 440 feet
Warm down: 0.25 miles
In the afternoon I ran with Brian and David on the high school track.
Warm up: 0.25 mile jog
Run: 5 x ½ mile with ¼ mile jog before each run and a ¼ mile jog at the end
Times for run: 4:35, 4:33, 4:32, 4:28, 4:17, Jogs and short rests about 4:30.

Fri Aug 5, 2022 **no running**
In the past week: **27.25 miles running** and 12.2 miles walking

Sat Aug 6, 2022 **8.2 miles running** and 6.15 miles walking with Jim and Brian
Ave Pace: about 14:00/mile

Sun Aug 7, 2022 **no running**

Mon Aug 8, 2022 **4.5 miles running** and 2 miles walking
Warm up: 0.25 miles to the cemetery loop
Walk and run: On the loop 5 x 0.95 miles (3 loops) Ave pace about 15:00/mile
Run: 11:01for 1 miles.
Warm down: 0.25 miles home

Tues Aug 9, 2022 **4.75 miles running** and 2.5 miles walking
Warm up: 0.25 miles to cemetery loop
Walk/Run: I walked and ran 18 loops. I walked the same amount of time as I ran. I ran most of the uphill on each loop. Ave pace about 14:15, Ave HR: 97 bpm
Run: After a few minutes rest I ran a mile in 9:40, Ave HR 133
Warm down: 0.25 miles home

Wed Aug 10, 2022 **3.1 miles running** and 2.2 miles walking
Warm up: 0.3 miles to top of cemetery hill
Walk/Run: I ran and walked 3 x down and up the hill from the top of the cemetery to Jefferson St and back up again. (1.6 miles round trip). For all three times I ran down hill in 9:20 +/- 3 seconds. That's an average pace of 11:40/mile and an ave HR of about 95 bpm. For all uphills the ave HR was about 105. I did not run the first time uphill and ran a little on the 2nd and 3rd times where the hill wasn't too steep. I also kept my pulse under 110 bpm. The ave pace for the uphill was about 16:00/mile.
The average pace for the workout was 13:50/mile. But the pace for the 2nd and3rd trips was about 20 seconds faster than the 1st trip because I ran a little on the uphill for the 2nd and 3rd trips. As long as I kept my HR below 110 bpm running uphill didn't seem to effect my HR very much.
Possible conclusion: On a hilly ultra marathon course a possible routine could be to run the downhill and flat sections and run a little on the uphills when it isn't too steep and keep the heart rate under about 110 bpm.
Warm down: 0.3 miles home

Thur Aug 11, 2022 **3.75 miles running** with Gretchen and Brian on the high school track
Warm up: 1 mile
200m jog, 200m run, 400m run, 400m jog, 600m run, 400m jog,
600m run, 400m jog, 400m run, 400m jog, 200m run, 200m jog
Times for runs: 1:02, 2:09, 3:18, 3:05, 1:55, 57s

Fri Aug 12, 2022 **3 miles running**
Warm up: 0.25 miles to Greendale Cemetery
Run: 2 x 1 mile on the cemetery loop with a 0.25 mile jog after each, Times 9:50 and 9:19
Warm down: 0.25 mile jog home

In the past week: **27.3 miles running** and 12.9 miles walking

Sat Aug 13, 2022 **7 miles of running** and 9.5 miles walking on the Ernst Trail with Jim and Brian
We ran and walked 3 x 5.5 miles. During the first 5.5 miles we ran more than we walked. During
the second, we generally walked 0.25 miles, ran 0.25 miles and repeated to the end. During
the third, we ran about 45s at the beginning of each ½ mile and walked the rest of the ½ mile.
Results: P = ave pace   H = ave heart rate   P x H

1.	12:55	108 bpm	1400 beats/mile
2.	13:46	100 bpm	1380 b/mile
3.	14:55	98 bpm	1460 b/mile

Sun Aug 14, 2022 **no running**

Mon Aug 15, 2022 **5.5 miles running** and 1 mile walking
In the morning
Warm up: 0.25 mile jog to the cemetery
Walk: 1 mile on the loop in 14:26. Ave HR: 106 bpm, P x H = 1530 beats/mile.
Note: P x H is larger than the values for Saturday's workout above but the cemetery loop
has a hill in it. Also I have a feeling that as you walk faster below about 15:00/mile, the
heart rate rises quickly because walking real fast takes more energy than running at the
same rate. I should walk at different fast speeds and see if this is true by comparing
heart rates to heart rates experienced for the same running speed. This should be done on
a flat path. After walking I jogged ¼ mile home
In the afternoon I ran with 7 other runners on the high school track.
Warm up: 1.25 miles including 8 x 100m "pick ups"
Run: 3 x 200m with a 200m jog after each and 6 x 400m with a 400m jog after each.
Times for runs:57s, 57s, 60s, 2:01, 2:03, 2:03, 2:02, 1:58, 1:55

Tues Aug 16, 2022 **no running**

Wed Aug 17, 2022 **3.5 miles running** and 3.5 miles walking
I ran or walked ½ miles on the Allegheny outdoor track with about a 1 minute rest after
each. Times (T), Ave Paces (P), Ave HR's (H) and Heart beats/mile (P x H) follow.
Note: My heart rate responds very quickly to the change of pace.

	T	P	H	P x H
Run	4:45			
Walk	6:44	13:28	108	1450
Run	6:50	13:40	108	1480
Walk	6:16	12:32	124	1550
Run	6:32	13:04	118	1540
Run	5:26	10:52	129	1400
Run	4:30	9:00	144	1300
Walk	6:22	12:44	126	1604
Run	6:23	12:46	121	1540

Walk	6:48	13:36	111	1510
Walk	7:26	14:52	98	1470
Walk	8:02	16:04	90	1440
Walk	8:32	17:04	85	1450
Run	4:25			

Thur Aug 18, 2022 **7.25 miles running**
Warm up: 0.5 miles to the Wise Center
Run: 6 miles on a treadmill in 59:15 or 9:53/mile
Splits and heart rates at the end of each mile.
10:30(117bpm), 10:15(124), 10:00(131), 9:45(134), 9:31(141), 9:14(147)
Warm down: 0.75 miles home

Fri Aug 19, 2022 no running
During the past week: 23.3 miles running and 14 miles walking

Sat Aug 20, 2022 **11.2 miles running** and 10 miles walking.
I ran and walked with Jim Fitch on hills. Time for me: 4 hours and 52 minutes.
Ave Pace: 13:42/mile. In the beginning my heart rate was always about 105+/-5 bpm.
By the end it was about 135+/-5 bpm because I should have had about 100 ounces of Gatorade
and I had only 45 ounces. I was a little dizzy from dehydration. It was hot.

Sun Aug 21, 2022 **no running**

Mon Aug 22, 2022 **2.9 miles running** and 2 miles walking on a hilly course averaging
14:30/mile.

Tues Aug 23, 2022 **4 miles running**
Warm up: 0.3 miles to the cemetery loop
Run: 10 cemetery loops (3.2 miles) in 31:59 or 10:00/mile. Sum of ascents 220 feet
Warm down: 0.5 miles home

Wed Aug 24, 2022 **no running**

Thur Aug 25, 2022 **2.75 miles running** and 1.2 miles walking
Warm up: 0.5 miles to the cemetery hill
Run/walk: 2 x down and up the 0.8 mile hill (3.2 miles). Down hill I mainly ran and up hill I
mainly walked averaging about 14:00/mile. Sum of ascents: 440 feet.
Warm down: 0.25 miles

Fri Aug 26, 2022 **4 miles running**
Warm up: 0.5 miles to the cemetery loop
Run: 10 cemetery loops (3.2 miles) in 31:49 or 10:56/mile. Sum of ascents 220 feet
Warm down: 0.3 miles home

In the past week: 24.9 miles running and 13.2 miles walking
Sat Aug 27, 2022 **12 miles of running** and 10 miles of walking
I ran and walked with Gretchen Meyers and Jim Fitch on the Ernst Trail. I covered 22 miles with 12 miles of running and 10 miles of walking. During the workout I stopped 3 times for drinks .
Ave moving pace: 13:47/mile, Ave heart rate while moving: 109 bpm
Heartbeats per mile while moving: 1500 beats/mile
I drank a lot more than I did last Saturday. This time my pulse stayed low throughout.

Sun Aug 28, 2022 **2.75 miles running** and 1.8 miles walking
Warm up: 0.25 miles to the cemetery loop
Walk/Run: 12 cemetery loops: Distance: 3.82 miles, Time: 49:27, Ave Pace: 12:57/mile
Ave HR: 105 bpm, heart beats per mile: 1360
Warm down: 0.5 mile

Mon Aug 29, 2022 **3.5 miles running** and 1.8 miles walking
Warm up: 0.25 miles to the cemetery loop
Walk/Run: 12 cemetery loops: Distance: 3.82 miles, Time: 48:45, Ave Pace: 12:46/mile
Ave HR: 110 bpm, heart beats per mile: 1370
Rest a few minutes
Run: 1mile on the cemetery loop in 9:52, Ave HR: 131bpm, heart beats/mile: 1290
Warm down: 0.25 mile

Tues Aug 30, 2022 **5.05 miles running**
Warm up: 0.8 miles mainly down hill to the intersection of Jefferson and Randolf.
Run: 2 x (up and down) the cemetery hill. 3.2 miles in 41:52, sum of ascents 420 ft
Ave pace: 13:00/mile, Ave HR: 115bpm, heart beats/min: 1500
After a minute rest: 1 x up the cemetery hill in 9:38, sum of ascents 210 ft.
Ave pace: 12:00/mile, Ave HR: 131 bpm, heart beats/mile:1572
Warm down: 0.25 miles

Wed Aug 31, 2022 **10 miles running**
Run: On the Allegheny outdoor track
10 miles in 1:43:55, Ave Pace: 10:24/mile
2 miles splits: 20:56, 20:48, 20:36, 21:00(stopped for water), 20:35(stopped for water)
I felt better as I ran.

Thur Sept 1, 2022 **4.5 miles running** on the college track, running wide 1 lap =0.25miles
Run: 2 miles in 10:38 + 9:49 = 20:27 and rest 5:00
Run/Jog: 6 x 330yd with 330yd jog after each, ave run time:1:39, ave jog time 2:29
Warm down: 0.25 mile

Fri Sept 2, 2022 **5.05 miles running** and 1.6 miles walking
Run/Walk: 3 loops running and 1 loop walking on the cemetery loop and repeated 4 more times until I covered 20 loops or 6.4 miles in 1:21:42 or 12:46/mile.

In the past week: 42.85 miles running and 15.2 miles walking
Sat Sept 3, 2022 **15 miles running** and 9 miles walking with Jim, Rod and Tim on the Ernst Trail. We stopped 4 times to get our drinks etc.
Run/Walk: Distance: 24 miles, Ave Pace while moving: 12:56
I am thinking now for the 12 hour run on Oct 15, I should average about 13:20 for the first 25miles and about 15:10 after that.

Sun Sept 4, 2022 **4.3 miles running** and 3.9 miles walking
Warm up: 0.3 miles to the cemetery loop
Walk/Run: 24 cemetery loops: Distance: 7.64 miles, Time: 1:40:38, Ave Pace: 13:06/mile
Ave HR: 98 bpm, heart beats per mile: 1280 (compare to last Sunday and Monday)
Warm down: 0.25 mile walking

Mon Sept 5, 2022 5.6 miles running
Warm up: 0.25 miles to the cemetery loop
Run: 16 x loops or 5.12 miles in 1:00:39, Ave Pace: 11:51/mile, Ave HR: 117
heartbeats/mile: 1390 which is higher than yesterday's value.
While running the uphill I kept HR under 120 bpm for the first 4 miles and under 125 for the last mile. Running downhill HR was usually at about 115 bpm or under.
Warm down: 0.2 mile jog home

Tues Sept 6, 2022 6.5 miles running and 1 mile walking
Warm up: ½ mile down to the Wise Center in about 5:00
Run on treadmill: 4 miles in 35:57 or 8:59/mile, heartbeats/mile: 1300
Splits: 9:41, 8:59, 8:49, 8:28 Ave HR: 145 bpm
The last 5k was in 27:14 or 8:46/mile
Warm down: 1 mile on the treadmill in 11:00, 1 mile jogging and 1 mile walking outside.

Wed Sept 7, 2022 **2 miles running**
½ mile to the Wise Center, 2 cycles with all the weight machines, 1 mile on the indoor track in 10:51, ½ mile home

Thur Sept 8, 2022 **2 miles running**
Warm up: 0.25 miles to the cemetery loop :
Run: 2 miles on the 0.32 mile loop in 20:27, Splits: 10:32, 9:55
Warm down: 0.25 miles home

Fri Sept 9, 2022 **4 miles running**
Warm up: 0.25 miles to the cemetery loop :
Run: 1 miles on the 0.32 mile loop in 18:34 and rest a few minutes
2 miles in 18:34, Splits: 9:32, 9:02
Warm down: 0.25 miles home

In the past week: 39.4 miles running and 13.9 miles walking
Sat Sept 10, 2022 **15 miles running** and 11.5 miles walking
I ran and walked with 5 other runners on the Ernst Trail.
Walk/Run: 5 loops separated by a few minutes to get nourishment

	Distance	Run	Walk	Ave Pace	Ave HR	Heartbeats/mile
1.	3	3	0	11:45	139	1633
2.	4.5	2.25	2.25	13:01	107	1391
3.	4.5	2.25	2.25	13:35	106	1434
4.	7	3	4	14:00	102	1428
5.	7.5	4.5	3	13:15	113	1497
Totals	26.5	15	11.5	13:17		

Sun Sept 11, 2022 **4.38 miles running** on the Allegheny indoor track
Splits: 11:27, 10:43, 10:18, 10:08 and 10:40/mile for the last 0.38 miles
I felt surprisingly good after yesterdays long walk/run.

Mon Sept 12, 2022 **6 miles of running** and ½ mile of walking.
I ran on Limber, Jefferson, up the Cemetery hill to the top, 8+ cemetery loops and back
the same way home. Distance: 6 miles, Time: 1:08:52, Pace: 11:29/mile,
sum of ascents: 600 feet, This was the best run on this course in a while.
In the recent past I typically ran variations of this course at about 12:00/miles. Today I
was faster and ran a little farther.
Later in the day I walked a ½ mile on the high school track averaging 14:28/mile.

Tues Sept 13, 2022 **no running**, I got a Covid booster.

Wed Sept 14, 2022 **2 miles running**
I jogged and ¼ mile to the cemetery loop, ran 5 loops in (1.6 miles) in 18:00 or
11:15/mile. Then a ¼ mile jog home. I was really tired from having a shot yesterday. I
was tired the rest of the day.

Thur Sept 15, 2022 **no running**

Fri Sept 16, 2022 **3.7 miles running**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops (3.2 miles) in 34:47, Ave Pace: 10:52/mile, Ave HR: 125
heartbeats/mile: 1360
Warm down: 0.25 miles home

In the past week: 31.1 miles running, 12 miles walking

Sat Sept 17, 2022 1 mile walking in 16:16

Sun Sept 18, 2022 **2.5 miles of running** and 1.2 miles of walking.
Warm up: 0.25 miles to the cemetery loop
Walk/Run: 10 loops (3.2 miles) in 38:51, Ave Pace: 12:08/mile, Ave HR: 108 bpm
heartbeats/mile: 1520, I ran about 0.2 miles and walked about 0.12 miles per loop.
Warm down: 0.25 miles home

Mon Sept 19, 2022 **5 miles of running** and ½ mile walking
Run: On a treadmill at the Wise Center: 5 miles in 49:45
Splits: 10:15, 10:00, 9:45, 9:45, 10:00
Warm down: ½ mile walk in 8:15

Tues Sept 20, 2022 **3.7 miles running**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops (3.2 miles) in 32:42, Ave Pace: 10:13/mile
Splits: 10:30, 10:44, 9:59 and the last 0.2 miles at 8:00/mile
Warm down: 0.25 miles home

Wed Sept 21, 2022 **4.35 miles running** and 0.4 miles walking
Warm up: 0.25 miles to the cemetery loop
Run: 4 x (3 loops = 0.95 miles) with a 0.1 mile walk after each,
Times for runs: 9:33, 9:44, 9:51, 9:26 Paces for walks: about 14:45/mile
Ave Pace: 10:30/mile
Warm down: 0.25 miles home

Thur Sept 22, 2022 **3.1 miles running** and 2 miles walking
Warm up: 0.3 miles to the cemetery loop
Run/walk: I alternated walking and running 14 cemetery loop. I ran a little more than I
walked. Distance: 4.48 miles, Time: 58:36 Ave Pace: 13:05/mile
Warm down: 0.3 miles home

Fri Sept 23, 2022 **2.9 miles running** and 2.2 miles walking
Warm up: 0.3 miles to the cemetery loop
Run/walk: I walked 1 loop, ran 1 loop and repeated until I covered 14 loops. I ran and
walked faster than yesterday. Distance: 4.48 miles, Time: 57:38 Ave Pace: 12:51/mile
Warm down: 0.3 miles home

In the past week 21.6 miles running and 7.3 miles walking

Sat Sept 24, 2022 **13 miles running** and 18 miles walking
I ran and walked with Tim, Brian and Rod on the Ernst Trail. Rod and I did 31.2 miles
during 4 time periods separated by about 10 minutes each when we stopped to get drinks
etc. The total time walking and running was 6:55:00 (ave pace = 13:22/mile while
moving). To walk and run 50 miles in 12 hours requires a pace no higher than
14:24/mile. So an ave. pace of 13:22/mile isn't bad for 50k.
Ave HR=118 bpm, Ave heartbeats/mile = ave pace x HR = 1577 heartbeats/mile.

Sun Sept 25- Tues Sept 27 no running

Wed Sept 28, 2022 3.65 miles walking, ave pace: 15:07/mile

Thur Sept 29, 2022 **2.2 miles running** and 1.5 miles walking
Warm up: 0.25 mile to the cemetery loop
Walk/Run: I alternated running and walking. Distance: 3.2 miles (10 loops). Each time I
walked a little less than a loop and ran a little more.
Time:42:35, Ave pace: 13:20/mile, Ave HR: 100.

Fri Sept 30, 2022 **3.7 miles running**
Warm up: 0.25 mile to the cemetery loop
Walk/Run: I ran 3.2 miles on the loop.
Time: 36:08, Ave pace: 11:18/mile, Ave HR: 120.

In the past week: 18.9 miles running and 23.2 miles walking

Sat Oct 1, 2022 3.3 miles and 3 miles walking
Walk/Run: I walked and ran with Tim, Rod and Brian on the Ernst Trail
We walked for 3:25, ran for 3:25 and repeated until the end. So we ran a little more than
we walked. Ave pace: 13:00, Ave HR: 115
I was going to go more but the front of my left leg hurt near my foot. I think my shoe
was too tight. I went home, changed shoes and tried running but the discomfort was still
there so I stopped.

Sun Oct 2, 2022 **2.1 miles running** and 2.4 miles walking
Walk: 1 mile on somewhat hilly road, Time: 15:51
Walk/Run: The run/walk ratio was about 1.3/1 on the cemetery loop.
Distance: 3.2 miles, Time: 42:11, Ave Pace: 13:05, Ave HR about 114 bpm
Warm down: 0.25 jog home

Tues Oct 4, 2022 **2.3 miles running** and 1.4 miles walking
Warm up: 0.25 mile to the cemetery loop
Walk/Run: I alternated running and walking. Distance: 3.2 miles (10 loops). Each 2 loops, I walked 0.04 miles less than a loop and ran 0.04 miles more than a loop. Time: 44:10, Ave pace: 13:24/mile, Ave HR: about 108.
Warm down: 0.25 jog home

Wed Oct 5, 2022 **2.3 miles running** and 1.4 miles walking
Warm up: 0.25 mile to the cemetery loop
Walk/Run: I alternated running and walking. Distance: 3.2 miles (10 loops). Each 2 loops, I walked 0.04 miles less than a loop and ran 0.04 miles more than a loop. Time: 41:36, Ave pace: 13:00/mile, Ave HR: about 111.
Warm down: 0.25 jog home

Thur Oct 6, 2022 **2.3 miles running** and 1.4 miles walking
Warm up: 0.25 mile to the cemetery loop
Walk/Run: I alternated running and walking. Distance: 3.2 miles (10 loops). Each 2 loops, I walked 0.04 miles less than a loop and ran 0.04 miles more than a loop. Time: 41:39, Ave pace: 13:03/mile, Ave HR: about 110.
Warm down: 0.25 jog home

Fri Oct 7, 2022 **2.3 miles running** and 1.4 miles walking
Warm up: 0.25 mile to the cemetery loop
Walk/Run: I alternated running and walking. Distance: 3.2 miles (10 loops). Each 2 loops, I walked 0.04 miles less than a loop and ran 0.04 miles more than a loop. Time: 41:00, Ave pace: 12:49/mile
Warm down: 0.25 jog home

In the past week: 14.6 miles running and 11 miles walking

Sat Oct 8, 2022 **3.8 miles running** and 2.7 miles walking
Warm up: 0.5 miles walking and 0.5 miles running
Walk/Run: 3 x up and down the cemetery hill from Jefferson St. to the top of the cemetery, Distance: 4.8 miles, Ave pace 13:15/mile
Walk/Run: 0.7 miles on Jefferson and Limber, Ave Pace: about 14:00/mile

Sun Oct 9, 2022 **3.7 miles running**
Warm up: 0.25 miles to the cemetery loop
Run: 3.2 miles (10 x cemetery loop) in 30:33 or 9:33/mile, total ascent: 220 ft
Splits: 10:04, 9:36, 9:06 and 1:47 for the last 0.2 miles, Ave HR: 148 bpm

Warm down: 0.25 miles home
Mon Oct 10, 2022 **no running**
I cut grass with a push mower for about 45 minutes.

Thur Oct 13, 2022 **2.2 miles running** and 1.5 miles walking
Warm up: 0.25 mile to the cemetery loop
Walk/Run: I alternated running and walking. Distance: 3.2 miles (10 loops). For each loop I ran a half loop downhill and walked a half loop up hill.
Time:42:35, Ave pace: 13:20/mile. This is the same time as on Sept 29 when I ran more than I walked.

During the past week: **9.7 miles running** and 4.2 miles walking

Sat Oct 15, 2022 **13 miles running** and 12 miles walking..
I ran and walked 25 miles in the Erie Endurance Run

Sun Oct 16, 2022 no running

Mon Oct 17. 2022 1 mile walking an **1 mile running**

Tues Oct 18 **1 mile running**

We flew to The Netherlands

Wed Oct 19 no running

Thur Oct 20, 2022 **2.06 miles** with Joe.
Ave pace 9:50/mile

Fri Oct 21, no running

In the last week: **18.1 miles running** and 13 miles walking

Sat Oct 22, **2 miles**
Run: 2 miles averaging about 10:15/mile

Sun Oct 23, 2022 **2.3 miles**
Run: With Joe 2miles, Splits: 10:07 and 9:37
Warm down: 0.33 miles at about 10:30/mile

Mon Oct 24, 2022 **3.5 miles**
Warm up: 0.25 miles

Run: 6x0.25 miles with a 0.25 jog after each. Three runs were with the wind and 3 against. Ave time 2:20. Ave jog time: 3:17
Warm down: 0.25 miles

Tues Oct 25, 2022 **3.75 miles**
Warm up: 0.5 miles
Run: 6x0.25 miles with a 0.25 jog after. Ave time 2:17, Ave jog time: 3:17
Warm down: 0.25 miles

Wed Oct 26, 2022 **5.5 miles**
Warm up: 1.75 miles
Run: 6x0.25 miles with a 0.25 jog after. Ave time 2:13, Ave jog time: 3:08
Warm down: 0.75 miles

Thur Oct 27, 2022 **3miles running** and 1 mile walking.
Run/Walk: I ran 3/4 mile, walked 1/4 mile and repeated until I reached 4 miles.
Ave pace: 12:35/mile
Ave running pace: about 11:30/mile
Ave walking pace: about 16:00/mile

Fri Oct 28, 2022 **4.25 miles running** and 1.25 mile walking.
Warm up: 0.25 mile jog
Run/Walk: I ran 3/4 mile, walked 1/4 mile and repeated until I reached 5 miles.
Ave pace: 11:54/mile
Ave running pace: about 10:50/mile
Ave walking pace: about 15:30/mile
Warm down: 0.25 mile jog

In the last week: **24.1 miles running** and 2 miles walking

Mon Oct 31, 2022 **5.3 miles**
Warm up: 0.3miles
Run: 2 x 2 miles with 0.5 mile jog between
1. Splits 10:00, 10:06
2. Splits 9:36, 9:22
Warm down: 0.5 miles

Wed Nov 2, 2023 no running

Thur Nov 3, 2023 **2.5 miles running** 0.25 miles walking

Fri Nov 4, 2023 **3.15 miles running** 0.4 miles walking

During the past week: 11 miles

Sat Nov 5, 2022 **4 miles** of running and jogging averaging 12:34/mile

Sun Nov 6, 2022 **4.25 miles** at 11:11/mile

Mon Nov 7, 2022 **4.75 miles running** at 10:25/mile.
     My ankle is better than yesterday.

Fri Nov 11, 2022 **3 miles**
1 mile on the indoor track in 11:26 and rest a few minutes
2 miles on a treadmill, Splits: 11:02 and 10:25

During the past week: 16 miles

Sat Nov 12, 2022 **3.5 miles**
1 miles on the indoor track in 9:47 and rest a few minutes and 0.1 mile lead in to 2 miles
2 miles on a treadmill, Splits: 10:16 and 10:03
warm down: 0.4 miles

Sun Nov 13, 2022 **4.35 miles** on a treadmill in 40:39
0.1 mile lead in to a 4 mile run
Mile Splits: 10:31, 10:16, 10:00, 9:52
Warm down: 0.25 miles in 3 min.

Mon Nov 14, 2022 **4.35 miles**
0.1 mile lead in to a 4 mile run
Run: 4 miles in 39:59
Mile Splits: 10:25, 9:59, 9:50, 9:45
Warm down: 0.25 miles in 3 min

Tues Nov 15, 2022 **1 mile** on a treadmill
A complete cycle with weight machines

Wed Nov 16, 2022 **4.35 miles**
0.1 mile lead in to a 4 mile run
Mile Splits: 9:55, 9:44, 9:36, 9:24, Time: 38:40 or 9:40/mile
Warm down: 0.25 miles in 3 min

Thur Nov 17, 2022 **1 mile** on a treadmill
A complete cycle with weight machines
Fri Nov 18 No running I am sick with a cold

During the past week: 17.7 miles
Sat Nov 19 &Sun Nov 20 No running I am sick with a cold

Mon Nov 21 2022 no running but a good workout on elliptical
On elliptical:
10 minutes including 2x1 minute fast and rest a few minutes
20 minutes including 3x1 minute fast and 2x1/2 minute fast and a few minute rest
10 minutes at a easy pace

Tue Nov 22 2022 no running but a good workout on elliptical
On elliptical:
30 minutes at a good pace

Wed Nov 23 2022 **no running** but a good workout on elliptical
On elliptical:
25 minutes at a good pace

Thur Nov 24, 2022 **2.85 miles** It was 43 degrees and I wore sweat clothes. **Good run!**
Run: I ran down Limber and Jefferson, into the cemetery and to the very top of the
cemetery. I ran the first mile in 10:07 and the rest of the uphill (.57 miles) averaging
11:37/mile per mile . This was a hard run. Then I rested a few minutes
Run: I mile on the cemetery loop in 9:23 and rest a few minutes
Warm down: 0.25 mile jog home

Fri Nov 25, 2022 **no running** but a good workout on elliptical
5 minutes at a speed of about 17.
8x40s at speed of 20-21 with 80s jogs after each
4 minutes at a speed of about 15.

In the past week: 2.85 miles

Sat Nov 26, 2022 **4.45 miles running**
Warm up: 1 mile to the cemetery loop
Run: 3.2 miles (10 x cemetery loop) in 30:40 or 9:35/mile, total ascent: 220 ft
Splits: 9:46, 9:46, 9:27 and 1:40 for the last 0.2 miles
Warm down: 0.25 miles home

Sun Nov 27,2022 **no running**

Mon Nov 28, 2022 **6.25 miles**
Run: On a Wise Center treadmill, 6.25 miles in 60 minutes.
Spits: 10:06, 9:56, 9:44, 9:36, 9:20, 9:05 and the last 0.25 mile in 2:14 or 8:57/mile

Ave Pace: 9:36/mile, Ave HR ~146 , Final HR ~ 163

Tues Nov 29, 2022 **3 miles running**
Two cycles on 4 weight machines for my legs
Run/walk: I ran and walked 25 laps on the indoor track. I went around wide on the track so each lap was 1/8 of a mile. I walked a total of about 1/8 of a mile and ran 3 miles. Total time: 37:16

Wed Nov 30, 2022 **4.5 miles**
Warm up: 0.5 miles and rest a few minutes
Run: 4 miles on a treadmill, Splits: 9:30, 9:21, 9:12, 9:00,
Time: 37:03, Ave Pace: 9:16, Max HR: 159 bpm

Thur Dec 1, 2022 **4.13 miles**
I ran 33 laps on the indoor track running wide so each lap was 1/8 mile.
In the beginning I jogged a fraction of a lap after I ran 3 laps and repeated. By the end I was jogging a lap after I ran every 3 laps.
Time: 50:22, Ave pace: 12:12/mile, Ave HR 113 bpm, Max HR: 124 bpm

Fri Dec 2, 2022 **4.5 miles**
I ran 36 laps on the indoor track running wide so each lap was 1/8 mile.
I jogged a lap after I ran 3 laps and repeated until I covered 4.5 miles.
Time: 55:36, Ave pace: 12:21/mile, While running at about 11:40/mile my pulse rose to about 118 bpm. While jogging at about 14:20/mile my pulse fell to about 107 bpm.

During the last week I ran **26.85 miles**

Sat Dec 3, **5.75 miles**
Warm up: 1.5 miles going faster as I ran and rest a few minutes
Run: 0.05 mile lead in to 4 miles on a treadmill, Splits: 9:05, 8:57, 8:53, 8:30
The last half mile was in 4:07 and the last ¼ mile was in 2:01
Time: 35:26, Ave Pace: 8:52/mile, Max HR: 153 bpm
Compare to Wed Nov 30, 2022 just 3 days ago.
Warm down: 0.2 miles

Sun Dec 4, 2022 **4.5 miles**
Two cycles on 5 weight machines for my legs
I ran 32 laps on the indoor track running wide so each lap was 1/8 mile.
I jogged a lap after I ran 3 laps and repeated until I covered 4 miles.
Time: 47:48, Ave pace: 11:57/mile, While running at about 11:20/mile my pulse rose to about 126 bpm. While jogging at about 13:50/mile my pulse fell to about 112 bpm.
I ran and jogged better today than I have been lately.

Mon Dec 5, 2022 **5.4 miles**
Warm up: 1 mile going faster as I ran and rest a few minutes
Run: 0.05 mile lead in to 4.11 miles on a treadmill, Splits: 8:58, 8:43, 8:20, 7:48, 0:50
The last 1/4 mile was at 7:30/mile pace.
Time: 34:39, Ave Pace: 8:26/mile, Max HR: 159 bpm
The last 5K was in 25:41 or 8:15/mile. I haven't run a 5K this fast since I ran Mark
Courtney's virtual Ice Cream Race back on August 19, 2020.
Warm down: 0.25 miles

Tues Dec 6, 2022 **2.1 miles**
One cycle on 5 weight machines for my legs
Warm up: 1 mile at various paces on a treadmill and rest a few minutes.
Run: 0.1 mile lead into a one mile run on the treadmill
Time for 1 mile: 7:22, Max pulse: 155 bpm

Wed Dec. 7, 2022 **5.75 miles**
Warm up: 1 mile at various paces on a treadmill and rest a few minutes.
Run on treadmill: 8 x ¼ run with ¼ mile jog before each. Time for jogs: about 3:00
Time for runs: 2:00, 2:00, 1:58, 1:51, 1:57, 1:55, 1:53.9, 1:50
Warm down: ½ mile in 5:00

Thur Dec 8, 2022 **4.6 miles**
Warm up: 0.5 miles to the Wise Center
Run on a treadmill: 5K averaging 9:00/mile
Warm down: 1 mile jog and ½ mile walk

Fri Dec 9, 2022 **no running**

During the past week: **28.1 miles**

Sat Dec 10, 2022 **4 miles**
Warm up: 1 mile at various paces on a treadmill in 9:48 and rest a few minutes
Run/Jog: 3 miles on the indoor track averaging 11:23/mile. I ran about 2.5 miles and
jogged 6 times for a total distance of about ½ mile.
Next time I will run 3 laps, jog 1 lap and repeat.

Sun Dec 11, 2022 **4.5 miles**
Run/Jog: I ran and jogged 4.5 miles on the indoor track averaging about 13:15/mile.

Mon Dec 12, 2022 **5.5 miles** on a college treadmill
I ran 5 miles in 50 minutes and jogged ½ mile in 6 minutes

Tues Dec 13, 2022 **4.7 miles**
Warm up: 0.35 miles to the top of the cemetery hill
Run: The course was 0.8 miles down the cemetery hill and then 0.2 miles down
Randolph St, turn around and go 1 mile up to the top of the cemetery again and repeat
for a total of 4 miles. The sum of the ascents along the 4 miles course was 500 feet.
Time: 47:48 or 11:56/mile, **Mile Splits:** 11:01, 13:49. 10:11, 12:43
This was a good run especially the second time down and up the hill.
Warm down: 0.35 miles home

Wed Dec 14, 2022
Warm up: 0.25 miles to the cemetery loop
Run: 16 loops or 5.12 miles in 54:42, Ave Pace: 10:42. Sum of ascents: 350 feet
Warm down: 0.25 miles home
This was a good run.

Thur Dec 15, 2022 **5.05 miles** on a Wise Center treadmill
Warm up: 0.75 miles at various paces and rest a few minutes
Run: A 0.05 mile lead in and a 4 mile run. 4 mile time: 37:52 Ave pace 9:28/mile
Mile Splits: 9:40, 9:34, 9:26, 9:12 Max Pulse: 152 bpm

Fri Dec 16, 2022 **1.88 miles**
I did 2 cycles on five weight machines for legs. Then I ran and jogged 7 laps on the
Wise Center indoor track averaging 11:50/mile.

During the past week: **31.3 miles running**

Sat Dec 17, 2022 **5 miles** on the indoor track
Warm up: ½ mile at various paces
Run: 8 x 0.25 miles with 0.25 mile jog after each, the jogs took about 3:30
Times: 2:12, 2:13, 2:13, 2:07, 2:17, 2:13, 2:17, 2:07, Max HR: 151 bpm
Warm down: ½ mile jog

Sun Dec 18, 2022 **4 miles** on the indoor track
Run/Jog: I ran and jogged 4 miles and averaged 12:23/mile. For every 3/16 of a mile I
ran, I jogged 1/16 of a mile. My running pace was about 11:40/mile and jogging pace
about 14:40/mile. Ave Pulse: 108, peak pulse: 119. My pulse would drop about 10 bpm
while jogging compared to what it previously was while running.

Mon Dec 19, 2022 **4 miles** on the indoor track
Run/Jog: I ran and jogged 4 miles and averaged 12:43/mile. I alternated jogging and
running 1/8 mile. AvePulse:110, peak pulse: 121. My pulse was higher than yesterday
even though my average pace was lower today. A 1/1 run/jog ratio may be too low.

Tues Dec 20, 2022 **5.25 miles** on a treadmill
Warm up: 0.6 miles at various paces
Run: 0.05 mile lead into a 4.11 mile run. Time: 38:04, Ave pace: 9:16/mile
Splits: 9:39, 9:24, 9:13, 8:52, 55 (for the last 0.11 or 8:20/mile).
Time for the last 5K: 28:25 or 9:08/mile

Wed Dec 21, 2022 **5 miles** on very hilly roads
I ran 5 miles on a very hilly road course along Limber, Jefferson, the cemetery hill and a
short distance on Randolph to make the total distance be 5 miles.
Ave pace:13:03/mile, Sum of ascents: 675 feet, Ave Pulse: 112 bpm, Max Pulse:130 bpm

Thurs Dec 22, 2022 **6 miles** on a college treadmill
Warm up: 0.5 miles and rest a few minutes
Run on treadmill: 10 x ¼ run with ¼ mile jog before each. Time for jogs: about 3:00
Time for runs: 2:14, 2:14, 2:14, 2:14, 2:14, 2:14, 2:12, 2:10, 2:08.5, 2:00
Warm down: ½ mile in 5:00

Fri Dec 23, 2022 **no running**
The Bomb, Cyclone, Blizzard hit and the Wise Center closed until Jan 2.

During the past week: **29.25 miles running**

Sun Dec 25, 2022 **no running** 12 minutes at level 17 on the elliptical

Mon Dec 26, 2022 **no running** 28 minutes at level 15 on the elliptical

Tues Dec 27,2022 **no running** 20 minutes at level 15 on the elliptical

Wed Dec 28, 2022 **no running** 20 minutes at level 15 on the elliptical

Thur Dec 29, 2022 **5 miles** on very hilly roads
I ran 5 miles on a very hilly road course along Limber, Jefferson, the cemetery hill and a
short distance on Randolph to make the total distance be 5 miles.
The last 0.8 miles was mainly uphill and I ran it fast.
Ave pace:11:57/mile, Sum of ascents: 675 feet, Ave Pulse: 125 bpm, Max Pulse:157 bpm
Eight days ago on the same course:
Ave pace:13:03/mile, Sum of ascents: 675 feet, Ave Pulse: 112 bpm, Max Pulse:130 bpm

Fri Dec 30, 2022 **5 miles** on the high school track
Run: 2 miles in 21:52 splits 10:16, 11:35 and rest a few minutes
Run: 3 miles, I alternated jogging 220 yards and running 220 yards
jogging pace: about 14:40, running pace: about 11:20, Ave pace: 12:53/mile

During the past week: **10 miles running**

Sat Dec 31, 2022 no running

Sun Jan 1, 2023 **3 miles** on hilly roads averaging 12:30/ mile

Mon Jan 2, 2023 **3.7 miles**
3.7 miles including 10 cemetery (3.2 miles) averaging 11:10/mile
Sum of ascents: 220 feet

Tues Jan 3, 2023 **5 miles** on a college treadmill
Warm up: 2 miles in 21:00, splits 10:45 and 10:15 and rest a few minutes
Run: 3 x ¼ mile in 2:09 with a 3:00 ¼ mile before each run
I was planning on running more 1/4's but I was really tired and my pulse was high.
Warm down: 1.5 miles at 11:00/mile

Wed Jan 4, 2023 no running 2 miles walking
I walked 2 miles in 23:11 on hilly rods

Thur Jan 5, 2023 **5 miles**
On treadmill: 2 miles in 21 minutes going faster as I ran
On indoor track: I jogged and ran 3 miles averaging 13:17/mile

Fri Jan 6, 2023 **5.75 miles**
Warm up: 0.5 miles at various paces and rest a few minutes
Run: 5 miles on a treadmill starting at 10:10/mile and ending at 9:22/mile
Time: 49:12 or 9:50/mile
Warm down: ¼ mile in 3:00

During the past week: **22.45 miles running**

Sat Jan 7, 2023 **no running** 32 minutes at level 15 on the elliptical

Sun Jan 8, 2023 **no running** 38 minutes on the elliptical
I started at level 15 and worked up to level 17.

Mon Jan 9, 2023 **no running**

Tues Jan 10, 2023 **5.5 miles** on a treadmill
Warm up: 1 mile at various paces in 10:00 and rest a few minutes
Run: 8 x 0.25 miles with 0.25 mile jog before each run. Run times: 2:14, Jog times: 3:02
Warm down: ½ mile in 5:20

Wed Jan 11, 2023 **no running**

Thur Jan 12, 2023 **5.5 miles** on a treadmill
Warm up: 1 mile at various paces in 10:00 and rest a few minutes
Run: 8 x 0.25 miles with 0.25 mile jog before each run. Run times: 2:14, Jog times: 3:01
Warm down: ½ mile in 5:15
I felt somewhat better than 2 days ago.

Fri Jan 13, 2023 **5 miles** on the indoor track
Run: While I ran I kept alternating between two different speeds. First I ran 3/16 of a
mile at about 11:00/mile and then 1/16 of a mile at 13:40/mile and then repeated this
until I reached 5 miles. Time for 5 miles: 58:22, Ave pace: 11:40
Splits: 11:27, 11:29, 11:40, 11:51, 11:56

During the past week: **16 miles**

Sat Jan 14, 2023 **6.31 miles**
Run: I ran for 1 hour on a treadmill and covered 6.31 miles. Ave pace: 9:30.5/mile
Mile splits: 9:50, 9:41, 9:40, 9:30, 9:21, 9:11 and the last 0.31 miles at 8:57/mile
Ave HR: ~140 bpm, Max HR near the end: 160 bpm

Sun Jan 15, 2023 **5 miles**
I ran 5 miles on the indoor track. I ran a ¼ mile, jogged a ¼ mile and repeated until I had
covered 5 miles averaging about 13:00/mile. This is a good routine for running an ultra. l

Mon Jan 16, 2023 **5 miles** on very hilly roads
I ran 5 miles on a very hilly road course along Limber, Jefferson, the cemetery hill and a
short distance on Randolph to make the total distance be 5 miles.
The last 0.8 miles was mainly uphill and I ran it fast. Time 56:51
Ave pace:11:22/mile, Sum of ascents: 675 feet, Ave Pulse: ? bpm, Max Pulse:?

Tues Jan 17, 2023 **5.62 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 16 cemetery loops or 5.12 miles in 1:05:32 (12:48/mile)
I ran a loop, jogged a loop and repeated until I completed 16 loops.
Ave. running pace: 12:06/mile, Ave jogging pace 13:30/mile
Total ascent along the run: 352 feet.

Wed Jan 18, 2023 **4.5 miles**
Run: 10 cemetery loops plus one mile in 46:04 (10:59/mile). Distance:4.2 miles
The last mile was in 10:11. Total ascent along the run: 286 feet.
Warm down: 0.3 miles.

Thur Jan 19, 2023 **4.75 miles** on a treadmill
Warm up: 0.75 miles at various pace averaging 10:00/mile
Run: ½ mile, ½ mile, ¼ mile, ¼ mile, ¼ mile, ¼ mile with a ¼ mile jog before each.
Times: 4:29, 4:29, 2:12, 2:10, 2:05, 2:02 jogs all in about 3:00.
Warm down: ½ mile in 5:15

Fri Jan 20, 2023 **4.3 miles** on a treadmill
Warm up: 0.7 miles at various paces in about 7 minutes
Run: 5K in 29:25, Splits: 9:47, 9:29, 9:10, 0:59 Ave Pace: 9:28/mile
Warm down: 0.5 miles in 5:10

During the past week: **35.5miles**

Sat Jan 21, 2023 **6.65 miles** on a treadmill
Run: 6.15 miles in 60:00, Ave Pace: 9:45/mile, last mile in 9:22, last 0.15 at 9:00/mile.
Max Pulse: 156 bpm
Warm down: 0.5 miles in 5:00.

Sun Jan 22, 2023 **5.5 miles**
I ran 5.5 miles on the indoor track in 1:00:10 averaging 10:56/mile

Mon Jan 23, 2023 **6 miles**
I ran 5.78 miles on a treadmill in 1:00:00 averaging 10:23/mile
Splits: 2.5 miles at 5.7 mi/hour, 1.5 miles at 5.8 mi/hour,
        1.5 miles at 5.9 mi/hour, 0.28 miles at 6.0 mi/hr
Heart rate near the end: 137 bpm. At half-way it was in the mid 120's.
Warm down: 0.25 miles in 2:55

My body is tired. I need to back off for a while.

Tues Jan 24, 2023 **3.25 miles**
Warm up: 0.25 miles of drills on the indoor track
Run: I ran 3 miles on a treadmill. Approximate Splits 12:00, 11:00, 11:00
Ave HR: 114 bpm **Final HR:** ~122 bpm

Wed Jan 25, 2023 **3.5 miles**
Warm up: 0.25 miles of drills on the indoor track
Run: I ran 3 miles on a treadmill. Approximate Splits 11:00, 11:00, 11:00
Ave HR: 125 bpm **Final HR:** ~128 bpm
Warm down: 0.25 miles in about 3 minutes

Thur Jan 26, 2023 **4 miles**
Warm up: 0.25 miles of drills on the indoor track
Run: 3.5 miles on a treadmill. Approximate Splits 11:00, 11:00, 11:00, 5:30
Ave HR: 119 bpm **HR after 3 miles:** 124 bpm **Final HR:** 123 bpm
Warm down: 0.25 miles in about 3 minutes
My heart rate was generally lower today than yesterday.

Fri Jan 27, 2023 **4.5 miles**
Warm up: 0.25 miles of drills on the indoor track
Run: 4 miles on a treadmill.
Splits and HR at the end of the mile:
    10:35 (125 bpm), 10:22 (125 bpm), 10:31 (127 bpm), 10:32 (128 bpm)
Warm down: 0.25 miles in about 3 minutes

During the past week: **33.4miles**

Sat Jan 28, 2023 **no running**

Sun Jan 29, 2023 **no running**

Mon Jan 30, 2023 **6.64 miles**
Run: I ran for 1 hour on a treadmill and covered 6.39 miles. Ave pace: 9:23.4/mile
Mile splits: 10:00, 9:45, 9:30, 9:14, 9:05, 9:00, the last 0.39 miles averaging 8:48/mile
Ave HR: ~143 bpm, Max HR near the end: 161 bpm
The 5k starting at the 3 mile mark and ending near 6.11miles averaged 9:06/mile.

Tues Jan 31, 2023 **3.5 miles** on the indoor track
Warm up: ¼ mile of drills
Run: 3.25 miles, Splits: 11:49, 11:38, 10:23, 2:32

Wed Feb 1, 2023 **2.38 miles** on the indoor track
I ran 2.13 miles going faster as I ran and averaging 10:22/mile. The last ¾ mile was at an
average pace of 9:49/mile

Thurs Feb 2, 2023 **3.25 miles** on the indoor track
I ran 3/16 of a miles and jogged 1/16 of a mile mile and repeated until I reached 3.25
miles. Average pace 11:00/mile. Running pace about 10:45/mile and jogging pace about
12:00/mile.

Fri Feb 3, 2023 **4 miles**
On the indoor track:
During each ¼ mile I ran about 370 yards and jogged about 70 yards. I did this for 3 miles and averaged about 10:54/mile. Then I rested about 5 minutes.
On a treadmill:
I ran a mile. First I ran a 0.1 mile lead-in to a 1K run, then I ran 1K at a pace of 8:00/mile and then I slowed down and ran 0.28 miles. Time for the mile about 9:20. Check below for a summary of distances I have run at 8:00.mile.

During the past week: **19.8 miles**

Sat Feb 4, 2023 **4.25 miles** on the indoor track
I ran 4.25 miles on the indoor track with Colton McCurdy at the end of his long run.
Time: 43:47, Ave Pace: 10:18/mile, Max HR: 149 bpm

Sun Feb 5, 2023 **5 miles** on very hilly roads
I ran 5 miles on a very hilly road course along Limber, Jefferson, the cemetery hill and a short distance on Randolph to make the total distance be 5 miles.
The last 0.8 miles was mainly uphill and I ran it fast. Time 55:04
Ave pace:11:01/mile, Sum of ascents: 675 feet, Ave Pulse: 127 bpm, Max Pulse: 155
See below for summary of my runs on this course.

Mon Feb 6, 2023 **3.75 miles** with Jim Fitch on the indoor track
Warm up: ¾ mile jog and ¼ mile of drills
Run: 4 x ¼ mile with 1/8 mile before each run, times: 2:28, 2:17, 2:30, 2:18
¼ mile jog and a ½ mile in 4:44
Warm down: We ran and jogged a half mile:
3/16 mile run+1/16 mile jog +3/16 mile run+1/16 mile jog, Time: 5:53 Ave Pace11:46
Running pace: 11:00/mile Jogging pace: 14:15/mile

Tues Feb 7, 2023 **3.25 miles** on the indoor track
Warm up: ¼ mile of drills
Run: 3 miles of running and jogging at average pace of about 11:45/mile

Wed Feb 8, 2023 **3.25 miles** on the indoor track
Warm up: ¼ mile of drills
Run: 3 miles of running and jogging at average pace of about 12:00/mile

Thur Feb 9, 2023 **4.1 miles**
Warm up: ½ mile on the indoor track in 4:50 and rest a few minutes
Run on a treadmill:
0.5 mile lead into a 5K(Peak pulse 151 bpm) and ½ mile after the 5K at various spaces

5K in 27:53, Ave Pace: 8:58/mile, Splits: 9:05, 8:57, 8:54 , last 0.11miles at 8:40/mile
Fri Feb 10, 2023 **no running**

During the past week: **23.6 miles**

Sat Feb 11, 2023 **3.7 miles**
Warm up: ¼ mile to the cemetery loop
Run: 10 loops (3.2 miles) in 35:01, Ave Pace: 10:56/mile
Warm down: ¼ mile home

Sun Feb 12, 2023 **2.75 miles**
Warm up: 1.5 miles at various paces end at the cemetery loop
Run: 1 mile on the loop in 10:51
Warm down: ¼ mile home

Mon Feb 13, 2023 **2 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 1.5 mile on the loop at about 12:00/mile
Warm down: 0.25 miles home

Tues Feb 14, 2023 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops (3.2 miles) in 35:03, Ave Pace: 10:57/mile
Warm down: 0.25 miles home

Wed Feb 15, 2023 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops (3.2 miles) in 33:31, Ave Pace: 10:28/mile
Ave HR: 125 bpm, Max HR: 142 bpm
Warm down: 0.25 miles home
It was a nice today. I didn't wear sweats.

Thur Feb 16, 2023 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops (3.2 miles) in 35:23, Ave Pace: 11:03/mile
Ave HR: 116 bpm, Max HR: 141 bpm
Warm down: 0.25 miles home
I wore sweats.

Fri Feb 17, 2023 **no running**

During the past week: **19.7 miles**

Sat Feb 18, 2023 **5 miles**
I ran 5 miles on the Allegheny College indoor track in 54:40, Ave Pace: 10:56/mile.
Max HR: 134 bpm

Sun Feb 19, 2023 **no running**
I did 2 cycles with about 15 weight machines for a full body workout in the Wise Center.

Mon Feb 20, 2023 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run and Jog: 10 loops (3.2 miles) in 38:42, Ave Pace: 12:06/mile
Ave HR: 110 bpm, Max HR: 133 bpm
Warm down: 0.25 miles home
I wore sweats.

Tues Feb 21 2023 **no running**

Wed Feb 22, 2023 **2.5 miles** on a treadmill
Run: 2 miles in 20 min followed by ½ mile in about 5:30

Thur Feb 23, 2023 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops (3.2 miles) in 32:11, Ave Pace: 10:10/mile, Last mile in 9:56
Max HR: 151 bpm
Warm down: 0.25 miles home
It was a nice today. I didn't wear sweats.

Fri Feb 24, 2028 **2.5 miles**
I ran 2.5 miles on the indoor track averaging 10:56/mile

During the past week: **17.4 miles**

Sat Feb 25, 2023 **6 miles**
I ran 6 miles on the Allegheny College indoor track in 1:05:10 or 10:52/mile
Ave Pace for the first 4 miles: 10:56/mile.
Times for the 5th and 6th miles: 10:51 and 10:37
Max HR: 134 bpm

Sun Feb 26, 2023 **no running**

Mon Feb 27, 2023 **4 miles**
I ran 4 miles on the Allegheny College indoor track in 43:21 or 10:50/mile
Ave Pace for the first 2 miles: 10:56/mile.
Times for the 3rd and 4th miles: 10:50 and 10:38
Max HR: 135 bpm

Tues Feb 28, 2023 **4 miles**
I ran 4 miles on the Allegheny College indoor track in 43:16 or 10:49/mile
Ave Pace for the first 2 miles: 10:56/mile. HR after 2 miles 122 bpm
Times for the 3rd and 4th miles: 10:41 and 10:43.
Max HR: 133 bpm near the end of the run.

Wed March 1, 2023 **4 miles**
I ran 4 miles on the Allegheny College indoor track in 43:12 or 10:48/mile
Ave Pace for the first 2 miles: 10:55/mile. HR after 2 miles 120 bpm
Times for the 3rd and 4th miles: 10:51 and 10:32.
Max HR: 136 bpm at the 3.75 mile mark. I slowed during the last ¼ mile and the
Final HR was about 130 bpm.

Thur March 2, 2023 **4 miles**
I ran 4 miles on the Allegheny College indoor track in 43:19 or 10:50/mile
Ave Pace for the first 2 miles: 10:55/mile. HR after 2 miles 120 bpm
Times for the 3rd and 4th miles: 10:44 and 10:44.
I kept my HR near 131 bpm for the last 1.5 miles
Final HR was 132 bpm.

Fri March 3, 2023 **no running**

During the past week: **22 miles**

Sat March 4, 2023 **7 miles**
I ran 7 miles on the Allegheny College indoor track in 1:16:03 or 10:52/mile
Ave Pace for the first 2 miles: 10:56/mile. HR after 2 miles: 126 bpm
Ave Pace for the 2nd 2 miles: 11:00/mile. HR after 4 miles: 136 bpm
Ave Pace for the 3rd 2 miles: 10:50/mile. HR after 6 miles: 136 bpm
Time for the 7th mile: 10:23. HR after 7 miles: 149 bpm
HR higher at the end because of faster pace.

Sun Mar 5, 2023 **no running**

Mon Mar 6, 2023 **3 miles** on the indoor track
Time: 31:11 or 10:24/mile
Mile splits: 10:40, 10:27, 10:04
HR after 2 miles: 135, after 3 miles 144

Tues Mar 7, 2023 **4.4 miles**
Warm up: 0.4 miles
Run: 4 miles on the Allegheny College indoor track in 41:47 or 10:27/mile
Ave Pace for the first 3 miles: 10:40/mile.
HR after 1 mile and after 2 miles 126 bpm, HR after 3rd mile: 128 bpm
Time for the 4th miles: 9:48.
HR half way through the 4th mile HR: 138 bpm, Final HR: 147 bpm

Wed Mar 8, 2023 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops (3.2 miles) in 34:45, Ave Pace: 10:52/mile
Warm down: 0.25 miles home
It was cold and I wore sweat pants and jacket.

Thur Mar 9, 2023 **4 miles**
Run: 4 miles on the Allegheny College indoor track in 41:23 or 10:21/mile
Ave Pace for the first 3 miles: 10:39/mile. HR after 3 miles:133
Time for the 4th mile: 9:25. Max HR: 155 bpm

Fri Mar 10, 2023 **no running**

During the past week: **22.1 miles**

Sat Mar 11, 2023 **4 miles** on the indoor track
2 miles. Splits: 10:38 (130 bpm), 10:41 (127 bpm)
4 x 0.25 miles with 0.25 mile jog after each run, the jogs took about 3:10
Times: 2:09, 2:11, 2:06, 1:58 (final HR 157 bpm)
Ave pace for intervals and jogs: 10:32/mile (faster than today's 2 mile run).
Final HR: 156 bpm, HR went down to about 120 bpm between each run.

Sun Mar 12, 2023 **4.25 miles** on the indoor track
Warm up: ¼ mile of drills
Run: 4 miles averaging about 10:40/mile the whole way.
Pulse after each mile about 128, 130, 132, 135 bpm

Mon Mar 13, 2023 **4.25 miles** on the indoor track
Warm up: 1/8 mile of drills
Run: 4 miles in 41:31 or 10:23/mile
Splits and Pulses 10:28 (131 bpm), 10:28 (133 bpm), 10:34 (132 bpm), 10:01 (149 bpm),
Warm down: 1/8 mile jog

Tues Mar 14, 2023 **no running**
I shoveled snow for about ½ hour and used the elliptical for 15 minutes on level 15-16.

Wed Mar 15, 2023 **4 miles** on the indoor track
2 miles. Splits: 10:25 (131 bpm), 9:21 (150 bpm) and rest 9 minutes
4 x 0.25 miles with 0.25 mile jog after each run, the jogs took about 3:15
Times: 1:56.8, 2:06, 2:13, 2:05 (Max HR 155 bpm)
HR went down to about 120 bpm between each run.

Thur Mar 16, 2023 **4.25 miles** on the indoor track
Run: 4 miles with all near 10:55/mile, HR near the end was about 120 bpm.
Warm down: 0.25 mile jog

Fri Mar 17, 2023 **no running**

During the past week: **20.75 miles**

Sat Mar 18, 2023 **8.5 miles** on the indoor track
Warm up: 0.25 miles
Run: 8 miles
The first 7 miles were all near 11:12/mile, HR at the end of the first 7 was 131 bpm.
The last mile was in 10:36 bpm and the HR max was a lot higher.
Warm down: 0.25 miles

Sun Mar 19, 2023 **2 miles** on the indoor track
I ran 2 miles without shoes just socks. Splits 11:13, 10:59
I am running without shoes because I have discomfort in the ball of my left foot. A while
ago I found through reading "Born to Run" that a sore foot like this could be cured by
running barefoot. I tried it then and it worked. Also since then I have been wearing shoes
with very little support, i.e. Saucony Bullets. I hope it works this time too.

Mon Mar 20, 2023 **2.13 miles** on the indoor track
I ran 2 miles without shoes just socks. Ave pace: 11:10
Warm down: one lap jog

In the evening I soaked my foot in warm water with epsom salt and this helped.

Tues Mar 21, 2023 **4.35 miles** around the Allegheny College all-weather football field
Run: 24 laps with just socks on my feet around the field. A foot ball field has a perimeter of 306.6 yards so 24 laps is 7358 yards or 4.18 miles. Time: 40:19, Ave Pace: 9:39/mile
Pace for last 6 laps (1.045 miles) was 9:13/mile, Ave HR: 135 bpm, Max HR: 154 bpm
Warm down: 1 lap around the field, 0.17 miles
My left foot felt okay. Nice run.

Wed Mar 22, 2023 **5 miles** on a college treadmill
Warm up: 1.5 miles, ½ mile splits: 5:15, 5:00, 4:45 and rest a few minutes
Also a 0.05 mile lead into a 3.2 mile run.
Run: 3.2 miles, Time: 28:21 or 8:52/mile
mile splits: 9:06, 8:58, 8:40 and 8:00/mile for the last 0.2 miles
Ave HR: 141 bpm, Max HR: 160 bpm
Warm down: 0.25 miles at about 11:00/mile

Thur Mar 23, 2023 **no running** 40 minutes on stationary bike
On stationary recumbent bike: 40 minutes , level 12, 405 calories, 14 m/hr & 9.3 miles
After 10 minutes HR was about 110 bpm and at the end it was about 120 bpm.

Fri Mar 24, 2023 **no running**

During the past week: **22 miles**

Sat Mar 25, 2023 **4 miles** on a treadmill
I ran 4 miles with each mile being about 11:00. The final HR was about 120 bpm

Sun Mar 26, 2023 **5 miles** on very hilly roads
I ran 5 miles on a very hilly road course along Limber, Jefferson, the cemetery hill and a short distance on Randolph to make the total distance be 5 miles. Time 1:04:50
Ave pace:12:58/mile, Sum of ascents: 675 feet, Ave Pulse: ~120 bpm, Final Pulse: ~120
See below for summary of my runs on this course.

Mon Mar 27, 2023 **4.5 miles**
Run: ½ mile in morning
4 miles in afternoon on a treadmill. Each mile about 11:00.
HR after each mile: 119, 120, 117, 125 bpm

Tues Mar 28, 2023 **4 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 3.5 miles (11 loops) in 39:10 or 11:11/mile, Total vertical ascent: 242 ft
Warm down: 0.25 miles home

Wed Mar 29, 2023 **4 miles** on a treadmill
Run: 2.5 miles, Splits: 10:30, 10:00, 4:29 for the last ½ mile and rest a few minutes
Run: 1.5 miles averaging 9:20/mile. This run included a 0.05 mile lead-in to a 0.75 mile run in 6:00 (8:00/mile) and a 0.7 mile warm down at various paces.

Thur Mar 30, 2023 **6.62 miles**
Run: I ran for 1 hour on a treadmill and covered 6.37 miles. Ave pace: 9:25/mile
Mile splits: 10:01, 9:51, 9:38, 9:26, 9:03, 8:42, the last 0.37 miles averaging 8:58/mile
Ave HR: ~145 bpm, Max HR near the end: 165 bpm
The 5k starting at the 3 mile mark and ending near 6.11miles averaged 9:08/mile.

Fri Mar 31, 2023 **no running**

During the past week: **28.1 miles**

Sat April 1, 2023 **3.25 miles** on the high school track
Warm up: 1 mile in 10:36 and rest a few minutes
Run: 2 miles in 18:42, Ave Pace: 9:21/mile, Slits: 9:21.5, and 9:20.1
Last ¼ mile in 2:11 or 8:44/mile pace.
Warm down: ¼ mile jog

Sun April 2, 2023 **5.07 miles**
I ran 5 miles on a very hilly course which is a variation of my 5mile hill course.
I substituted 1.83 miles down and up the cemetery hill with 6 cemetery loops (1.9 miles)
Time: 1:00:20 Ave pace: 11:54/mile, Total ascent: 580 feet

Mon April 3, 2023 **2 miles**
I ran 2 miles on the Allegheny College outdoor track including 1 mile in 11:42 without shoes. The ball of my left foot did not hurt without shoes. I also ran a ½ mile in 4:58 with shoes after the mile and my foot felt okay.

Tues April 4, 2023 10 minutes on a stationary recumbent bike and **2.09 miles** running
On bike: 10 minutes at level 12 and averaged 15 minutes/mile and drove to Allegheny all-weather football field.
Run: 12 laps with just socks on my feet around the field. A football field has a perimeter of 306.6 yards so 12 laps is 3680 yards or 2.09 miles. Time: 20:34, Ave Pace: 9:39/mile
Pace for last 3 laps (1.045 miles) was 9:37/mile, Ave HR: 129 bpm, Max HR: 145 bpm

Wed April 5, 2023 **no running**

Thur April 6, 2023 **4.25 miles** with 9 other runners in our running group
Warm up: 1.25 mile at various paces
Run: 6x400m with 400m jog after each, Times: 2:05, 2:10, 2:11, 2:07, 2:05, 2:01

Fri April 7, 2023 **2.25 miles**
I ran on the college track and football field.
1.5 miles on the track at about 10:15/mile with shoes
0.75 miles on the grass with only socks on feet.at about 10:00/mile

During the past week: **18.9 miles**

Sat April 8, 2023 **2.5 miles** on the indoor track
Run:
1 mile with shoes in 10:51 and rest a few minutes
½ mile with no shoes just socks and rest a few minutes
½ mile with shoes in 4:41 and rest a few minutes
½ mile with no shoes in 4:51

Sun April 9, 2023 **2 miles**
I ran and jogged 2 miles on the high school track. During each lap I jogged about 55 yards and ran the rest of the way. Time: 24:55

Mon April 10, 2023 **3 miles** on the college outdoor track
I ran with the insoles from running shoes inside my socks and no shoes.
Run: 2 miles, Slits: 9:56 and 9:05
Run and Jog: 1 mile, time 11:53,
I jogged about 55 yards at the beginning of 2nd, 3rd, and 4th laps.
I am running with no shoes because it makes the ball of my left foot feel better.

Tues April 11, 2023 **3 miles**
Run and Jog: 3 miles on the Allegheny outdoor tack with socks and no shoes
Average pace: 12:02

Wed April 12, 2023 **4 miles** around the Allegheny College all-weather football field
Run: 24 laps around the field with just socks and insoles on my feet. A foot ball field has a perimeter of 306.6 yards so 24 laps is 7358 yards or 4.18 miles. Time: 41:21, Ave Pace: 9:54/mile
My left foot felt okay. I am tired from all the dirt shoveling and wheel barrowing I have been doing for the last few days.

Thur April 13, 2023 **4.5 miles**
In the morning 2 x 0.5 miles on Benson Ave in about 5:20.
In the afternoon I ran with David and Bill on the Meadville High track.
Warm up: 1 mile in 10:30
Run: 200m, 800m, 400m 800m, 200m
Times: 1:03,   4:20,   2:01. 4:09.5, 0:57
with 200m jogs after the 200m runs and 400m jogs after the 3 other runs.

During the past week: **19 miles**

Fri April 14 – Sun April 16, 2023 **no running**
I did a lot of wheelbarrowing etc getting our garden ready.

Mon April 17, 2023 **2 miles**
Run: 2 miles on the Allegheny College track in a drizzle with sweats and a jacket.
Ave pace: 10:20/mile

Tues April 18, 2023 **3.25 miles** on the indoor track
Warm up/Run: 1.125 miles without shoes just socks and insoles.
Time for first ½ mile: 5:28, Time for 0.625 miles: 6:30 or 10:24/mile, rest 4 minutes
Run: 1 mile with shoes in 9:23, rest a few minutes
Run/jog: I ran and jogged 1 mile averaging about 13:00/mile.
I was practicing an ultra marathon routine. I "ran" 3/8 mile at about 12:30/ mile,
jogged 1/8 mile at about 14:30/mile and then repeated to complete a mile in about 13
minutes.

Wed April 19, 2023 **4.5 miles**
Warm up: 1 mile with no shoes on the all-weather football field in about 10:00
Run on track with shoes:
4 x ¼ mile with a ¼ mile jog after each run. Times for runs averaged about 2:10
4 x 220yds with a 220 jog after each. Times for runs: 64s, 67s, 64s, 62s
Warm down: ½ mile on the grass field with shoes

Thur April 20, 2023 **4.25 miles** on the high school track with 5 other runners
Warm up: 1 mile with no shoes in 10:11 and rest a few minutes
Run on track with shoes:
6 x ¼ mile with a ¼ mile jog after each run.
Times for runs: 2:06, 2:06, 2:06, 2:01, 1:57, 1:56
with ¼ mile jogs after each run, times about 3:45

Fri April 21, 2023 2 miles around the Allegheny College all-weather football field
Run: 12 laps with just socks on my feet around the field. A football field has a perimeter of 306.6 yards so 12 laps is 2.091 miles. Time: 25:14, Ave Pace: 12:04/mile
I ran 1.5 laps, jogged 0.5 laps and repeated until I covered 12 laps.

During the past week: **16 miles**

Sat April 22, 2023 **4.5 miles** on an Allegheny treadmill
Run: 4 miles in 39:54, splits 10:31, 10:14, 9:53 9:16
I ran continually faster with the 0.25 at 8:57/mile pace
Warm down: ½ mile in 5:30

Sun April 23, 2023 **4.25 miles** on the college indoor track
I ran 4.25 miles on the indoor track at about 12:00/mile the whole way.

Mon April 24, 2023 **3.75 miles** on the high school track with 6 other runners
Warm up: 1 mile and rest a few minutes
Run: 200, 400, 600,   600, 400, 200 & 200 jog after the 200's & 400 jog after the rest
Times: 1:04, 2:15, 3:24, 3:17, 2:03, 59s
I felt better as I ran.

Tues April 25, 2023 **2 miles**
Run&Jog: 2 miles without shoes on the Allegheny outdoor track. Ave Pace: 11:58/mile

Wed April 26, 2023 **2 miles**
I ran 2 miles on very hilly roads and averaged about 11:55/mile.

Thur April 27, 2023 **3.75 miles** on the high school track with 4 other runners
Warm up: 3/4 miles and rest a few minutes
Run: 6 x ¼ mile with 400 jog after each
Times: 2:13, 2:11, 2:10, 2:11, 2:11, 1:56
I tried to run the first five at an even pace.

Fri April 28, 2023 **no running**

During the past week: **20.25 miles**

Sat April 29, 2023 **5.25 miles** on a college treadmill
Warm up: 1 mile in about 10:15 and rest a few minutes
Run: 0.05 mile lead into a 4 mile run in 39:35 or 9:51/mile
Splits: 10:16, 9:58, 9:43, 9:28 Final heart rate 138 bpm
Warm down: 0.2 miles

Sun April 30, 2023 **4.25 miles** on a college treadmill
Warm up: 1 mile in 9:50 and rest a few minutes
Run: 0.05 mile lead into a 2 mile run in 17:37 or 8:49/mile, the last 0.25 miles in 2:00
Splits: 9:00, 8:37 Final heart rate 152 bpm
Warm down: rest a few minutes and 1.2 miles at about 10:20/mile

Mon May 1, 2023 **5.25 miles**
Run on an Allegheny treadmill: 2 miles, Time 18:42 and rest 45 minutes
Splits: 9:44, 8:59
On the high school track with 4 other runners:
Warm up: ½ mile run/jog and ¼ mile of dynamic stretching
Run: ¼ mile, ½ mile, ½ mile ¼ mile with ¼ mile jog after each
Times: 2:09, 4:25, 4:16, 2:02, ¼ mile jog/rest after each run in about 4:00

Tues May 2, 2023 **4.25** miles on a college treadmill
Run: 4 miles, Time: 38:04, Ave Pace: 9:31
HR at the start of the 4th mile: 142, HR at the end of the 4th mile: 148
Splits: 10:01, 9:34, 9:21, 9:08,
The last 3 miles at 9:21/mile, The last ¼ mile at 8:57/mile

Wed May 3, 2023 **no running**

Thur May 4, 2023 **5.1 miles**
Run on a college treadmill:
1 mile in 10:00 followed by 0.25 miles in 3:00 and rest a few minutes
0.25 miles in 2:14 and 0.25 mile jog followed by a few minute rest
0.05 mile lead into 1000m run at 8:27/mile followed by 0.2 mile jog
30 minutes later I ran with Chance and Tim on the 510m cemetery loop.
4 x cemetery loop with 300m jog between the runs and 800m jog after the last one.
Times 2:57, 2:55, 2:50 and 2:47

Fri May 5, 2023 **no running**

During the past week: **24.1 miles**

Sat May 6, 2023 **7 miles**
Warm up: 0.25 miles to cemetery loop
Run: 20 loops in 1:08:36 Distance 6.4 miles, Ave Pace: 10:46/mile, Total ascent: 440 ft
Count down watch was set at 3:28, 5 loop splits: 17:20, 17:20, 17:20, 16:58.
Ave HR: 126 bpm, Max HR: 138 bpm
Warm down: 0.35 miles home

Sun May 7, 2023 **no running**

Mon May 8, 2023 **4.5 miles**   with Gary, Matt and Tim on the high school track
Warm up: 1 mile in 10:01 and ½ mile including 2 x 200m
Run: 8 x 300m with a 300m jog after each
Times for runs: 1:41, 1:37, 1:35, 1:34, 1:34, 1:32, 1:31, 1:27 Jogs: about 3:00

Tues May 9, 2023 **3.7 miles**
Warm up: 0.25 miles to cemetery loop
Run: 10 loops in 35:21 Distance 3.2 miles, Ave Pace: 11:02/mile, Total ascent: 220 feet
Warm down: 0.25 miles home

Wed May 10, 2023 **no running**

Thurs May 11, 2023 **4 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 4 cemetery loops in 14:18 or 11:16/mile and rest a few minutes
5 x cemetery loop with 300m jog between the runs
Times 2:51, 2:51, 2:52, 2:54, 2:53
Warm down: 0.25 miles home

Fri May 12, 2023 **2.5 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 4 cemetery loops in 12:26 or 10:13/mile and rest a few minutes
2 x cemetery loop with 300m jog between the runs
Times 2:51, 2:51
Warm down: 0.25 miles home

During the past week: **21.7 miles**

Sat May 13, 2023 **2.65 miles**
Warm up: 0.4 miles to the cemetery loop
Run: 4 cemetery loops in 11:39 or 9:11/mile and rest a few minutes
2 x cemetery loop with 300m jog between the runs
Times 3:01, 2:56
Warm down: 0.25 miles home
I feel a lot better than yesterday.

Sun May 14, 2023 **no running**

Mon May 15, 2023 **3.5 miles** I ran with about 7 other runners on the high school track.
Warm up: one 1 mile in 9:59 and 2 individual ¼ mile runs at about 9:04/mile pace
Run: 3200m in 17:48.3 Pace: 8:57.4/mile
Note: In March the indoor masters championship had Stan Edelson age 81 win the
80-84 age group for the 3000m with a pace of 8.58.8/mile. His distance was 200m short
of what I ran today.

Tues May 16, 2023 **no running**

Wed May 17, 2023 **no running**

Thur May 18, 2023 **3.85 miles** I ran with 5 other runners on the high school track
Warm up: 1 mile in 10:07 and rest a few minutes
Run: 6 x 400m with 400m jog between the runs.
Times: 2:10, 2:08, 2:09, 2:10, 2:11, 2:02 I took about 4:00 between the runs

Fri May 19, 2023 **no running**

During the past week: **10 miles**

Sat May 20, 2023 **5.5 miles** with Rod, Tim, Brian, David on the Ernst Trail
Run: 5.5 miles in 58:09 or 10:34/mile, We had a relatively even pace.
Ave Pulse: 139 bpm

Sun May 21, 2023 **7.54 miles**
Warm up: 0.25 miles to cemetery loop
Run: 22 loops in 1:14:56 Distance 7.04 miles, Ave Pace: 10:39/mile, Total ascent: 484 ft
Count down watch was set at 3:28
Ave HR: 127 bpm, Max HR: 140 bpm
Warm down: 0.25 miles home
Before I started I planned to do 20 loops again. After 10 loops I didn't feel great and
decided I would stop at 15. Just before I got to the 15th loop I felt a lot better and
eventually got into a "zone". It felt so good I decided I to run 2 extra loops for a total of
22 and really I could have kept going. The last 5 loops averaged 10:03/mile.

Mon May 21, 2023 **no running**
I used the Wise Center weight machines for a full body workout.

Tues May 23, 2023 **7.54 miles**
Warm up: 0.25 miles to cemetery loop
Run: 22 loops in 1:14:50 Distance 7.04 miles, Ave Pace: 10:38/mile, Total ascent: 484 ft
Count down watch was set at 3:28

Ave HR: 134 bpm, Max Pulse: about 140
Warm down: 0.25 miles home

Wed May 24, 2023 **no runing**

Thurs May 25, 2023 **4.4 miles** on the high school track with 10 other runners
Run: 1.00 mile in about 10:00, rest a few minutes and ¼ mile at various paces and rest
2 mile tempo run: 18:41 and rest a few minutes, 1 mile tempo run: 9:16
Warm down: 200m

Fri May 26, 2023 **no runing**

During the past week: **25 miles**

Sat May 27, 2023 **12.07 miles** with a bunch of other runners for the first few miles and
Rod Brest for the last 5 miles.
Run: I ran 12:07 miles: Time: 2:06:00Ave Pace: 10:26 while running. In the middle I
stopped for 70 seconds and drank some water and protein shake. I stopped my GPS for
the break.
I ran at a relatively **even** pace except for the 2nd, 9th and 12th miles when I ran each close
to 9:55.

Sun May 28, 2023 **2 miles** out and back on Limber Rd
Time: 22:13 Splits: 11:53, 10:20 Total ascent: 220 ft

Mon May 29, 2023 **3.2 miles** It was near 90 degrees.
Warm up: 1 mile and rest a few minutes:
Run: 6 x 400 with 200 jogs Ave Time: about 2:18

Tues May 30, 2023 **1 mile**
Run: ½ mile down hill to Wise Center in about 5:00
One full cycle with weight machines for a full body workout and a cycle just with leg
machines
Run: ½ mile uphill home in about 5:45

Wed May 31, 2023 **no running**

Thur June 1, 2023 5 **miles** on the Ernst Trail with about 8 other runners
Warm up: 1 mile
Run: 3 mile tempo run at 9:25/mile
Warm down: 1 mile

Fri June 2, 2023 **no running**

During the past week: **23.3 miles**

Sat June 3, 2023 **10.5 miles** on the Ernst Trail
I averaged 11.25 min/mile. The lst half mile was in 5:14

Sun June 4, 2023 **no running**

Mon June 5, 2023 **5.5 miles** on the high school track with about 10 other runners
Warm up: 1.75 miles averaging 10:40/mile, ¼ mile of drills and rest a few minutes
Run: 5 x ½ mile with a 1/8 mile jog between the runs.
Times: 4:38,4:40, 4:34, 4:30, 4:25 time between runs about 2:30

Tues June 6, 2023 **no running**

Wed June 7, 2023 **2.75 miles**
Warm up: 0.25 miles to the 0.32 mile cemetery loop, each loop has 22 ft of ascent
Run: On the 0.32 mile loop: 1 mile in 10:33, jog 1/8 mile 1.25 miles at 10:00/mile.
Warm down: 0.25 mile jog home

Thur June 8, 2023 **4.2 miles** on the Ernst Trail with 7 other runners
Warm up: 1.2 miles at 10:12/mile
Run: 3 miles in 27:46 or 9:15/mile

Fri June 9, 2023 **no running**

During the past week: **23 miles**

Sat June 10, 2023 **13.5 miles** on the Ernst Trail
Runs: 13.25 miles averaging 11:21/mile, the last ¾ miles at 10:32/mile pace,
Time: 2:30:19
Warm down: 0.25 miles
I didn't drink anything, it was relatively cool. If I had gone longer I would have needed
to drink. I only had one gel to eat during the run.

Sun June 11, 2023 **no running**

Mon June 12, 2023 **5 miles** on the high school track with about 8 other runner
Warm up: 1.25 miles at 11:10/mile and 0.25 miles in 2:21
Run: 7 x 400m, Ave time about 2:15 with a 200m jog between runs.
Warm down: 400m

Tues and Wed June 13 and 14 **no running.**

Thurs June 15, 2023 **4.5 miles** on the Ernst Trail with about 6 other runners
Warm up: 1.5 miles, Ave Pace: about 10:00/mile
Run: 3 miles in 27:26 or 9:09/mile,
Ave Pace for 1st 1.5 miles 9:14/mile
Ave Pace for 2nd 1.5 miles 9:04/mile

Fri June 16, 2023 **no running**

During the past week: **23 miles**

Sat June 17, 2023 **3.65 miles**
Warm up: 0.15 miles
Run: 10 cemetery loops (3.17 miles) in 30:25 or 9:36/mile,
Total ascent on the course 220 feet
The first 5 loops in 15:40 or 9:54/mile and the second 5 loops in 14:45 or 9:18/mile
Warm down: 0.32 miles

Sun June 18, 2023 **3.8 miles**
Warm up: 0.3 miles to the cemetery loop
Run: 2 x down and up 0.8 mile cemetery hill,
Distance: 3.2 miles, Time: 42:46, Ave Pace: 13:22/mile
Total ascent on the course 420 feet
0.8 mile splits: 9:04, 12:35, 9:13, 12:05
Warm down: 0.32 miles in

Mon June 19, 2023 4.**75 miles** on the high school track with about 10 other runners
Warm up: 1.5 miles averaging 10:30/mile and rest a few minutes
Run: 5 x ½ mile with a 1/8 mile jog between the runs.
Times: Ave Time about 4:35, time between runs about 2:10

Tues June 20, 2023 **no running**

Wed June 21, 2023 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 cemetery loops (3.2 miles) in 34:07 or 10:40/mile,
Total ascent on the course 220 feet
Warm down: 0.25 miles home

Thurs June 22, 2023 5 **miles** on the Ernst Trail with 7 other runners
Warm up: 1.5 miles, Ave Pace: about 10:50/mile, rest a few minutes & 0.3 miles slowly
Run: 3 miles in 27:38 or 9:13/mile,
Miles Splits: 9:25, 9:14, 8:57

Fri June 23, 2023 **no running**

During the past week: **20.9 miles**

Sat June 24, 2023 **10 miles**
10 miles on the Ernst Trail with 5 other runners. Time: 1:48:19, Ave Pace: 10:50/mile
no stop, Ave Pulse:130bpm

Sun June 25, 2023 **no running**

Mon Jun 26, 2023 **3.25** miles with 7 other runners on the high school track
Warm Up: 1 mile in 10:30 and rest a few minutes
Run: 7x400m with 200m jogs between. Jogs averaged about 2:00
Times for runs: 2:15, 2:17, 2:05, 2:11, 2:09, 2:07, 2:00

Tues June 27, 2023 **no running**

Wed June 28, 2023 **3.5 miles** on a collage treadmill
Run: 3.11 miles at about 10:00/mile on average. I went faster as I ran and was running
under 9:00 at the end.
Warm down: 0.4 miles

Thur June 29, 2023 **2.5 miles** on a collage treadmill
Run: 2.5 miles continuous running
1 mile in 10:00
0.25 miles in 2:54
1 mile in 9:21 going faster as I ran and ending at around 8:30 pace
0.25 miles in about 3:00

Fri June 30, 2023 **no running**

During the past week: 20.25 miles

Sat July 1, 2023 **2.5 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 2 miles on the cemetery loop in 20:15, Total ascent on the course 140 feet
Splits: 10:17, 9:58 **Warm down:** 0.25 miles home

Sun July 2, 2023 **5.5 miles** I ran in the USATF Midwest Region meet at the Spire track in Geneva OH.
Warm up: 1.5 miles at various paces and rest a few minutes
Run: 5K in 28:16 or 9:06/mile
Between races: walked around outside of stadium for a half hour and ran ¾ mile at various paces
Run: 1500m in 7:56 or 8:30/mile

Mon July 3,2023 **5.5 miles** I ran with 5 other runners on the high school track
Warm up: 2 miles Splits:11:31 and 10:17 rest a few minutes and ¼ mile more.
Run: 5 x 800m with 200m jogs between. The jogs took about 2:00.
Times for runs: 4:42, 4:42, 4:26, 4:26, 4:17
Warm down: ¼ mile jog

Tues July 4, 2023 **3.25 miles**
Warm up: 0.3 miles to the top of the hill in Greendale cemetery and rest a little.
Run: down and up the 0.8 mile hill and then jogged 0.1 miles,
Split times down and up the hill: 8:47 and 12:23, Total ascent: 210 feet.
1 mile on the 510m cemetery loop in 11:28 going faster as I ran
Warm down: 0.25 miles home

Wed July 5, 2023 **3.3 miles** on a Wise Center treadmill
Run: 3.3 miles continuous run including: 0.05 mile lead in to 3 miles and a 0.25 mile jog
3 mile splits: 10:49, 10:23, 9:51

Thur July 6, 2023 **4.1 miles** on the Ernst Trail.
I meet Rod and Mike for our our Tempo Run.
Warm Up: 1 mile in in 10:39, rest a few minutes and jog 0.1 miles
Run: 3 miles in 28:17 or 9:26/mile
0.75 mile splits paces: 9:57/mile, 9:45/mile, 9:24/mile, 8:44/mile

Fri July 7, 2023 **3.2 miles**
I ran down Limber and Jefferson and up hill to the top of the cemetery and back home:
Distance: 3.2 miles, Time: 41:15, Ave pace: 12:53/mile total ascent on course 440 feet

During the past week: 27.7 miles streak of 7 days

Sat July 8, 2023 **2.1 miles**
Warm up: 0.25 miles to the cemetery loop and rest a little.
Run: 5 cemetery loops averaging 10:25/mile Distance: about 1.6 miles
Warm down: 0.25 miles home

Sun July 9, 2023 **5.1 miles**   I ran the Trailblazer 5K
Warm up: 1.4 mile at various paces
Run: 5K race mainly on the Ernst Trail.Time: 28:14, Pace: 9:05/mile about the same time as last Sunday on the track. The first 2 miles averaged 9:08/mile
Warm down: 0.6 miles

Mon July 10, 2023 **4 miles** with 7 other runners on the high school track
Warm Up: 1 mile in 11:09 and rest a few minutes and 400m at various paces
Run: 7 x 400m with 200m jogs between. Jogs averaged about 2:15
Times for runs: 2:13, 2:19, 2:10, 2:11, 2:10, 2:05, 1:59
Warm down: 400m

Tues July 11, 2023 **2.4 miles**
Warm up: 0.25 miles to the cemetery loop and rest a little.
Run: 6 cemetery loops averaging 11:37/mile Distance: about 1.9 miles
Warm down: 0.25 miles home

Wed July 12, 2023 **2 miles**
I ran 2 miles on very hilly roads and averaged 11:46/mile.

Thur July 13, 2023 **4 miles** I ran with about 10 other runners on the Ernst Trail
Warm up: 1 mile in about 11:00 going faster in second half
Run: 3 miles averaging 10:00/mile

Fri July 14, 2023 **2.1 miles**
Warm up: 0.25 miles to the cemetery loop and rest a little.
Run: 5 cemetery loops averaging 10:28/mile Distance: about 1.6 miles
Warm down: 0.25 miles home

During the past week: 21.7 miles streak of 14 days

Sat July 15, 2023 **1.5 miles**
Warm up: 0.25 miles to the cemetery loop and rest a little.
Run: 1 mile on the cemetery loop including 3 x 1/8, mile Times: 1:00, 1:04, 1:01.5

Sun July 16, 2023 **14.1 miles**
Warm up: 1 mile
Run: The Presque Isle ½ marathon in 2:09:17 or 9:49/mile, Same ave pace as in 2022.
My GPS said distance was 13.17 miles
GPS Splits: 9:55, 10:04, 9:55, 9:58, 9:55, 9:40, 9:44, 9:47, 9:49, 9:49, 10:17, 9:32, 9:29
The last 0.17 in 1:24 or 8:07/mile

Mon July 17, 2023 **3 miles**
I ran 3 miles on a Wise Center treadmill averaging 10:32/mile. Needed to run indoors because the air quality was not good.
Splits: 10:47, 10:30, 10:20

Tues July 18, 2023 **3 miles**
I ran with 5 other runners on the high school track.
Run: 3 miles at various paces including 3 x 800m all around 4:38

Wed July 19, 2023 **1 mile**
I ran 1 mile on Benson Ave. Time: 12:25, I started at 13:30/mile pace and ended at 11:30/mile pace. I wasn't feeling well from allergic reaction to my eye drops. Dr Vukmer told me to stop taking drops until I see him next week.

Thur July 20, 2023 **4miles** on the Ernst Trail with 5 other runners
Warm up: 1 mile in 11:11
Run: 3 mile tempo run averaging 9:42/mile with the last ½ mile at 9:00/mile

Fri July 21, 2023 **4.6 miles** on very hilly roads
Ave Pace: 12:10
Course: Limber to Jefferson, down to Randolph and up to 510 m loop, 6 x loop and back home

During the past week: 32.2 miles streak of 21 days

Sat July 22, 2023 **7.15 miles**
Warm up: 0.25 miles to cemetery loop
Run: 20 loops in 1:08:09 Distance 6.4 miles, Ave Pace: 10:39/mile, Total ascent: 440 ft
Count down watch was set at 3:26
Ave HR: 127 bpm, Max Pulse: about 145
Warm down: 0.5 miles

Sun July 23, 2023 **5.8 miles**
Warm up: 0.25 miles to cemetery loop
Run: 1 mile mainly on the loop + 2 x down and up the cemetery hill + 1mile mainly on the loop. Distance: 5.3 miles, Ave Pace: 10:45/mile, Total ascent: 570 ft
Ave HR: 124 bpm, Max Pulse: about 139
Warm down: 0.25 miles

Mon July 24, 2023 **3.75 miles** on the high school track with 7 other runners
Warm up: 1 mile in 10:45 and rest a few minutes
Run: 7 x 400m with 200m jog/rest between runs. Times for jogs: ~2:10

Times for runs: 2:07, 2:05, 2:09, 2:07, 2:06,2:07,1:58 (faster than recently)
Warm down: 400m

Tues July 25, 2023 **7 miles**
Warm up: 0.25 miles to cemetery loop
Run: 20 loops in 1:03:04 Distance 6.4 miles, Ave Pace: 9:51/mile, Total ascent: 440 ft
Ave HR: 132 bpm, Max Pulse: about 152
3.2 mile splits: 32:06 (10:02/mile), 30:59 (9:41/mile), The last 5 loops at 9:29/mile
This was my recent best cemetery loop run!
Warm down: 0.35 miles

Wed July 26, 2023 **1 mile**
I ran at an easy pace mostly on the cemetery loop.

Thur July 27, 2023 **4 miles** on the Ernst Trail with about 7 other runners
Warm up: 1 mile in about 11 min and rest a few minutes
Run: 3 miles in 29:45

Fri July 28, 2023 **3.7 miles**
Warm up: 0.25 miles to cemetery loop
Run: 10 loops in 38:04 Distance 3.2 miles, Ave Pace: 11:56/mile, Total ascent: 220 ft
Ave HR: 132 bpm,
Warm down: 0.25 miles

During the past week: 32.5 miles streak of 28 days

Sat July 29, 2023 **4 miles**
Warm up: 0.25 miles to cemetery loop
Run: 11 loops in 39:36 Distance 3.5 miles, Ave Pace: 11:20/mile, Total ascent: 240 ft
Ave HR: 138 bpm,
Warm down: 0.25 miles

Sun July 30, 2023 **8.12 miles**
Warm up: 0.25 miles to cemetery loop
Run: 24 loops in 1:25:49 Distance 7.62 miles, Ave Pace: 11:16/mile, Total ascent: 530 ft
Warm down: 0.25 miles

Mon July 31,2023 **4.5 miles** I ran with 5 other runners on the high school track
Warm up: 1.5 miles averaging 11:00/mile, and rest a few minutes.
Run: 5 x 800m with 200m jogs between. The jogs took about 2:30.
Times for runs: 4:31, 4:26, 4:33, 4:18, 4:23
Warm down: ¼ mile jog

Tues Aug 1, 2023 **2 miles**
Warm up: 0.25 miles to the cemetery loop and rest a few minutes.
Run: 1.5 miles on the loop averaging 9:51/mile.
Warm down: 0.25 mile jog

Wed Aug 2, 2023 **5.62 miles**
Warm up: 0.25 miles to cemetery loop
Run: 16 loops in 56:35 Distance 5.12 miles, Ave Pace: 11:04/mile, Total ascent: 350 ft,
The last mile was in 10:39
Warm down: 0.25 miles

Thur Aug 3, 2023 **1 mile** in 11:03

Fri Aug 4, 2023 **1 mile** on Limber Rd hill in 11:49
0.2 miles up, 0.5 miles down and 0.3 miles up the hill

During the past week: 26.25 miles streak of 35 days

Sat Aug 5, 2023 **1.8 miles** with Oona
We also walked about 0.25 miles

Sun Aug 6, 2023 **3.7 miles**
Warm up: 0.25 miles to cemetery loop
Run: 10 loops in 34:35 Distance 3.2 miles, Ave Pace: 10:48/mile, Total ascent: 220 ft,
Warm down: 0.25 miles

Mon Aug 7, 2023 **8.1 miles**
In AM
Warm up: 0.35 miles to cemetery loop
Run: 10 loops in 33:09 Distance 3.2 miles, Ave Pace: 10:22/mile, Total ascent: 220 ft,
Warm down: 0.45 miles
In PM: With 7 other runners on the high school track
Warm up: 1.5 miles, Ave pace: 10:45/mile and rest a few minutes
Run: 7 x 400m with 200m jog/rest between jogs took about 2:10
Run times: 2:06, 2:11, 2:11, 2:06, 2:08, 2:04, 1:55

Tues Aug 8, 2023 **2.8 miles**
Run: 1.55 miles, I ran down Limber and Jefferson and to the top of the cemetery.
Sum of ascents: 230ft, Ave Pace:13:19 and rest a 4 minutes
Run: 1 mile on the cemetery loop in 11:12
Warm down: 0.25 miles home

Wed Aug 9, 2023 **3.7 miles**
Warm up: 0.25 miles to cemetery loop
Run: 10 loops in 35:33 Distance 3.2 miles, Ave Pace: 11:07/mile, Total ascent: 220 ft,
Warm down: 0.25 miles

Thur Aug 10, 2023 **2 miles** on the Ernst trail at 11:00/mile

Fri Aug 11, 2023 **4.8 miles**
Warm up: 0.25 miles to cemetery loop
Run: 15 loops in 51:06 Distance 4.8 miles, Ave Pace: 10:39/mile, Total ascent: 330 ft,
Warm down: 0.25 miles

During the past week: 26.9 miles streak of 42 days

Sat Aug 12, 2023 **2.3 miles**
Warm up: 0.35 miles to cemetery loop
Run: 5 loops in 16:38 Distance 1.6 miles, Ave Pace: 10:24/mile, Total ascent: 110 ft
Warm down: 0.35 miles

Sun Aug 13, 2023 **7.1 miles**
Warm up: 0.35 miles to cemetery loop
Run: 20 loops in 1:11:27 Distance 6.4 miles, Ave Pace: 11:08/mile, Total ascent: 440 ft
Warm down: 0.35 miles

Mon Aug 14, 2023 **3 miles**
I ran 3 miles on hilly roads and averaged very close to 13:00/mile, Total ascent: 300 ft
Ave HR: 109, Max HR: 135

Tues Aug 15, 2023 **1.5 miles**
Warm up: 0.25 miles to cemetery loop
Run: 1 mile on the loop, Time: 10:06, Total ascent: 66 ft
Warm down: 0.25 miles

Wed Aug 16, 2023 **4.3 miles** at the Ice Cream Race in Grove City
Warm up: 1.2 miles at various paces
Run: 5k in 28:00 Splits: 8:55, 9:25, 8:51, and 0.11 miles at 7:37/mile pace

Thur Aug 17, 2023 **2.1 miles**
Warm up: 0.25 miles to cemetery loop
Run: 5 loops, 1.6 miles, Time: , Total ascent:
Warm down: 0.25 miles

Fri Aug 18, 2023 **5.3 miles**
Warm up: 0.25 miles to cemetery loop
Run: 15 loop, 4.8 miles Time: 51:58, Total ascent: 330 ft
Ave Pace: 10:50/mile, Ave HR: 122bpm, Max HR: 132/mile
Warm down: 0.25 miles

During the past week: 24.6 miles streak of 49 days

Sat Aug 19, 2023 **7.75 miles**
Warm up: 0.25 miles to cemetery loop
Run: 20 loops in 1:05:19 Distance 6.4 miles, Ave Pace: 10:13/mile, Total ascent: 440 ft
Last mile: 9:17
Warm down: 0.35 miles
In the Afternoon: 0.75 miles at Woodcock Lake trail

Sun Aug 20, 2023 **3.7 miles**
Warm up: 0.25 miles to cemetery loop
Run: 10 loops in 33:02, Distance 3.2 miles, Ave Pace: 10:18/mile, Total ascent: 220 ft
Warm down: 0.25 miles

Mon Aug 21, 2023 **4.15 miles**
Warm up: 0.25 miles to cemetery loop
Run: 7 x 1 loop with 3 min/0.2 mile jog after each run, ascent on each loop 22 ft
Times for runs : 2:55, 2:56, 2:59, 3:00, 2:56, 2:53, 2:43
Warm down: 0.25 miles

Tues Aug 22, 2023 **5.3 miles**
Warm up: 0.25 miles to cemetery loop
Run: 15 loops, Distance: 4.8 miles, Ave Pace: ~10:15/mile, Total ascent: 330 ft
Warm down: 0.25 miles

Wed Aug 23, 2023 **6.3 miles**
Warm up: 1 mile at various paces mainly on the cemetery loop
Run: 5 x 2 loops with a 1 loop jog after each run, ascent on each 2 loops: 44 ft
Times for runs : 6:33, 6:33, 6:30, 6:33, 6:26, Jogs in about 4:25
Warm down: 0.25 miles

Thur Aug 24, 2023 **2 miles**
Run: 2 miles at various paces

Fri Aug. 25, 2023 **3.7 miles**
Warm up: 0.25 miles to cemetery loop
Run: 10 loops in 35:58, Distance 3.2 miles, Ave Pace: 11:14/mile, Total ascent: 220 ft
Warm down: 0.25 miles

During the past week: **32.9 miles** streak of 56 days

Sat Aug 26, 2023 **7.15 miles**
Warm up: 0.5 miles mostly on cemetery loop
Run: 20 loops in 1:11:59 Distance 6.4 miles, Ave Pace: 11:15/mile, Total ascent: 440 ft
Warm down: 0.25 miles

Sun Aug 27, 2023 **5 miles**
Warm up: 0.25 miles to cemetery loop
Run: 10 loops in 34:53, Distance 3.2 miles, Ave Pace: 10:54/mile, Total ascent: 220 ft
Warm down: 0.25 miles
Later in the day I ran 1.3 miles with Oona

Mon Aug 28, 2023 **2.6 miles**
Warm up: 0.25 miles to cemetery loop
Run: 2 miles on the cemetery loop averaging 10:25/mile, Total ascent: 132 ft
Warm down: 0.35 miles home

Tues Aug 29, 2023 **5.3 miles**
Warm up: 0.25 miles to cemetery loop
Run: 15 loops, Distance: 4.8 miles, Ave Pace: 10:31/mile, Total ascent: 330 ft
5 loop splits: 17:17, 17:00, 16:07(10:04/mile)
Warm down: 0.25 miles

Wed Aug 30, 2023 **4 miles**
Warm up: 0.25 miles to cemetery loop
Run: 10 loops in 36:45, Distance 3.2 miles, Ave Pace: 11:29/mile, Total ascent: 220 ft
Warm down: 0.55 miles

Thur Aug 31, 2023 **4 miles** on the Ernst Trail
Warm up: 1 mile in about 11:30
Run: 3 miles Ave pace: 11:09/mile. I am saving energy for the Erie marathon on Sept 10.

Friday Sept 1, 2023 **2.1 miles**
Warm up: 0.25 miles to cemetery loop
Run: 5 loops, Distance: 1.6 miles, Ave Pace: 11:21/mile, Total ascent: 110 ft
Warm down: 0.25 miles

During the past week: **30.5 miles** streak of 63 days

Sat Sept 2, 2023 **2.1 miles**
Warm up: 0.25 miles to cemetery loop
Run: 5 loops, Distance: 1.6 miles, Ave Pace: 11:16/mile, Total ascent: 110 ft
Warm down: 0.25 miles

Sun Sept 3, 2023 **2.1 miles**
Warm up: 0.25 miles to cemetery loop
Run: 5 loops, Distance: 1.6 miles, Ave Pace: 10:23/mile, Total ascent: 110 ft
Warm down: 0.25 miles

Mon Sept 4, 2023 **3 miles**
Warm up: 0.2 miles to cemetery loop
Run: 5 loops, Distance: 1.6 miles, Ave Pace: 10:03/mile, Total ascent: 110 ft
Warm down: 1.2 miles slowly

Tues Sept 5, 2023 **2.5 miles**
Warm up: 0.25 miles to cemetery loop
Run: 2 miles on the cemetery, Ave Pace: 11:06/mile, Total ascent: 132 ft
Warm down: 0.25 miles

Wed Sept 6, 2023 **2.5 miles**
Warm up: 0.25 miles to cemetery loop
Run: 2 miles on the cemetery, Ave Pace: 10:46/mile, Total ascent: 132 ft
Warm down: 0.25 miles

Thur Sept 7, 2023 **2.85 miles**
Warm up: 0.5 miles to cemetery loop
Run: 1.07 miles on the loop, Time: 9:26/mile, Total ascent: 66 ft
Warm down: 0.25 miles

Fri Sept 8, 2023 **2.5 miles**
Warm up: 0.25 miles to cemetery loop
Run: 1 miles on the loop, Time: 9:58/mile, Total ascent: 70 ft
Warm down: 0.25 miles

During the past week: **17.6 miles** streak of 70 days

Sat Sept 9, 2023 **2.5 miles**
Warm up: 0.25 miles to cemetery loop
Run: 1 miles on the loop, Time: 11:03/mile, Total ascent: 70 ft
Warm down: 0.25 miles

Sun Sept 10, 2023 **10 miles** I started the Erie Marathon
Warm up: I walked and jogged 0.75 miles
Run: I ran about 9.75 miles at 11:15. Then I hit my toes on a solid bump and fell on my mouth. I also hurt my right shoulder. I had to stop running. I later received stitches in my lip. Luckily no teeth broke. A scan of face and neck and x-ray of shoulder showed no broken bones.

Mon Sept 11, 2023 **1.5 miles** at an easy pace.
Run: 1.5 miles at an easy pace while timing 10 runners on the cemetery loop.

Tues Sept 12, 2023 **2.25 miles**
Warm up: 0.25 miles to cemetery loop
Run: 2 miles on the loop some of which was with Olivia. Time: 23:23

Wed Sept 13, 2023 **3.2 miles** averaging 12:54/mile
I ran down Limber and Jefferson, into the cemetery to the very top and back home. It is a very hilly course.

Thur Sept 14, 2023 **4 miles**
Warm up: 1 mile in 10:03 and rest a few minutes
Run: I ran 3 miles on the Ernst Trail with 10 other runners. Time: 28:05, Ave Pace: 9:22/mile

Fri Sept 15, 2023 **3 miles** on a Wise Center treadmill
Approximate Splits: 11:30, 11:00, 12:00

During the past week: **26.5 miles** streak of 77 days

Sat Sept 16, 2023 **4.2 miles**
Run: 4 miles on the loop, Pace: 11:45/mile, Total ascent: 270 ft
Warm down: 0.2 miles

Sun Sept 17, 2023   **4.66 miles**
Warm up: 0.25 miles to cemetery loop
Run: 13 loops, 4.16 miles, Pace: 12:45/mile, Total ascent: 286 ft
Warm down: 0.25 miles

Mon Sept 18, 2023 **5.3 miles**
In the morning:
Warm up: 0.25 miles to cemetery loop
Run: 10 loops, 3.2 miles, Pace: 12:40/mile, Total ascent: 220 ft
Warm down: 0.25 miles
In the afternoon:
Run: 1.6 miles at an easy pace while timing 10 runners on the cemetery loop.

Tues Sept 19, 2023 **4 miles**
I ran wide on the college track so each lap was ¼ mile.
I jogged about 55 yards at the beginning of each of the 16 laps and ran the rest. So during the 4 miles, I jogged a total of ½ mile and ran 3.5 miles. While running my foot plant was near the front of my foot and jogging near the back.
Run: 4 miles, Time 50:07, Ave Pace 12:32/mile, Ave HR: 112, Max HR: 129.
For the first mile my HR was above average and for the last mile it was below average.
Two mile splits: 24:52 and 25:17
I am happy I kept my pulse low at this pace.

Wed Sept 20, 2023 **4 miles**
Run: 1 mile to the college track in 11:41 and rest a few minutes
Run: 3 miles on the track in 37:46 or 12:34/mile, splits: 12:44, 12:46, 12:17
I jogged about 55 yards at the beginning of each of the 12 laps and ran the rest. So during the 3 miles, I jogged a total of 3/8 mile and ran 2 and 5/8 miles.

Thur Sept 21m 2023 **7.7 miles**
In the morning:
Warm up: 0.25 miles to cemetery loop
Run: 10 loops, 3.2 miles, Ave Pace 12:25/mile, Ave HR: 113, Total ascent: 220 ft
Warm down: 0.25 miles
In the afternoon I ran on the Ernst Trail with 10 other runners.
Warm up: 1 mile at about12:00/mile
Run/jog with Rod: 3 miles averaging about 12:15/mile, working on run/jog routines for an ultra.

Fri Sept 22, 2023   **6.26 miles**
Warm up: 0.25 miles to cemetery loop
Run: 18 loops, 5.76 miles, Pace: 12:10/mile, Total ascent: 400 ft
Warm down: 0.25 miles

During the past week: **36.12 miles** streak of 84 days

Sat Sept 23, 2023 **13.1 miles**
Run: Rod, Brian and I ran 13.1 miles.
The course consisted of ½ mile on the Ernst Trail, 11 miles on hilly roads and 1.5 miles on the Ernst Trail. Their was over 700 ft of accent on the hilly part. Ave pace 11:18/mile. We lost about 5 minutes while we dealt with two friendly dogs who insisted on running with us. If you subtract the effect of these 5 minutes, our average pace while running was 10:55. I had a good breakfast before the run but no food or drink during the run. I think nourishment would have helped.

Sun Sept 24, 2023 **1.5 miles** I am tired from yesterday.
Warm up: 0.25 to the cemetery loop
Run: 1 mile in 12:39
Warm down: 0.25 miles

Mon Sept 25, 2023 **5.7 miles** I feel a lot better than yesterday
In the morning:
Warm up: 0.1 miles
Run: 10 cemetery loops, Distance: 3.2 miles, Ave Pace:11:30/mile, Ave HR: before halfway it was about 135 bpm. After that it rose to about 170 bpm. I think because I am tired still from Saturday's workout. Overall I feel considerably better than yesterday.
Warm down: 0.4 miles
In the afternoon:
2 miles of intermittent running at about 12:00/mile while timing other runners.

Tues Sept 26, 2023 **3.1 miles**
Warm up: 0.3 miles
Run and walk: 10 cemetery loops, 3.2 miles, Ave pace 13:02/mile
I ran a total of about 2.5 miles and walked about 0.7 miles
Warm down: 0.3 miles

Wed Sept 27, 2023 **3.7 miles**
Warm up: 0.25 miles
Run: 10 cemetery loops, 3.2 miles, Ave pace 9:46/mile
Warm down: 0.25 miles

Thur Sept 28, 2023 **4 miles** I ran with about 6 other runners on the Ernst Trail
Warm up: 1 mile in 11:16
Run: 3 miles in 29:57

Fri Sept 29, 2023 **1.5 miles**
Warm up: 0.25 to the cemetery loop
Run: 1 mile in 11:00
Warm down: 0.25 miles

During the past week: **32.6 miles** streak of 91 days

Sat Aug 30, 2023 **2.42 miles**
Warm up: 0.3 miles to cemetery loop
Run: 6 loops in 25:17 Distance 1.92 miles, Ave Pace: 13:10/mile, Total ascent: 132 ft,
Warm down: 0.2 miles

Sun Oct 1, 2023 **5.3 miles**
Warm up: 0.25 miles to cemetery loop
Run: 15 loops, Distance 4.8 miles, Ave Pace: 12:10/mile, Total ascent: 330 ft
During the run I ran up hill 15 times. Seven of those times I jogged 0.1 miles.
Warm down: 0.25 miles

Mon Oct 2, 2023 **6.8 miles**
In the morning:
Warm up: 0.25 miles to cemetery loop
Run: 15 loops, Distance 4.8 miles, Ave Pace: 11:36/mile, Total ascent: 330 ft
5 loop splits: 18:31, 18:57, 18:13
Warm down: 0.25 miles
In the afternoon:
I ran with about 10 other runners on the cemetery loop.
Run: 1.5 miles including 3 x cemetery loop at about 10:10/mile pace.

Tues Oct 3, 2023 **5.3 miles**
Warm up: 0.25 miles to cemetery loop
Run: 15 loops, Distance 4.8 miles, Ave Pace: 11:29/mile, Total ascent: 330 ft
5 loop splits: 18:28, 18:33, 18:01
After about halfway I felt a good deal better and my pulse dropped to about 125 bpm on
average.
Warm down: 0.25 miles

Wed Oct 4, 2023 **9.25 miles** running and 4.1 miles walking
Warm up: 0.25 miles to cemetery loop
Run and Walk: 13.1 miles on the cemetery loop. Ave Pace: 13:12/mile
I ran and walked 41 cemetery loops which comes out to be 13.1 miles. The hill is about 0.15 miles long
and I went up it 41 times. I avoided running most of each hill by walking about 0.1miles at the end of
each hill. 41x0.1 equals 4.1 miles I walked during the work out. 13.1-4.1=9 miles which is how much I
ran during the workout. My average pace for the run/walk was 13:12/mile.
Calories and Water
Breakfast: 1 hour before I ran:
Cereal, a little milk, blueberries and a banana -> about 370 calories
Snack: 1/2 hour before I ran:
1/2 of an energy bar -> 100 calories
During the run:
12 gummies -> 160 calories
1 Glukos liquid "gel" -> 70 calories
Total calories = 370+100+160+70 = 700 calories

Research has shown that on average a person can absorb 250 calories per hour in digesting food.It was
about 4 hours from the time when I had breakfast to the time of the end of the run. In that time my body
could have absorbed 1000 calories but I only ate about 750 calories. The difference of 250 calories is
not too important for a "short" run. But on a long run I should eat more calories per hour than I did on
this run.

During the run I drank 32 ounces of water. It was a warm day and by the end of the run the temp was
80 degrees. I know from experience that on a cool day 3 ounces of liquid per mile works well for me.
On a hot day 4 to 5 ounces is better. Assuming for this run I should be drinking 4.5 ounces per mile I
calculate 4.5x13.1= 59 ounces. 59-32 = 27 ounces. So from this rough calculation I was 27 ounces
short on how much water I should have drunk. This is about 1.7 pounds. I actually lost about 2 pounds
while running. I know from experience that I can lose about 2 pounds in a race without any problem.
When I lose more than 2 pounds it starts to affect my performance. So even though I was not affected
on this run, if I kept running longer without drinking more per hour I would have become weaker and
possibly dizzy.

Electrolytes: I forgot to take my Salt Sticks which I normally take for electrolyte replacement. If this
happened on a long run I would have been in trouble. I remember the bad cramps I got in a 50 miler
that were relieved when a person watching the run gave me salt sticks and in about 10-15 minutes my
cramps went away.

Thur Oct 5, 2023 **1.7 miles** running and 1.5 miles walking
Warm up: 0.5 miles to cemetery loop
Run and Walk: 3.2 miles on the cemetery loop. Ave Pace: 13:52/mile
Warm down: 0.25 miles

Fri Oct 6, 2023 **2 miles**
I ran 2 miles on the college track.
Splits: 1:59, 12:45

During the past week: **32.8 miles** streak of 98 days

Sat Oct 7, 2023 **12.3 miles** running and 5.4 miles walking
We had 6 runners running long distances on the cemetery loop and hill.
I ran and walked 54 loops which is 17.28 miles in 3:41:14. Ave Pace: 12:48/mile.
During each loop I walked 0.1 miles near the top of the hill. Total ascent: 1190 feet.
Ave HR: 120. My HR oscillated between about 100bpm and 135bpm for the whole time!
It was typically 100bpm at the end of the walk and 135bpm at the end of the run. I think
it must be good that my heart responded so quickly to the load put upon it. The
temperature was about 50 degrees for the whole time and I drank the same amount of
water as I did 3 days ago on Wednesday which was enough today even though I ran
further today. I really felt great! A few minutes after I stopped I ran 2 x 0.2 miles at a fast
pace with a few minutes between each run. These felt relatively easy. I think the cool
temperature and extra sugar really helped.

Calories and Water
Breakfast: 1 hour before I ran:
Cereal, a little milk, blueberries and a banana -> about 370 calories
Snack: 1/2 hour before I ran:
1/2 of an energy bar -> 100 calories
During the run:
12 gummies -> 160 calories
2 Glukos liquid "gel" -> 70 calories each
Total calories = 370+100+160+70 = 700 calories
Water: 32 ounces,   I had one of the Glukos liquid gels in 16 ounces of water which is a
good idea and I will do this in the future.
Salt sticks: 2x3

Sun Oct 8, 2023 **1 mile**
I ran on the indoor track. Splits: ~5:30, ~5:00

Mon Oct 9, 2023 **3 miles**
In the morning:
I ran 1 mile on the indoor track. Time: 10:03
Then I used a few weight machines for upper and lower body.
In the afternoon:
2 miles at various paces before and while timing runners

Tues Oct 10, 2023 **1.13 miles**
I ran on the indoor track. Distance: 1.13 miles
4 laps at ~11:00/mile and 5 laps at ~ 10:00/mile

Wed Oct 11, 2023 **4 miles** on a college treadmill
Distance: 4 miles all miles about 11:00
Pulse about 130 bpm for the first 2 miles then it dropped to about
120 bpm for the rest of the run.

Thur Oct 12, 2023 **4 miles** on a college treadmill
Distance: 4 miles all miles about 11:00
Pulse about 125 bpm for the whole run

Fri Oct 13, 2023 **5 miles** on a college treadmill
Time: 52:18, Splits: 10:54, 10:42, 10:31, 10:20, 9:51.6 Ave Pace: 10:28
Pulse after 2nd, 3rd 4th and 5th miles: 119, 119, 125, 135 bpm.
I felt very good today. My breathing was excellent.

During the past week: miles 30.43 streak of 105 days

Sat Oct 14, 2023 **4 miles**
Warm up: 0.5 miles to the Wise Center and a few minutes rest.
Run: On treadmill 3 miles Time: 29:52 Splits: 10:37, 9:59, 9:11 Ave Pace: 9:57
Pulse at the end of each mile: 120bpm, 125bpm, 130bpm.
Warm down: 0.5 miles in 5:28

Sun Oct 15, 2023 **5 miles of running** and 2 miles of walking
Warm up: 0.25 miles to the cemetery loop
Run/walk: 20 cemetery loops, Distance: 6.4 miles, I walked 0.1 miles at the end of each
0.32 mile loop for a total of 2 miles of walking and 4.4 miles of running. Time: 1:21:07
Ave Pace: 12:41/mile
The faster runs this past week have helped to get me breathing well and relaxed while
running. I will get about two more short, fast runs in before the Endurance Run in 6
days.

Mon Oct 16, 2023 **3.75 miles**
In the morning:
1.5 miles on a treadmill including 2 x 0.5 miles in 5:02 and 5:00
In the afternoon:
2.25 miles at various paces while timing 10 other runners on the cemetery loop.

Tues Oct 17, 2023 **3 miles**
Run: 3 miles on a college treadmill in 33:01 Each mile near 11:00
HR at the end of each mile: 117, 117, 120 bpm

Wed Oct 18, 2023 **2.5 miles**
Warm up: 0.5 miles to the Wise Center
Run: 2 miles on a college treadmill in 21:14 Splits 10:59, 10:15
HR at the end of each mile: 116, 126 bpm

Thur Oct 19, 2023 **2.5 miles**
Warm up: 0.5 miles to the Wise Center
Run: 2 miles on a college treadmill in 20:45 Splits 10:30, 10:15
HR at the end of each mile: 126, 136 bpm

Fri Oct 20, 2023 **1.5 miles**
Warm up: 0.25 miles the cemetery loop
Run: 1 mile on the loop
Warm down: 0.25 miles home

During the past week: **22.25 miles** streak of 112 days

Sat Oct 21, 2023 **18 miles** of running and 8 miles of walking
I ran and walked 26.5 miles in the Erie Endurance Run
Time: 6:04:25

Sun Oct 22, 2023 **1.5 miles** on Limber, Jefferson and Benson

Mon Oct 23, 2023 **2.5 miles** while timing other runners on the cemetery loop

Tues Oct 24, 2023 **1.5 miles** on Benson and cemetery loop

Wed Oct 25, 2023 **2.75 miles** running and 0.75 miles walking
Warm up: 0.25 miles the cemetery loop
Run: 3 miles on the loop, I walked about 0.25 miles at the beginning of each mile and averaged 12:55/mile
Warm down: 0.25 miles home

Thur Oct 26, 2023 **4 miles** on the Ernst Trail with 5 other runners
Warm up: 1 mile in about 11:30 and rest a few minutes
Run: 3 miles running and talking with Tim Dunn at 10:30/mile

Fri Oct 27, 2023 **4.71 miles**
Warm up: 0.3 miles to cemetery loop
The loop is 0.32 miles long with 22 ft of vertical gain
Run: 6 x 1 loop with a loop jog before each run and another loop jog at the end
Warm down: 0.25 miles
Times for the 6 runs: 3:10, 3:12, 3:09, 3:08, 3:05, 2:56 Ave: 3:07
Average time for the 7 jogs: 4:01

During the past week: **34.96 miles** streak of 119 days

Sat Oct 28, 2023 **2 miles**
Warm up: 0.5 miles to the Wise Center
Run: 1.5 miles on the indoor track
Half mile splits: 6:37, 6:04, 5:44
I feel tired from yesterday's Covid shot and 3 good runs in last week:
Endurance run (Oct 21), 3 mile (Oct 26), intervals (Oct 27)

Sun Oct 29, 2023 **2 miles**
Warm up: 0.5 miles to the Wise Center
Run: 1.5 miles on the indoor track
Half mile splits: 5:38, 5:32, 5:22

Mon Oct 30, 2023 **3.4 miles** with 10 other runners on the cemetery loop
Warm up: 0.2 miles to the cemetery loop
Run: 3 miles on the loop at various paces including 4 x 1 loop
single loop times all about 3:10 or about 10:00/mile average pace
Warm down: 0.2 miles home

Tues Oct 31, 2023 **1.5 miles**
Run: 1.5 miles on a Wise Center treadmill. The whole run was with various inclines up to a setting of 8. The average setting was about 4. It was a difficult run at a slow running pace.

Wed Nov 1, 2023 **1.45 miles**
I ran 0.2 miles to the cemetery loop, one mile on the loop and 0.25 miles home.

Thurs Nov 2, 2023 **4.5 miles**
I ran with 9 other runners on the cemetery loop.
Warm up: 1.3 miles at various paces and rested a few minutes
Run: 10 loops, 3.2 miles, in 31:14, Ave Pace: 9:54/mile, total ascent 220ft, 310/loop
It was cold and I wore sweats. This was a good run for a cold day. It helped to run the second half with Geryll.

Fri Nov 3, 2023 **1.25 miles**
Run: 1.25 miles on the indoor track at an average pace of 10:05/mile
I used all the weight machines for a full body workout. For the upper body I used very light weights because of a bad right shoulder I got when I feel during the Erie Marathon in September.

During the past week: **16.1 miles** streak of 126 days started on July 1, 2023

Sat Nov 4, 2023 **1.5 miles**
Run: 0.5 miles on the indoor track in 5:08
Run: 1 mile on a treadmill in 5:30 + 4:45 = 10:15
I used all the weight machines for a full body workout. For the upper body I used very light weights again.

Sun Nov 5, 2023 **1.75 miles**
Warm up: 0.5 miles to the Wise Center
Run: 1.25 mile on a treadmill including 1 mile in 9:41. I ran faster as I ran starting at 10:00/mile and ending at 8:57/mile.
I used all the weight machines for a full body workout. For the upper body I used very light weights again.

Mon Nov 6, 2023 **3.5 miles**
Warm up: 0.5 miles to the Wise Center
Run: 3 miles on a treadmill 32:16, Splits: 11:03, 10:43, 10:30

Tues Nov 7, 2023 **1.85 miles**
Warm up: 0.5 miles to the Wise Center
Run: On a treadmill 0.25 miles in 2:26 starting at 10:42/mile and ending at 8:57/mile
Rest a few minutes
Run: 1.1 miles including 1 mile in 9:43starting at 10:42/mile and ending at 8:57/mile
I used 2 weight machines, on for legs and one for arms.

Wed Nov 8, 2023 **1.5 miles** on the Wise Center Indoor track
Run: 2 x ½ mile with a ¼ mile jog after each
Times for runs: 5:06, 4:41, Times for jogs: 3:58, 3:29

Thur Nov 9, 2023 **2 miles** on the Wise Center Indoor track
Warm up: 1 mile in 10:22 and rest a few minutes
Run: 2 x 300m with a 100m jog after each
Times for runs: 1:41, 1:47, 1:38, 1:40 Times for jogs: about 1:00

Fri Nov 10, 2023 **1.5 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 1 mile on the loop in 11:19
Warm down: 0.25 miles home

During the past week: **13.6 miles** streak of 133 days started on July 1, 2023

Sat Nov 11, 2023 **4.1 miles** on Tamarack Drive with 18 other runners
Warm up: 1 mile at various speeds
Run: We had a staggered start run. Runners did either a 5K or 10K. Jamie walked the 5K. I ran the 5K with Mike Henry. Mike took it easy because of a sore Achilles.
My Time: 29:38, Ave Pace: 9:32, Splits: 9:51, 9:41, 9:07 and 9:04/mile for the last 0.11miles. It took me 2 miles to warm up.

Sun Nov 12, 2023 **2 miles**
Warm up: 1/2 mile to the Wise Center and rest a few minutes
Run: On indoor track, 1 mile, Splits: 5:13 and 4:45, Time: 9:58 and rest a few minutes
Run: 4 x 300 meters with a 100 meter jog after each run, Times: 1:40, 1:37, 1:37, 1:38
Ave time of jogs: 58s.
Warm down: ½ mile

Mon Nov 13, 2023 **1.35 miles** on a Wise Center treadmill
Warm up: 0.85 miles at 11:00/mile and rest a minute
Run: ½ mile in 5:01
I used all the weight machines for a full body workout.

Tues Nov 14, 2023 **3.75 miles** on the cemetery loop with Rod Brest
Warm up: 1.25 miles at a nice pace
Run: 4x1 loop with 1 loop jog between each run
Times: 2:52, 2:54, 2:49, 2:41.5
Warm down: 300m jog

Wed Nov 15, 2023 **2 miles** on the indoor track
Run: 1 mile, Time: 9:58 Splits: 5:13, 4:45 and walk 200m
Run: 2 x 300m with 100m jogs after each run, times for runs: 1:36.3, 1:40.6
I used all the weight machines for a full body workout.

Thur Nov 16, 2023 **2.5 miles**
Warm up: ½ miles to the Wise Center
On the indoor track:
Run: 2 miles, Time: 23:42

Fri Nov 17, 2023 **2 miles**
Warm up: ½ miles to the Wise Center
On the indoor track:
Run: 1.5 miles, Time: 14:54, Spits: 10:04, 4:50

During the past week: **17.7 miles** streak of 140 days started on July 1, 2023

Sat Nov 18, 2023 **3 miles**
On the indoor track:
Run: 1.25 miles, First 4 laps at about 12:00/mile pace, next 6 laps at about 10:40/mile
Run: 4 x 300m with 400 meter jogs after each.
Times for runs: 1:48, 1:58, 1:46, 1:42, Ave time: 1:48.5, Ave Pace: 9:40/mile
Ave time for jogs: about 1:47

Sun Nov 19, 2023 **2.5 miles**
On the indoor track with no warm up:
Run: 0.5 miles, Time: 4:37, Ave Pace 9:14/mile
Run: 3 x 300m with 200 meter jogs after each.
Times for runs: 1:35, 1:44, 1:40, Ave time: 1:39.7, Ave Pace: 8:52/mile
Ave time for jogs: about 1:47
Run without resting: 1 x 400m with 400m jog after
Time for run: 2:13 or 8:52/mile
I ran considerably faster than yesterday*

Mon Nov 20, 2023 **1.5 miles**
Warm up: 0.5 miles to the Wise Center
Run on a treadmill: 1 mile in 10:19
I used weight machine for my arms and shoulders

Tues Nov 21, 2023 **2.4 miles** on a Wise Center treadmill
Run: 1.2 miles including 1 mile in 10:41 and then rest about 5 minutes
Run: 1.2 miles including 1 mile in 9:42
I increased speed as I ran, starting at 10:31/mile and ending at 8:57/mile

Wed Nov 22, 2023 **1.3 miles** mainly on Benson Ave at various paces.

Thur Nov 23, 2023 **5.85 miles**   I ran the Turkey Trot 5K on Presque Isle Erie
Warm up: About 1.75 miles including the run from parking outside the park to the start.
Run: 5k in 29:02, Splits: 9:36, 9:18, 9:16 and last 0.1miles at 8:38/mile pace
The first mile was hard to run faster with so many runners. I came in 495/1940
Warm down: 1 mile
I wore tights, running shorts, T shirt, gray MSG relatively tight shirt, gloves and hat over ears. This turned out to be the right of amount of clothing for 40 degrees. While warming up I had an additional sweatshirt on and left this shirt at a table while running the race and it was still there later.

Fri Nov 24, 2023 **1.5 miles** to the cemetery loop, 1 mile on the loop and home at recovery pace.

During the past week: **18.1 miles** streak of 147 days started on July 1, 2023

Sat Nov 25, 2023 **1.5 miles** after working with grass, leaves etc for about 3.5 or 4 hours.
Warm up: 0.25 miles to the cemetery loop
Run: 1 mile on the loop in 9:20, Splits: 4:43, 4:37
Warm down: 0.25 miles home

Sun Nov 26, 2023 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 3.2 miles on the loop in 32:07 the last mile near 9:20/mile
Ave HR: 165. HR near the end: about 181bpm, total ascent 220ft
Warm down: 0.25 miles home

Mon Nov 27, 2023 **2.5 miles**
Run on a Wise Center treadmill: 1 mile in 9:45, I started at about 10:31 pace and ended at about 8:30 pace.
Weight machines for upper body: I used light weights because my right shoulder is still healing from my fall in September in the Erie Marathon.
Run on the indoor track: 3 x ¼ mile with a ¼ mile jog after each
Times: 2:08, 3:26, 2:06, 3:22, 1:58.3, 3:02

Tues Nov 28. 2023 **3.25 miles** in the Wise Center
Run on the indoor track: 1 mile, time: 10:05, splits: 5:17, 4:48 and rest a few minutes
Run on a treadmill: 2.25 miles including 2 miles in 18:17, splits: 9:24, 8:53
I ran faster as I ran, starting at about 9:50/mile and ending at about 8:30/mile.
Ave HR: 139 bpm, Max HR:148, Pulse was relatively constant for most of the run

Wed Nov 29, 2023 **2.75 miles** on a Wise Center treadmill
Run: 1.25 miles including 1 mile 9:32, I started at about 10:31 pace and ended at about 8:30 pace. Rest a few minutes.
Run: 3 x ¼ mile with a ¼ mile jog after each
Times for runs: 2:09, 2:07, 2:05, Times for jogs about 3:00

Thur Nov 30, 2023 **2.75** miles on a Wise Center treadmill
Run: 2.75 miles including 2.5 miles in 23:57, Ave Pace: 9:35/mile
Splits: 10:12, 9:21, 4:25 (8:50/mile for the last half)

Fri Dec 1, 2023 **2.25 miles running** and 0.75 miles walking on the indoor track
Run and walk: I walked 1 lap, ran 3 laps and repeated until I reached 3 miles.
Time; 37:32, Ave Pace: 12:30/mile, Run pace: about 11:20/mile, Walk pace: 16:00/mile

During the past week: **18.7 miles,** streak of 154 days started on July 1, 2023

Sat Dec 2, 2023 **2.75 miles running** and 0.77 miles walking on the cemetery loop
Run and walk: I ran and walked 11 loops for a total of 3.52 miles. During each loop I ran 0.25 miles and walked 0.07 miles. Total elevation change was 242 feet.
Time:43:43, Ave Pace: 12:25/mile

Sun Dec 3, 2023 **4.25 miles** on a Wise Center treadmill
Warm up: 1 mile in 10:05 going faster as I ran and resting for a few minutes
Run: 3.25 miles including 3.1 miles in 27:49, Ave pace: 8:58/mile
Splits: 9:21, 8:54, 8:44 and 8:20/mile for the last 0.1 miles

Mon Dec 4, 2023 **2.25 miles running** and 0.75 miles walking on the indoor track
Run and walk: I walked 1 lap, ran 3 laps and repeated until I reached 3 miles.
Time; 36:23, Ave Pace: 12:08/mile, Run pace: < 11:20/mile, Walk pace: <16:00/mile
Compare to Dec 1, 2023

Tues Dec 5, 2023 **3 miles** on indoor track with Jim Fitch
Warm up: 1.5 miles
Run: Run 1.5 miles including 2 x ½ mile, Times: 4:45 and 4:43

Wed Dec 6, 2023 **1.4 miles** at about 12:00/mile before flying to the Netherlands.

Thur Dec 7, 2023 **1.55** miles in Oosterwold at about 12:00/mile.

Fri Dec 8, 2023 **1.25 miles** at 10:50/mile

During the past week: **16.45 miles,** streak of 161 days started on July 1, 2023

Sat Dec 9, 2023 **2 miles** on a treatmill in about 22:00 Splits: ~12:00, ~10:00

Sun Dec 10, 2023 **1.2 miles**
At noon: 0.66 miles at about 11:45/mile
Later: 2 x ¼ mile with a ¼ mile walk/run between, Times: 2:25, 2:06

Mon Dec 11, 2023 **2.5 miles o**n a treadmille
Run: 2 x 1.25 miles with each run including a faster mile, Mile times: 10:20, 9:30

Tues Dec 12, 2023 **2.96 miles**
In AM: 0.32 miles at 10:20/mile
In PM: 2.64 miles, Splits:10:43, 10:05 and 9:49/mile for the last 0.64 miles

Wed Dec 13, 2023 **1.25 miles** averaging 10:42/mile

Thur Dec 14, 2023 **4.4 miles**
Warm up: 1.3 miles and rest
Run: 3.11miles Time: 31:56, Ave Pace: 10:15/mile, Ave HR: 135/mile
10:23, 10:22, 10:05, 0.11 miles at 9:42/mile

Fri Dec 15, 2023 **4 mile**s on bike paths
Run: 4 miles at various paces including 2 x ½ mile in 4:31 and 4:37,
and a ¼ mile run in 2:29

During the past week: **18.31 miles,** streak of 168 days started on July 1, 2023

Sat Dec 16, 2023 **4 mile**s on bike paths
Ave Pace: 11:52/mile

Sun Dec 17, 2023 **2.13 mile**s on bike paths in wind and cold with a lot of clothing.
Ave Pace: 12:24/mile

Mon Dec 18, 2023 **4 mile**s on bike paths and roads
Ave Pace: 10:57/mile
I started at about 11:20/mile and ended at about 9:50/mile

Tues Dec 19, 2023 **1.75 mile**s on bike paths and roads
Ave Pace: 10:17/mile
I started at about 11:00/mile and ended at about 9:45/mile

Wed Dec 20, 2023 **4 mile**s on bike paths and roads
The first 3 miles averaged about 12:13 and the last mile was in 11:09

Thur Dec 21, 2023 **1.3 mile**s out and back on a road
Pace: 11:36 out, 9:58 back

Fri Dec 22, 2023 **3.1 miles** on a treatmill
Run: 0.05 mile lead into 1 mile in 9:48
Run: 0.05 mile lead into 2 miles in 9:30 and 9:10

During the past week: **20.3 miles,** streak of 175 days started on July 1, 2023

Sat Dec 23, 2023 **2.15 miles** on roads
Run: 1.52 miles at about 12:00/mile to a store
Run: 0.63 miles back to the house with a full back pack at about 13:00/mile

Sun Dec 24, 2023 **4.7 miles** on roads
Run: 4.7 miles, Ave Pace: 9:59/mile. Splits: 10:26, 9:52, 10:14, 9:46, 9:31 for 0.7 miles

Mon Dec 25, 2023 **3.31 miles** on roads against the wind and then with the wind.
Run: 2 miles, Ave Pace: 9:34/mile. Splits: 9:56, 9:12 and rest a few minutes
Run: 1 mile, Time: 9:35
Warm down: 0.31 miles at 13:30/mile

Tues Dec 26, 2023   **2 miles** on roads
Warmup: 1 mile in 11:18 against the wind and rest a few minutes
Run: 1 mile in 9:00 with the wind

Wed Dec 27, 2023   **3.75 miles** on roads
Warm up: 0.75 miles, Time: 9:36
Run: 3 miles including 6 x 0.25 averaging about 2:07

Thur Dec 28, 2023 **1.5 miles** on roads in 10:45/mile

Fri Dec 29, 2023 **4.25 miles** on roads
Warm Up: 0.75 mile, Pace: 10:52
Run: 3.5 miles, including 3 x 0.25 miles and 4 x 0.20 miles with 0.25 jogs after the first 3 runs and 0.30 miles after the last 4. Even numbered runs were against the wind.
Paces (per mile) for the 7 runs: 8:27, 8:59, 8:15, 9:07, 8:15, 9:10, 8:10

During the past week: **21.7 miles**, streak of 182 days started on July 1, 2023

Sat Dec 30, 2023 2 **miles** on roads, Ave Pace 11:35/mile.

Sun Dec 31, 2023 1.2 **miles** on roads
My right thigh tightened in a small area and I slowed up during the middle of the run to keep it from getting worse. Used " The Stick" and a roller.

Mon Jan 1, 2024 1.2 **miles** on roads, Leg is bothering me. Used " The Stick" and roller. Also 20 minutes on Joe's stationary bike.
Stationay bike: 20 minutes on Joe's stationary bike. Level 6

Tues Jan 2, 2024 2.4 **miles** on roads, Leg is bothering me. Used " The Stick" and roller.
Run: 1.2 miles
Stationay bike: 2 x 10 minutes on Joe's stationary bike. Level 6, Second ride 4.1 km
Run: 1.2 miles

Wed Jan 3, 2024 **1.2 miles** on roads, Leg is bothering me. Used " The Stick" and roller.
Run: 1.2 miles
Stationay bike: 10 minutes on Joe's stationary bike. Level 6, Distance 4.3 km

Thur Jan 4, 2023   **1.2 miles** on roads, Leg is getting better

Fri Jan 5, 2023   **1.1 miles** in the Detroit airport during a layover on the way home.

During the past week: **10.3 miles**, streak of 189 days started on July 1, 2023
My injured right thigh is getting better.

Sat Jan 6, 2023 **1.5 miles** on the cemetery loop.

Sun Jan 7, 2023 **3.45 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 3 miles on the loop in 33:00, Splits: 11:07, 10:56, 10:58
Warm down: 0.2 miles home
This was a tough run on mostly a snow covered road with studs attached to my shoes. My right thigh felt sore again.

Mon Jan 8, 2024 **1.5 miles**
Run: 1.5 miles on a Wise Center treadmill, Ave pace 10:54/mile My leg got less sore than yesterday
recumbent bike: 3 miles, level 12, Ave speed:13.5 miles/hour, Ave HR: 105 bpm
Weight machines: for upper body plus a few others, especially leg press

Tues Jan 9, 2024 **2.0 miles**
Run: 2 miles on a Wise Center treadmill
Ave pace for first 1.5 miles: 10:54/mile, Ave pace for last 0.5 miles: 10:37/mile
recumbent bike: 3 miles, level 12, Ave speed:14.07 miles/hour, Ave HR: 125 bpm
Weight machines: for upper body plus a few others, especially leg press

Wed Jan 10, 2024 **2.5 miles**
Run: 2.5 miles on a Wise Center treadmill, Splits: 10:54, 10:31, 5:10
Weight machines: leg press and leg curl

Thur Jan 11, 2024 **3.5 miles** on a Wise Center treadmill
Warm up: 1 miles Time: 10:43, going faster as I ran and ending at 9:31/mile
rest a few minutes
Run: 3 x ½ mile with a ¼ mile jog before each and ¼ mile warm down
Times for runs: 4:46, 4:46, 4:41 and about 6:00 for the jogs
Weight machines: leg press and leg curl

Fri Jan 12, 2024 **3 miles**
Run: 1 mile **o**n the indoor track, Time: 9:47 and rest 5 minutes
Run: 2 miles on a treadmill including 0.25 mile jog,
1 x 0.25 mile run and 2 x 0.2 mile run
    with 0.3 mile jog between runs and ½ mile jog at the end.
Times for runs: 2:12, 1:46, 1:46, Pace for all jogs: 12:00/miles

During the past week: **17.45 miles**, streak of 196 days started on July 1, 2023

Sat Jan 13, 2024 **3.5 miles** on a treadmill
Run: 1 mile, Time: 10:19 and rest 5 minutes
Run: 2.5 miles including 0.25 mile jog,
1 x 0.5 mile run and 3 x 0.2 mile run
    with 0.3 mile jog between runs and 0.5 mile jog at the end.
Times for runs: 4:33, 1:46, 1:45, Pace for all jogs: 12:00/miles

Sun Jan 14, 2024 **5 miles** on indoor track
Run: 4.5 miles, Time: 47:09, Ave Pace: 10:29/mile
Warm down: 0.5 miles jog

Mon Jan 15, 2024 **4 miles** continuous run on a treadmill
Run: 4 mile splits: (10:42, 1 mile), (Ave pace: 9:17, 2.5 miles),(Jog, 0.5 miles)

Tues Jan 16, 2024 **2.5 miles** continuous run on a treadmill
Run: 2.5 mile splits: (5:17, ½ mile), (4:41, ½ mile), (8:39, 1 mile), (5:19, ½ mile)

Wed Jan 17, 2024 **4.5 miles** continuous run on a treadmill
Run: 4.5 mile splits: (9:35/mile, 3 miles), (8:50, 1 mile)
I ran faster and faster as I ran. Initial pace 9:57 and final pace 8:27
Warm down: ½ mile in about 5:30

Thur Jan 18, 2024 **5.5 miles** on a treadmill
Warm up: 1 mile in 10:00 and rest about 4:00
Run: 4 miles, I ran 8 x 0.20 miles with a 0.3 mile jog before each run.
Paces for the 0.2 mile runs: For the first 5, 8:57/mile, and the next 3, 8:49, 8:42 and 8:31/mile. The 8 jogs were all about 12:00/mile.
Warm down: ½ mile in about 6:00

Fri Jan 19, 2024 **2.55 miles** on a treadmill
Warm up: 1 mile in 9:37 going faster as I ran and rest about 4:00
Run: 0.05 mile lead into a 1 mile run.
For the run, Time: 8:47, beginning pace: 8:57/mile, final pace: 8:20/mile,
Warm down: ½ mile in about 5:40

During the past week: **27.05 miles**, streak of 203 days started on July 1, 2023

Sat Jan 20, 2024 **1.3 miles**
Warm up: 45 minutes of heavy snow shoveling!
Run: 1.3 miles on snow covered roads with snow grips on my shoes.

Sun Jan 21, 2024 **4 miles** on a treadmill
Warm up: 1 mile in 10:11 and rest about 4:00
Run: 3 miles, I ran 5 x 0.20 miles with a 0.3 mile jog before each run.
Paces for the 0.2 mile runs: 8:57, 8:57, 8:42, 8:34 and 8:20/mile
The 5 jogs were all about 12:00/mile.
Warm down: ½ mile in about 6:00

Mon Jan 22, 2024 **3.7 miles** on a treadmill
Run: 3.7 miles including 0.1 mile led into a 5K
For the run, Time: 28:24, Splits: 9:50, 9:06, 8:38, 0.50, Ave Pace: 9:10/mile
Warm down: ½ mile in about 6:00

Tues Jan 23, 2024 **2 miles** on a treadmill
Run: 1 mile in 10:01 going faster as I ran and rest 4 minutes
Run: ½ mile in 4:29 with a ½ mile jog before and after the run in about 6:00 each.

Wed Jan 24, 2024 **4.55 miles** on a treadmill
Run: 4.55 miles including a 0.05 mile lead into a 4 mile run and a ½ mile warm down.
Time for the 4 miles: 39:58, Approximate splits: 10:00, 9:45, 10:00, 10:15.
My pulse during the run was always close to 128 bpm.

Thur Jan 25, 2024 **3 miles** on the Wise center indoor track.
Run: 3 miles in 30:48, Ave pace: 10:16, Splits: 10:43, 10:09, 9:56, Ave HR: 133 bpm
After resting a few munutes I used 8 weight machines for upper body and legs.

Fri Jan 26, 2024   **2 miles** on the indoor track
Run: 2 miles at various pace.

During the past week: **20.05 miles**, streak of 210 days started on July 1, 2023

Sat Jan 27, 2024 **1.75 miles**
Warm up: ½ miles to the Wise Center, ¼ mile on the indoor track an rest a few minutes
Run: 1 mile on the treadmill: Time: 10:17

Sun Jan 28, 2024 **2.55 miles**
Run: 1 mile on the indoor track in 9:57 and rest 6 minutes
Run: 1.55 miles on a treadmill
Splits: 0.05mile   ½ mile   ¼ mile   ½ mile   ¼ mile
                          4:29   3:00   4:29   3:00

Mon Jan 29, 2024 **3.25miles**
Run: 3.25 miles on a treadmill:
Splits: 1 mile 1 mile   ¼ mile   ½ mile   ½ mile
            10:55   10:00   3:00   4:29   6:00

Tues Jan 30, 2024 **3.25miles**
Run: 3.25 miles on a treadmill, Ave Pulse: 125 bpm
Splits: 1 mile 1 mile   ¼ mile   ½ mile   ½ mile
            10:37   9:50   3:00   4:29   6:00

Wed Jan 31, 2024 **4.5 miles**
Warm up: ½ mile to the Wise Center and rest a few minutes
Run: 1 mile on the indoor track in 9:59 Ave Pulse: 128 bpm and rest 6 minutes
Run: 3 miles on a treadmill: 5 x 0.2 miles with a 0.3 mile jog before each run
The times for the runs were 1:47 (8:57/mile), 1:47, 1:46, 1:44, 1:42 (8:29/mile)
Pace for the jogs: 12:00/mile
Warm down: ½ mile in 6:00

Thur Feb 1, 2024 **3.5 miles**
Run: 1 mile on the indoor track in 9:39 (4:55+4:44) Ave Pulse: 130 bpm for the first half and about 140 bpm for the second half, and rest 6 minutes
Run: 2.5 miles on a treadmill, continuous run:
Splits: ½ mile   ¼ mile   ¼ mile   ¼ mile   ¼ mile   ¼ mile   ½ mile   ¼ mile
      5:00   3:00   2:14   3:00   2:14   3:00   4:28   3:00

Fri Feb 2, 2024 **3.5 miles** on a treadmill
Warm up: 1 mile in 10:50 and rest 5 minutes
Run: 2.25 miles
Splits: 1 mile   ¼ mile   ¼ mile   ¼ mile   ¼ mile   ¼ mile
      10:00   3:00   2:13   3:00   2:13   3:00

During the past week: **22.3 miles**, streak of 217 days started on July 1, 2023

Sat Feb 3, 2024 **3.55 miles** on a treadmill
Run: 3.55 miles including a 0.05 mile lead into a 3 mile run and a ½ mile warm down
Splits for the 3 miles: 10:37, 9:47, 8:50 I ran faster as I ran. Ave Pulse: 133bpm
Final pulse: about 135 bpm
Warm down: ½ mile in 5:55

Sun Feb 4, 2024 **3.7 miles**
Run: I ran 3.2 miles down Limber and Jefferson to Randolf (0.8 miles),
               up Randolph to the very top of the cemetery (0.8miles)
               back home the same way I came but in reverse.
0.8 mile splits: down hill 7:56, up hill 10:51, down hill 8:16, up hill 10:18
Total ascent: 420 feet, Ave Pace 11:40/mile, Ave HR 131 bpm, Max HR: 144

Mon Feb 5, 2024 **3.75 miles** on a treadmill
Run: 3.75 miles including a 0.25 mile lead into a 3 mile run and a ½ mile warm down
Splits for the 3 miles: 9:54, 9:45, 9:43 Ave Pulse: 138bpm
Warm down: ½ mile in 6:00
At the beginning of the last mile my pulse was about 150 bpm. I slowed down considerably and my pulse dropped to about 140. Then I picked up the pace and was running about 8:30/ mile near the end and my pulse rose to about 145 bpm.

Tues Feb 6, 2024 **2.3 miles**
Warmup: 0.55miles to the cemetery loop
Run: 1.5 miles on the hilly roads averaging 11:25/mile
Warm down: 0.25 mile home

Wed Feb. 7, 2024 **2.5 miles** On the indoor track
Run: 2.5 miles including 2 x 1 mile with a ¼ mile jog after each run
Times for the 1 mile runs: 10:08, 9:29

Thur Feb 8, 2024 **1.5 miles** on a treadmill at various paces
I am resting up for a 10K run on Saturday with my running group.

Fri Feb 9, 2024 **1.5 miles**
I ran 1.5 miles including 4 x 1/8 mile at about 9:00 pace with 1/8 jog after each

During the past week: **18.8 miles**, streak of 224 days started on July 1, 2023

Sat Feb 10, 2024 **7.9 miles**
Warm up for a 10K run: 1.7 miles at various paces
Run a 10K on Tamarack Drive with my running group:
Time: 1:02:02, Ave Pace: 9:58, Ave pace for the last 3.2 miles: 9:47

Sun Feb 11, 2024 **1.5 miles** at various paces on roads

Mon Feb 12, 2024 **2.05 miles** in the Wise Center
On the track: ½ mile in 5:14 and walk 1/8 mile
On a treadmill: 0.05 mile lead into a mile, time for mile: 10:03,
Warm down: ½ mile in 6 minutes

Tues Feb 13, 2024 **2.55 miles** in the Wise Center
On the track: ½ mile in 4:58 and rest a few minutes
On a treadmill: 0.05 mile lead into a 1.5 mile run, splits: 9:53+4:37
Warm down: ½ mile in 6 minutes

Wed Feb 14, 2024 **2 miles** in the Wise Center
On the track: 3 x ¼ mile and ¼ mile jog after each run, times: 2:26, 2:14, 2:09
3 minute rest,
On a treadmill: ½ mile in 5:21

Thur Feb 15, 2024 **1.75 miles** on the Wise Center track
1 mile in 10:07 with the last ¼ mile in 2:19 and rest for 5 minutes
Continuous run consisting of jog ¼ mile, run ¼ mile in 2:11, jog ¼ mile

Fri Feb 16, 2024 **1.65 miles** in the Wise Center
On the indoor track: 3 x ¼ mile and 1/8 mile jog after each run, times: 2:26, 2:19, 2:09.5
3 minute rest,
On a treadmill: ½ mile in 5:00

During the past week: **19.4 miles**, streak of 231 days started on July 1, 2023

Sat Feb 17, 2024 **1.5 miles** at various speeds on a treadmill.

Sun Feb 18, 2024 **2.4 miles** in the Spire indoor facility in Geneva OH
Warm Up: 1.2 miles at various paces
Run: 1 mile in the USATF Lake Erie Region Masters track meet. Time: 9:12
Warm down: about 0.2 miles

Mon Feb 19, 2024 **2.2 miles** in the Wise Center
On the indoor track: ½ mile in 5:01, ¼ mile jog, 3/8 mile at about 10:00/pace
rest a few minutes
On a treadmill: 1.05 miles including one mile in 9:44, Splits: 5:16+4:27

Tues Feb 20, 2024 **3.3 miles** in the Wise Center
On the indoor track: 1 mile in 9:59 and rest a 4 minutes
On a treadmill: 2.3 miles including two miles in 19:02, Splits: 10:00+9:02

Wed Feb 21, 2024 **4.8 miles**
Warm up: 0.5 miles to the Wise Center
On a treadmill: 4.3 miles including 4 miles in 39:55, Splits: 10:17+9:58+9:55+9:45

Thur Feb 22, 2024 **1.5 miles**
Run on a Wise Center treadmill: 2 x 0.5 miles in about 5:30
and each run followed by 0.25 miles in about 3:00/mile

Fri Feb 23, 2024 **1.5 miles**
Run: I ran 1.3 miles down and up Benson, up and down Devore and down Benson.
Ave Pace: 10:53/mile
Warm down: 0.2 miles

During the past week: **17.2 miles**, streak of 238 days started on July 1, 2023

Sat Feb 24, 2024 **3.25 miles** on a Wise Center treadmill
Splits: 1 mile in 10:27, then run 4 x ¼ mile with ¼ mile jog before each run and one
after. The runs were each about 2:30 and the jogs were each about 3:00

Sun Feb 25, 2024 **3.8 miles**
Warm up: ½ mile to theWise Center
On a Wise Center treadmill 3.3 miles including a 3.25 mile run:
Splits: 1 mile in 10:10, then run 4 x ¼ mile with ¼ mile jog before each run and one
after. The runs were 2:26, 2:13, 2:23, 2:15 and the jogs were all 2:44

Mon Feb 26, 2024 **3.73 miles** mainly on the cemetry 0.81 mile hill
Run: I started on Jefferson St. and ran to the top of the cemetery and back down. And then I repeated the run. Total ascent along the 3.23 miles is 2 x 210 = 420 feet.
Time: 38:13, Ave Pace: 11:49/mile
0.81 mile splits: 11:12(13:49/mile), 8:24(10:14/mile), 11:05(13:44/mile, 7:31(9:29/mile)
Warm down: ½ mile mainly up Jefferson St.

Tues Feb 27, 2024 **1.75 miles** on slightly hilly roads
I ran at varying paces with some in the rain and averaged about 11:15/mile.

Wed Feb 28, 2024 **3.45 miles**
Run: Without a warmup, I ran 10 cemetery loops.
Distance: 3.2 miles, Time: 33:51, Ave Pace: 10:35/mile, Total ascent: 220 feet
Warm down: 0.25 miles home

Thur Feb 29, 2024 **2 miles**
Warm up: 0.5 miles to the Wise Center
Run: 1 mile on the indoor track: ½ mile splits: 5:20 + 5:07 and walk 1 lap
Run: ½ mile in 4:44

Fri Mar 1, 2024 **2.5 miles**
Run: 2.5 miles on the Ernst Trail including 2x1 mile with a short rest between
Times: 11:45 and 10:35

During the past week: **20.48 miles**, streak of 245 days started on July 1, 2023

Sat Mar 2, 2024 **3.75 miles** on the Ernst Trail in a staggered start 3mile or 5mile
Warm up: about ¾ miles which wasn't quite enough
Run: 3 miles, Time: 29:22, Ave Pace: 9:47 Splits: 9:58, 9:54, 9:31

Sun Mar 3, 2024 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 cemetery loops.
Distance: 3.2 miles, Time: 37:18, Ave Pace: 11:40/mile, Total ascent: 220 feet
Warm down: 0.25 miles home

Mon Mar 4, 2024 **2.5 miles** in the Wise Center
Warm up: ½ mile on the indoor track in 4:51 and rest 4 minutes
Run: 1.5 miles on a treadmill, Splits: 9:51 + 4:21
I increased my speed as I ran the last ½ mile. The final pace was 8:27/mile.
Warm down: ½ mile in 5:59

Tues Mar 5, 2024 **4.02 miles running** and 1.6 miles walking
Warm up: 0.25 miles to the cemetery loop
Run: 16 cemetery loops. On each loop I walked 0.1 miles near the top of the loop.
Distance running: 3.52 miles, Distance walking 1.6 miles Time: 37:18,
Ave Pace: 12:52/mile, Total ascent: 352 feet
Warm down: 0.25 miles home
See workout from Sat Oct 7, 2023 Pulse today was the same as on Oct 7, 2023

Wed Mar 6, 2024 **2 miles** in the Wise Center
Warm up: ½ mile on the indoor track in 4:58 and rest 4 minutes
Run: 1.5 miles on a treadmill, Half mile splits: 4:57, 4:25, 5:58
I increased my speed as I ran the second ½ mile. The final pace was 8:20/mile.

Thur Mar 7, 2024 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 cemetery loops.
Distance: 3.2 miles, Time: 33:39, Ave Pace: 10:29/mile, Total ascent: 220 feet
Warm down: 0.25 miles home

Fri Mar 8, 2024 **2.25 miles** in the Wise Center
Run: 1 mile on a treadmill, faster as I ran (10:30->9:30 pace), Time 9:59,
        Ave HR: 129 bpm and rest a few minutes
Run: 1 mile on a treadmill, faster as I ran (10:00->8:40 pace), Time 9:19,
        Ave HR: 139 bpm and rest a few minutes
Warm down: 0.25 miles on the indoor track: Time: 2:34

During the past week: **21.92 miles**, streak of 252 days started on July 1, 2023

Sat Mar 9, 2024 **3 miles**
Warm up: ½ mile to the Wise Center
Run: ½ mile on the indoor track in 4:44 and rest 4 minutes
Run: 2 x 1 mile on a treadmill with a 4 minute rest between, Times 9:52 and about 8:43
I increased my speed as I ran each.
Warm down: ½ mile in about 6:00

Sun Mar 10, 2024 **2 miles** in the Wise Center
Warm up: 1 mile on the indoor track in 9:57 and rest 5 minutes
Run: 0.5 miles on a treadmill, Time: 4:38
I increased my speed as I ran. The final pace was 8:20/mile.
Warm down: Rested a minute and a ½ mile in about 5:30

Mon Mar 11, 2024 **4.19 miles** mostly with 15 other runner
Warm up: 0.25 miles to the cemetery loop and rest a few minutes
Run: 1 mile on the loop, Time: 10:35 and rest a few minutes
     1 loop in 2:59 and rest a few minutes
     6 x 1 loop with about 3 minutes between the loops including 0.1 miles of jogging
     Times for the 1 loop runs: 2:57, 3:00, 2:58, 2:55, 2:54, 2:48
Warm down: 0.2 miles home

Tues Mar 12, 2024 **3.55 miles running**
Warm up: 0.25 miles to the cemetery loop
Run: 10 cemetery loops. I walked 3 x 0.05 miles during the run.
Distance: 3.2 miles, Time: 36:15, Ave Pace: 11:20/mile, Total ascent: 220 feet
Warm down: 0.25 miles home

Wed Mar 13, 2024 **1.65 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 1.4 miles on the loop. Ave Pace: 11:37/mile

Thur Mar 14, 2024 **1.5 miles**
Warm up: 0.5 miles to the Wise Center
Run: 1 miles on the indoor track in 10:23 with the last ¼ mile in 2:24.

Fri Mar 15, 2024 **1.82 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 1 mile in 10:55 and rest a few minutes
Run: 1 loop (0.32 miles) in 3:15 and rest a few minutes
Warm down: 0.25 miles home

During the past week: **17.71 miles**, streak of 259 days started on July 1, 2023

Sat Mar 16, 2024 **2.5 miles** in the Wise Center
Run: 1 mile on the indoor track in about 10:00, Approximate Splits: 5:15 and 4:45
Rest 5 minutes
Run: 1 mile on a treadmill in 8:59.8, I started at a 9:13 pace and ended below 8:50/mile
Warm down: ½ mile in about 6:00

Sun Mar 17, 2024 **2 miles** in the Wise Center
Run: 1/2 mile on the indoor track in 5:07
Rest 4 minutes
Run: 1 mile on a treadmill in 9:38, I started at a 10:00 pace and ended below 8:50/mile
Warm down: ½ mile in about 6:00

Mon Mar 18, 2024 **3 miles**
Run: 1 mile on a treadmill in 10:43 and rest about 4 minutes
Run: 2 miles on a treadmill ½ miles splits: 5:10, 4:45, 4:32, 5:12

Tues Mar 19, 2024 **3.25 miles** in the Wise Center
Run: 1.25 miles on the indoor track in 12:05, Ave Pace 9:40/mile
Rest 6 minutes
Run: 1.51 miles on a treadmill, I started at a 10:00 pace and ended below 8:50/mile
½ mile split: 4:51, 1.01 mile split: 9:01, ave pace for the 1.01 miles: 8:55
Warm down: ½ mile in about 6:00

Wed March 20, 2024 **3.5 miles**
Run: 3.5 miles of continuous running on a treadmill.
Splits: (1ˢᵗ mile) 10:21, (1.2 mile splits) 6:03, 4:53, 4:44, 4:55, 5:43

Thur March 21, 2024 **3.4 miles running** and 1.1 miles walking
Run/Walk: 3 miles on the Wise Center indoor track.
During each 2 laps I walked ¾ of a lap and ran 1.25 laps. So total of 1.9 miles running
and 1.1 miles walking. Time for 3 miles: 35:35, Ave Pace: 11:52/mile.
Running pace: about 9:35/mile, Rest about 4:00
Run: 1.5 miles continuous runnin on a treadmill: first ¼ mile at 10:00/mile pace, next ¾
miles at about 8:50/mile ave pace and last ½ mile at about 12:00/mile pace.

Fri March 22, 2024 **3.5 miles** in the Wise Center
no warmup
Run: 1 mile on the indoor track, Time 9:29, Splits: 4:59, 4:30 and rest 6 minutes
Run: 2.5 miles on a treadmill, Splits: 9:52, 9:23, 5:33

During the past week: **21.15 miles**, streak of 266 days started on July 1, 2023

Sat March 23, 2024 **3.5** miles on a Wise Center treadmill
Warm up: 1 mile in 11:13 and rest about 4 minutes
Run: 2 miles in 19:50, Splits: 9:56, and 9:54
Warm down: ½ mile in 6:00

Sun March 24, 2024 **3.4** miles
Warm up: 0.25 miles to the cemetery loop
Run: 9 cemetery loops in Distance 2.88 miles 32:25, Ave Pace: 11:15/mile
Warm down: 0.25 miles home

Mon March 25, 2024 **1.5** miles
Warm up: 0.25 miles to the cemetery loop
Run: 1 mile on the loop in 10:04
Warm down: 0.25 miles home

Tues March 26, 2024 **3 miles** on a Wise Center treadmill
Warm up: 1 mile in 10:44 and rest about 3 minutes
Run: 1.5 miles in 16:30, I alternated ¼ mile runs in 2:30 & 3:00 until I reached 1.5 miles.
Warm down: ½ mile in 6:00

Wed March 27, 2024 **1.5** miles
Warm up: 0.25 miles to the cemetery loop
Run: 1 mile on the loop in 10:06
Warm down: 0.25 miles home

Thur March 28, 2024 **4.25 miles** on the Ernst Trail with 10 other runners
Warm up: 1.25 and rest a few minutes
Run: 3 miles in 29:45, Ave Pace: 9:55/mile, Splits: 9:48, 10:06, 9:51

Fri March 29, 2024 **3.25** miles
Warm up: 0.25 miles to the cemetery loop
Run: 3 miles on the loop, time: 33:58, Ave Pace: 11:20/mile

During the past week: **20.4 miles**, streak of 273 days started on July 1, 2023

Sat March 30, 2024 **4 miles** in the Wise center
Run on the indoor track: 2.5 miles in 25:08
Ace Pace: 10:03/mile, 1ˢᵗ mile:10:15, next 1.5 miles in 14:53 or 14:53/mile, Rest 6 min.
Run on a treadmill: 2 x ¼ mile in 2:25 and 2:21 with ¼ mile before run each in about
3:00 and ½ mile after in about 6:00

Sun March 31, 2024 **4 miles**
Warm up: ½ mile to the Wise Center
Run: 3.5 miles on the indoor track in 37:31, Ave pace: 10:43/mile

Mon April 1, 2024 **2 miles**
I ran 2 miles mainly on the Greendale Cemetery loop at various paces.

Tues April 2, 2024 **3.1 miles**
Warm up: ½ mile to the Wise Center and rest a few minutes
Run: 2.6 miles continuous running on a treadmill, 1mile in 10:20, ½ mile in about 6:00,
0.6 miles at about 9:50/mile pace, ½ mile in about 6:00

Wed April 3, 2024 **2.6 miles**
I ran 2.6 miles on a Treadmill at various paces. Average pace about 11:00/mile

Thur April 4, 2024 **1.6 miles** in the Ernst Trail with 9 other runners.
I was late for our group 3 mile run.
With no warm up I ran 1.61 miles in 16:06, Ave Pace: 10:01/mile
First mile in 10:14. Then 0.61 miles 5:53 or or 9:40/ mile.

Fri April 5, 2024 **3.5 miles** on the Wise Center indoor track
Warm up: ¼ mile and rest a few minutes
Run: 3.25 miles continuous running,
1 mile (9:59), ¼ mile jog, 1 mile (10:02), ¼ mile jog, ½ mile (4:37), ¼ mile jog

During the past week: **20.8 miles**, streak of 280 days started on July 1, 2023

Sat April 6, 2024 **4.0 miles** on the Wise Center indoor track
Warm up: ¼ mile and rest a few minutes
Run: 3.75 miles continuous running, Time:42:32, Ave Pace: 11:21/mile
1 mile (10:39), ¼ mile jog, 7/8 mile (10:36/mile pace), 1/8 mile jog,
1 mile (10:39), 1/2 mile jog

Sun April 7, 2024 **2 miles**
Warm up: ½ mile to the cemetery loop and rest a few minutes
Run: 1 mile on the loop in 9:41 with 66 feet total ascent along the course
Warm down: ½ mile home

Mon April 8, 2024 **4.63 miles** on the Wise Center indoor track
Warm up: ½ mile and rest a few minutes
Run: 3.63 miles continuous running, Time:40:30, Ave Pace: 11:09/mile
1 mile (10:32), ¼ mile jog (3:31) , 1 mile (10:37/mile pace), ¼ mile jog,
1.13 mile (Ave Pace: 10:31/mile)
Warm down: ½ mile jog

Tues April 9, 2024 **3.5 miles** on the high school track with 5 other runners
Run: 1 mile in 10:38 and rest about 10 minutes
Run: 4 x ½ mile with a 4:00 250 yard jog after each.
Times for the ½ mile runs: 4:47, 4:43, 4:42, 4:42
Wed April 10, 2024 **1.5 miles** on the Wise Center indoor track
Run with no warm up: 1.5 miles
Splits: 1 mile (10:23), ½ mile (4:56)
I rested a few minutes and then used weight machines for arms and legs.

Thur April 11, 2024 **4 miles** on the Ernst Trail.
Warm up: 1 mile in 10:36 and rest about 10 minutes
Run: 3 miles with Tim, Rod and Melissa
Time:29:50 or 9:57/mile, Splits:10:01, 10:04, 9:45

Fri April 12, 2024 **2 miles** in the Wise Center
Run: ½ mile on the indoor track in 5:17 and rest a few minutes
Run on a treadmill 1.25 miles continuoue running
Splits: ½ mile (4:59), ¼ mile (3:00), ½ mile (4:50) and rest about 3 minutes
Run on the indoor track: ¼ mile in 2:20

During the past week: **21.63 miles**, streak of 287 days started on July 1, 2023

Sat April 13, 2024 **2.75 miles** running and 0.75 miles walking.
Run: ½ mile to the Wise Center
Run/Walk on indoor track: 3 miles averaging 12:30/mile
I walked 1/8 mile and ran 3/8 miles and then repeated this until I had covered 3 miles.
The running distance was 2.25 miles and the walking distance was 0.75 miles

Sun April 14, 2024 **3.9 miles** running and 1.3 miles walking
Warm up: ½ mile to the cemetery loop and rest a few minutes
Run/walk: 13 loops in 53:47, Ave pace: 12:56/mile, I ran about 0.22 miles and walked
uphill about 0.1 miles during each loop.
Distance running: 2.9 miles, Distance walking: 1.3 miles, The total ascent 290 feet.
Warm down: ¼ mile home

Mon April 15, **4 miles** I ran with 7 other runners on the cemetery loop.
Warmup: ¼ mile to the loop and rest a few minutes.
Run: 1 mile on the loop in about 10:40 and rest a few minutes.
Run: 6 x 1 loop with a 4 minute walk and jog between
Times: 3:09, 3:08, 3:08, 3:07, 3:05, 2:44
Warm down: ¼ mile home

Tues April 16, **1.5 miles**
Warmup: ¼ mile to the loop and rest a few minutes.
Run: 1 mile on the loop in 10:27 and rest a few minutes.
Warm down: ¼ mile home

Wed April 17, 2024 **1.88 miles** running
Warmup: ½ mile to the Wise Center and rest a few minutes.
Run/Walk: 2.5 miles on the indoor track in 33:13, Ave Pace: 13:17/mile,
I ran 11 laps (1.38miles) and walked 9 laps (1.13miles). Compare to Sat April 13, 2024

Thurs April 18, 2024 **5 miles** on the Ernst Trail
Warm up: ½ mile in 5:44 and rest a few minutes
　　　　　1 mile in 10:16 and rest a few minutes
　　　　　½ mile in 4:54 and rest a few minutes
Run with about 7 other runners: 3 miles, Time: 29:22, Approx: splits 10:20, 9:46, 9:16
Ave Pace: 9:47
Ave Pace last Thursday: 9:57

Fri April 19, **1.85 miles**
Warm up: 0.25 miles to the cemetery
Run: 1.6 miles down and up the hill on the main road
of the cemetery averaging about 13:00/mile

During the past week: **20.88 miles**, streak of 294 days started on July 1, 2023

Sat April 20, **1.75 miles** on the indoor track
Run: ½ mile 5:07
Walk: 1/8 mile
Run: ¼ mile 2:14
Walk: 1/8 mile
Run: ¼ mile 2:18
Walk: 1/8 mile
Run: ½ mile 4:40
Walk: 1/8 mile
Run: ¼ mile 2:57

Sun April 21, **3.75 miles** on the indoor track
Run: 2 miles, Splits: 11:08 and 10:41
Jog: ¼ mile
Run: 1 mile 10:05
Jog: ¼ mile
Run: ¼ mile 2:22
Jog/walk: ¼ mile

Mon April 22, **6.5 miles**
Warm up: 2.5 miles on roads near the high school track
Splits:11:30, 10:16, 4:58 rest 6 minutes and ¼ mile on the track in 2:34, 1/8 mile jog
and 1/8 mile run in 68 sec
Run on track with 10 other runners:
7 x ¼ mile run with ¼ mile jog after each run.
Times for runs: 2:10, 2:10, 2:04, 2:06, 2:11, 2:09, 2:01, Jogs took about 3:50

Tues April 23, 2024 **1.5 miles**
Warm up: 0.25 miles to the cemetery
Run: 1 mile on the loop in 11:59
Warm down: 0.25 mile home

Wed April 24, 2024 **1.5 miles**
Warm up: 0.25 miles to the Wise Center
Run: 1 mile on the indoor track in 10:33
The I used the weight machines for a full upper body workout
    plus the leg press machine.

Thur April 25, 2024 **6 miles** on the Ernst Trail
Warm up: 3 x 1 mile with a few minutes after each
Times: 10:45, 10:15 and 10:30
Run: 3 miles in 31:48 or 10:36/mile.The last mile was in 9:55

Fri April 26, 2024 **1.5 miles**
Warm up: 0.25 miles to the cemetery
Run: 1 mile on the loop in 12:01
Warm down: 0.25 mile home

During the past week: **22.5 miles**, streak of 301 days started on July 1, 2023

Sat April 27, 2023 **3.75 miles** on the Wise Center indoor track
Run: 1 mile in 10:34 and rest a few minutes
Run: 1 mile 9:52 Jog: ¼ mile   Run: ½ mile 5:02 Jog: ¼ mile Run: ½ mile 2:29 Jog: ½

Sun April 28, 2024 **1.65 miles**
Warm up: ½ mile to the cemetery loop
Easy run: 1.4 miles

Mon April 29, 2024 **3 miles**
Run: 3 easy miles on the Greendale Cemetery while 8 other runners ran 5 x ½ mile

Tues April 30, 2023 **1.75 miles**
Warm up: ½ mile to cemetery loop
Run: 1 mile on the loop in 10:03,
Warm down: ½ mile home

Wed May 1, 2023 **3 miles**
Warm up: ¼ mile to the cemetery loop.
Run: 2 easy miles on the loop and ¾ mile jog home

Thur May 2, 2023 **4 miles** on the Ernst Trail
Run: 1 mile in 10:21
Run: 3 miles with Rod and Tim, Time: 31:43, Splits: 10:31, 10:54, 10:17

Fri May 3, 2024 **2.1 miles** at an easy pace mainly on the cemetery loop.

During the past week: **19.25 miles**, streak of 308 days started on July 1, 2023

Sat May 4, 2024 **3.1 miles** at an easy pace mainly on the cemetery loop.

Sun May 5, 2024 **3 miles** easy
To the cemetery loop: 0.25 miles and rest a few minutes
On the loop: 2.75 miles averaging about 12:00/mile.

Mon May 6, 2024 **2.75 miles**
Warm up: ¾ miles at 10:51/mile and walk ¼ mile
         ¼ mile at 9:05/mile and rest about 10 minutes
Run: 7x400m on the track with a 200m walk after each. Times: about 2:15

Tues May 7, 2024 **1.7 miles** easy running mostly on the cemetery loop

Wed May 8, 2024 **2 miles** easy running mostly on the cemetery loop
Ave Pace: 11:50/mile

Thur May 9, 2024 **2.5 miles** on the Ernst Trail with Tim Dunn
Splits: 11:06, 10:46, 5:23

Fri May 10, 2024 **2 miles** mainly on the cemetery loop averaging 11:57/mile

During the past week: **17.1 miles**, streak of 315 days started on July 1, 2023

Sat May 11, 2024 **2.6 miles** on the cemetery loop averaging 11:10/mile

Sun May 12, 2024 **2.25 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 2 miles on the loop averaging 11:32/mile

Mon May 13, 2024 **3.07 miles**
Warm up: 2/3 miles, Ave Pace: 10:26/mile and rest a few minutes
Run: 6 x ¼ mile on the loop with 0.15 mile jogs and short rest after each run
The jog and rest took about 3:40. The rest of the group ran 6 x 1 loop.
My times: 2:18, 2:19, 2:17, 2:20, 2:13, 2:11 The second ½ of each run ascended 20 ft.

Tues May 14, 2024 **3.5 miles**
Warm up: ¼ mile to the cemetery loop
Run: 2 x 5 loops with a 4 minute rest between the runs and a 0.5 mile jog at the end
5 loops is 1.6 miles. Average pace for each 1.6 miles: 11:21 and 11:10/mile

Wed May 15, 2024 **2.5 miles**
Warm up: 0.4 miles to the cemetery loop
Run: 1 mile on the loop in 9:51 and rest a few minutes
       ½ mile on the loop in 4:31 and rest a few minutes
Warm down: 0.6 miles home

Thur May 16, 2024 **4.25 miles** on the Ernst Trail
Run: 1 mile in 10:44 and rest a few minutes
Run: ¼ mile in 2:24 and rest a few minutes
Run: 3 miles with runners in my group, Time: 29:27, splits: 9:45, 9:55, 9:47

Fri May 17, 2024 **2.25 miles** on indoor track
Run: 2.13 miles averaging 10:27/mile
Jog: 0.13 miles

During the past week: **20.42 miles**, streak of 322 days started on July 1, 2023

Sat May 18, 2024 **7.2 miles**
Warm up: 0.5 miles to the cemetery loop
Run/jog: 6.4 miles (20 cemetery loops) Time: 1:22:56 Ave Pace: 12:58/mile
I took a short jog each time I approached the top of the hill (20 jogs in all)
Warm down: 0.3 miles

Sun May 19, 2024 **2.2 miles**
Warm up: 0.4 miles to the cemetery loop
Run: 1.6 miles (5 cemetery loops) Time: 17:27 Ave Pace 11:00/mile
Warm down: 0.2 miles

Mon May 20, 2024 **3.5 miles** on the high school track with about 12 other runners
Warm up: 3/4 miles and rest a few minutes
Run: 5 x 800m with 100m jogs and 3 minute rests between the runs
My times: 5:03, 5:05, 5:00, 4:57, 4:47

Tues May 21, 2024 **1.75 miles**
Warm up: ½ mile to the cemetery loop
Run: 1 mile on the loop in 11:00
Warm down: ¼ mile home

Wed May 22, 2024 **2.05 miles**
Warm up: ½ mile to the cemetery loop
Run: 1.3 mile on the loop, Ave Pace 10:26/mile
Warm down: ¼ mile home

Thur May 23, 2024 **4 miles** on the Ernst Trail with about 10 other runners
Run: 1 mile in 10:36 and rest a few minutes
Run: 3 miles with Geryll, Time: 29:39, splits: 10:03, 10:06, 9:30

Fri May 24, 2024 **1.5 miles** at an easy pace mostly on the cemetery loop.

During the past week: **22.2 miles**, streak of 329 days started on July 1, 2023

Sat May 25, 2024 **4.25 miles** on the Ernst Trail, Our group had staggered start runs.
Warm up: 1 mile in 11:39 with the last ¼ mile in 2:36 and rest a few minutes
            ¼ mile at various paces and rest a few minutes
Run: 3 miles, I ran the first 2 miles with Geryll, then he ran the last mile faster.
My Time: 29:19, splits: 9:52, 9:52, 9:35

Sun May 26, 2024 **1.5 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 1 mile on the loop in 9:40
Warm down: 0.25 miles home

Mon May 27, 2024 **2 miles**
Warm up: 1 mile on the loop in 12:49 and rest a few minutes
Run: 1 mile on the loop in 11:09

Tues May 28, 2024 **2 miles**
Run: 1 mile in 10:53 on the Wise Center indoor track and rest a few minutes
Run: 1 mile in 10:51 on a treadmill

Wed May 29, 2024 **2 miles** on a Wise Center treadmill
Run: 1 mile in 10:44 and rest a few minutes and Run: 1 mile in 10:32

Thur May 30, 2024 **6 miles** on the Ernst Trail
Run: 3 miles in 32:49 before our group run
Run: 3 miles in 31:37 Ave Pace 10:32 I ran with Rod during the group run

Fri May 31, 2024 **3.75 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 11 loops, Distance 3.5 miles, Ave Pace: 11:26/mile last loop pace: 10:34/mile

During the past week: **21.5 miles**, streak of 336 days started on July 1, 2023

Sat June 1, 2024 **3.45 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops, Distance 3.2 miles, Ave Pace: 11:40/mile

Sun June 2, 2024 **2.5 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 2.5 miles on the cemetery loop, Ave pace: 11:33/mile

Mon June 3, 2024 **3.4 miles**
Warm up: 1.6 miles including 1.3 miles in 10:53/mile on the cemetery loop
Run: I ran with 10 other runners
6 x 0.25 miles with a 4 minute rest including 0.1 mile jog after each.
The 0.25 mile runs were 0.1 mile down hill and 0.15 mile uphill at the end, on the
cemetery loop. I ran the last 3 with Tim. Times for 0.25 mile runs about 2:15.
Ascent on the 6 runs: about 20 feet. Everyone liked this workout.

Tues June 4, 2024 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops, Distance 3.2 miles, Ave Pace: 10:49/mile
Warm down: 0.25 miles home

Wed June 5, 2024 **2.13 miles** running on the indoor track
Run/walk: 2.63 miles in 35:53, Ave Pace:13:32/mile, I ran 2.13 and walked 6 times for a
total of ½ mile of walking Note: 13.5min/mile*26.2miles = 5 hours and 54 min
          13.74*26.2=6 hours, so ave pace near13:45/mile yields 6 hour marathon

Thur June 6, 2024 **4.75 miles** on the Ernst Trail
Run: 1.75 miles with Brian, ave pace: 10:48/mile
Run: 3 miles in 28:34 Ave Pace 9:31/mile Splits: 9:48, 9:31, 9:15
I ran with Geryll during the group run. This was my best run in a while.

Fri June 7, 2024 **2 miles**
Warm up: 0.5 miles to the Wise Center
Run: 12 laps on the indoor track, Distance 1.5 miles,1 mile split:10:41, ½ mile split: 4:50
I rested a few minutes and used the leg press for 2 sets. The first set 40 lbs and the
second a little heavier. About 40 reps each time.

During the past week: **21.9 miles**, streak of 343 days started on July 1, 2023

Sat June 8, 2024 **3.06 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 8 loops, Distance 2.56 miles, Ave Pace: 12:21/mile
Warm down: 0.25 miles home
I felt tired.

Sun June 9, 2024 **2.35 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 5 loops, Distance 1.6 miles, Ave Pace: 10:14/mile
Warm down: 0.5 miles on the loop

Mon June 10, 2024 **3.75 miles o**n the high school track with our running group.
Before going to the track I warmed up a little on the elliptical.
Run: 1 mile with Rod and Brian in 10:06 and rest a few minutes
Run: with Rod and Geryll, 7x400m with "rolling starts" and 200m jogs between runs
Times on runs: 2:11, 2:18, 2:15, 2:13, 2:11, 2:08, 2:11, Jogs averaged 1:31
I rested a few minutes and jogged 400m
I ran well today.

Tues June 11, 2024 **1.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: On the loop: 1.2 miles, Ave Pace: 10:41/mile
Warm down: 0.25 miles on the loop

Wed June 12, 2024 **3.75 miles**
Warm up: 0.25 miles to the cemetery loop
Run: On the loop: 3 miles, Ave Pace: 10:34/mile
Warm down: 0.5 miles

Thur June 13, 2024 **4 miles** on the Ernst Trail with 4 other runners
Run: 1 mile with Rod, Time: 10:23/mile
Run: 2 miles in 18:48 Ave Pace 9:24/mile Splits: 9:43, 9:06
Warm down: 1 mile

Fri June 14, 2024 **4 miles**
Warm up: 3 x 0.5 mile on Limber and Highland with the last
half mile from home to the Wise Center in 4:46
and rest a few minutes
Run: 2 miles on a Wise Center treadmill in 19:26 Ave Pace 9:38/mile
Splits: 10:18, 9:08
Warm down: ½ mile in 5:23

During the past week: **21.6 miles**, streak of 350 days started on July 1, 2023

Sat June 15, 2024 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: On the loop: 2 x 5 loops, ie 2 x 1.6 mile with a 6 minute rest between.
1st interval time: 18:30 ave pace: 11:34/mile
2nd interval time: 17:44 ave pace: 11:05/mile
Warm down: 0.25 miles home
I was tired today from my last three workouts. I had originally planned to run 10 loops, like I did on Wednesday, without the 6 minute rest in the middle.

Sun June 16, 2024 **1.6 miles**
Warm up: 0.3 miles to the cemetery loop
Run: On the loop: 1 miles, Time: 11:42/mile
Warm down: 0.3 miles home

Mon June 17, 2024 **4 miles** with 7 other runners on the cemetery loop
Run: On the loop:
1 mile with Rod Time: 10:23 and rest a few minutes
5 x ½ mile with 1/8 mile jog between, with Geryll
Times: 4:45, 4:49, 4:45, 4:41, 4:29
The total ascent during each ½ mile was about 55 feet.
This was a good workout.

Tues June 18, 2024 **2.2 miles**
Warm up: 0.5 miles to the cemetery loop
Run: On the loop: 1.4 miles, Ave Pace: 12:40/mile
Warm down: 0.3 miles home

Wed June 19, 2024 **2 miles** at the Wise Center
Run: 1 mile on the indoor track in 10:22 and rest a few minutes
Run: 1 mile on a treadmill in 10:20

Thur June 20, 2024 **2 miles** on a treadmill at the Wise Center
time: 21:59, Ave HR: 119 bpm

Fri June 21, 2024 **4 miles**
Warm up: ½ mile to the Wise Center and rest about 5 minutes
Run on a treadmill: 3.5 miles, splits: 11:38, 11:32, 11:25, 5:40, Ave HR: 119 bpm

During the past week: **19.5 miles**, streak of 357 days started on July 1, 2023

Sat June 22, 2024 **3.06 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 8 loops on the 0.32 mile loop: 2.56 miles, Ave Pace: 11:55/mile
Warm down: 0.25 miles home

Sun June 23, 2024 **3.5 miles** on the the Meadville High track
I ran wide so each lap was 0.25 miles.
Run: 3.25 miles, Time: 37:00, Ave Pace: 11:20, Ave HR: 130 bpm
Warm down: ¼ mile

Mon June 24, 2024 **2.75 miles** with 14 other runners on the cemetery loop
Warm up:
¼ mile to the cemetery loop
½ mile down and ½ mile up on the main road hill, Time: 13:09 and rest
Run: 4 x ¼ mile with 1/16 mile jog after each, Times: 2:29, 2:36, 2:25, 2:18
Warm down: ¼ mile home

Tues June 25, 2024 **3.06 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 8 loops on the 0.32 mile loop: 2.56 miles, Ave Pace: 11:43/mile
Warm down: 0.25 miles home

Wed June 26, 2024 **3.77 miles**
Run: 1 mile mainly on the cemetery loop, Time: 12:27
Run: 8 loops on the 0.32 mile loop: 2.56 miles, Ave Pace: 13:23/mile
Warm down: 0.25 miles home

Thur June 27, 2024 **3.1 miles**
Run: An easy 3.1 mile run on the Ernst Trail.

Fri June 28, 2024 **3.35 miles**
Warm up: 1 mile mainly on to the cemetery loop
Run: 2 miles on the 0.32 mile loop: Ave Pace: 11:03/mile
Warm down: 0.35 miles home

During the past week: **22.6 miles**, streak of 364 days started on July 1, 2023

Sat June 29, 2024 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 10 loops, Distance 3.2 miles, Ave Pace: 11:24/mile
Warm down: 0.25 miles home

Sun June 30, 2024 **3.46 miles**
Warm up: 0.6 miles mainly on the cemetery loop and rest a few minutes
Run: 8 loops on the 0.32 mile loop: 2.56 miles, Ave Pace: 11:19/mile
Warm down: 0.3 miles home

During the past year: **?? miles**, streak of 366 days started on July 1, 2023

Mon July 1, 2024 **5 miles** with about 12 other runners
Warm up: 1.5 miles mainly on the cemetery loop and rest a few minutes
Run: 10 loops on the 0.32 mile loop: 3.2 miles, Ave Pace: 11:04/mile
Warm down: 0.3 miles home

Tues July 2, 2024 **2.5 miles**
Warm up: 0.25 miles to the cemetery loop and rest a few minutes
Run: 2 x 1 mile with a few minute rest between. Times: 11:46, 10:53
Warm down: 0.25 miles home

Wed July 3, 2024 **3.75 miles**
Warm up: 0.25 miles to the cemetery loop and rest a few minutes
Run: 10 cemetery loops, Distance: 3.2 miles, Time: 35:09, Pace: 10:59
Warm down: 0.3 miles home

Thur July 4, 2024 **4 miles**
Warm up: 0.5 miles mainly on the cemetery loop and rest a few minutes
Run: 10 cemetery loops, Distance: 3.2 miles, Time: 35:10, Pace: 11:00, Last Mile: 10:42
Warm down: 0.3 miles home

Fri July 5, 2024 **4.2 miles**
Warm up: 0.75 miles mainly on the cemetery loop and rest a few minutes
Run: 10 cemetery loops, Distance: 3.2 miles, Time: 34:37, Pace: 10:49, Last Mile: 10:24
Warm down: 0.25 miles home

During the past week: **26.61 miles**, streak of 371 days started on July 1, 2023

Sat July 6, 2024 **6.75 miles** on the Meadville High School track
Warm up: No warm up
Distance: 6.5 miles, Time: 1:11:12, Pace: 10:57
Splits: 11:33, 11:04, 11:03, 11:21, 10:53, 10:23, 4:55
Warm down: 0.25 miles

Sun July 7, 2024 **2.5 miles**
Warm up: 0.25 miles to the cemetery
Run: 2 miles at an easy pace
Warm down: 0.25 miles home

Mon July 8, 2024 **2.7 miles**
Warm up: 0.25 miles to the cemetery
Run: 2.2 miles on the loop averaging 11:46/mile
Warm down: 0.25 miles home

Tues July 9, 2024 **3.7 miles**
Warm up: 0.25 miles to the cemetery loop and rest a few minutes
Run: 10 cemetery loops, Distance: 3.2 miles, Time: 34:07, Pace: 10:40
Splits: 11:06, 11:00, 10:13, 1:56
Warm down: 0.25 miles home

Wed July 10, 2024 **2.42 miles**
Warm up: 0.25 miles to the cemetery loop and rest a few minutes
Run: 6 cemetery loops, Distance: 1.92 miles, Time: 21:30, Pace: 11:12
Warm down: 0.25 miles home

Thur July 11, 2024 **2 miles**
I ran 2 miles on the Wise Center indoor track at about 11:00/mile

Fri July 12, 2024 **2.74 miles**
Warm up: 0.25 miles to the cemetery loop and rest a few minutes
Run: 7 cemetery loops, Distance: 2.24 miles, Time: 24:49, Pace: 11:04
Warm down: 0.25 miles home

During the past week: **22.81 miles**, streak of 378 days started on July 1, 2023

Sat July 13, 2024 **2.74 miles**
Warm up: 0.25 miles to the cemetery loop and rest a few minutes
Run: 1 mile on the cemetery loop. Including 3 x ¼ mile, Times: 2:43, 2:46, 2:37
The ¼ miles included a 20 foot ascent over the last 1/8 mile.
Warm down: 0.25 miles home

Sun July 14, 2024 **5.1 miles** I ran the Trailblazer 5K
Warm up: 2 mile at various paces
Run: 5K race mainly on the Ernst Trail.Time: 30:04, Pace: 9:41/mile
3 mile Splits: 9:42, 9:59, 9:17

Mon July 15, 2024 **3.65 miles**
Warm up: 1.55 miles at various paces mostly on the cemetery loop with about 10 runners.
Run: 1.85 miles on the loop including 6x1/4mile in times from 2:29 to 2:17
Warm down: 0.25 miles

Tues July 16, 2024 **3 miles** with Jim Fitch at a nice talking pace

Wed July 17, 2024 **2.42 miles**
Warm up: 0.25 miles to the cemetery loop and rest a few minutes
Run: 6 cemetery loops, Distance: 1.92 miles, Time: 21:25, Pace: 11:08
Warm down: 0.25 miles home

Thur July 18, 2024 **3 miles** with the running group on the Ernst Trail
1 mile in 11:18 and rest a few minutes
2 miles in 23:07

Fri July 19, 2024 **1.78 miles** mostly on the cemetery loop
Including 1 mile in 10:33 on the loop.

During the past week: **21.69 miles**, streak of 385 days started on July 1, 2023

Sat July 20, 2024 **2 miles** on the high school track in 23:00

Sun July 21, 2024 **2.42 miles**
Warm up: 0.25 miles to the cemetery loop and rest a few minutes
Run: 6 cemetery loops, Distance: 1.92 miles, Time: 20:55, Pace: 10:54
Warm down: 0.25 miles home

Mon July 22, 2024 **4.6 miles** with the running group
Warm up: 1.4 miles at various paces mainly on the cemetery loop
including 1 loop in 3:16
Run: 0.32 miles and 4x1/2 mile on the loop with 0.15 mile jogs between.
Times: for the runs: 3:02, 4:59, 4:58, 5:23, 5:13

Tues July 23, 2024 **2.42 miles**
Warm up: 0.25 miles to the cemetery loop and rest a few minutes
Run: 6 cemetery loops, Distance: 1.92 miles, Time: 22:03, Pace: 11:29
During each loop I ran 0.22 miles and jogged 0.1 miles. Jogging was on the uphill.
Warm down: 0.25 miles home

Wed July 24, 2024 **2.1 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 5 loops, each 0.32 mile loop included a ¼ mile run at a good pace
Warm down: 0.25 miles home

Thurs July 25, 2024 **4.7 miles** on the Ernst Trail with runners in our group
Warm up: 1.7 miles
Run: 3 miles, Ave Pace: 10:00/mile

Fri July 26, 2024 **3.8 miles**
Warm up: 0.3 miles to the top of the cemetery hill.
Run: 2 x (down to Jefferson St and back up) the hill, 3.2 miles, Splits: 20:41 and 19:30
Warm down: 0.3 miles home

During the past week: **22.04 miles**, streak of 392 days started on July 1, 2023

Sat July 27, 2024 **3.32 miles**
Warm up: 0.5 miles to the cemetery loop
Run: 2 miles on the loop in 20:47, Ave Pace: 10:24/mile and rest a few minutes
Run: 1 loop (0.32mile) in 2:43, Ave Pace: 8:30/mile
Warm down: 0.5 miles

Sun July 28, 2024 **1.78 miles** mainly on the cemetery loop at an easy pace.

Mon July 29, 2024 **4.8 miles** on the Bessemer Trail with 10 other runners
Warm up: 1.2 miles and rest a few minutes
Run: 0.3 miles in 3:03 and rest and jogged 0.3 miles
Run: 3 x 1 mile with 0.15 mile jog between
Times: 9:55, 9:50, 9:36

Tues July 30, 2024 **1.85 miles**
No Warm up
Run: 1.75 miles on Benson and Devore Drives. Ave Pace: 10:08/mile
Warm down: 0.1 miles

Wed July 31, 2024 **1.63 miles**
No Warm up
Run: 1.13 miles on the Wise Center indoor track. Time: 11:06 Ave Pace: 9:50/mile
Rest a few minutes
Run on a treadmill: 0.5 miles in 5:00

Thurs Aug 1, 2024 **3 miles** on the Ernst Trail with 11 other runners Temp=90 degrees
Run: 1 mile in 10:32 and rest a few minutes
Run: 1.5 miles in 14:07 Ave Pace: 9:25/mile Splits: 9:40 and 9:08/mile for last ½ mile
Heart rate was pretty much constant after the first minute at about 130 bpm
Warm down: Rest a few minutes and jog ½ mile
This was good running!

Fri Aug 2, 2024 **3.8 miles**
Warm up: 0.3 miles to the cemetery loop
Run: 10 loops, 3.2 miles in 18:52+ 18:06 = 36:58 or 11:32/mile
Warm down: 0.3 miles home

During the past week: **20.18 miles**, streak of 399 days started on July 1, 2023

Sat Aug 3, 2024 **3.8 miles**
Warm up: 0.3 miles to the cemetery loop
Run: 10 loops, 3.2 miles in 17:37+ 16:50 = 34:27 or 10:46/mile
Warm down: 0.3 miles home

Sun Aug 4, 2024 **2.9 miles**
Warm up: 1 mile mostly on the cemetery loop 11:46/mile
Run: 5 loops, 1.6 miles in 16:00 or 10:00/mile
First mile in 10:25, last 0.6 miles at 9:11/mile
Warm down: 0.3 miles home

Mon Aug 5, 2024 **2.8 miles**
Warm up: 0.6 miles to the top of the cemetery hill
Run: 1 x (down to Jefferson St and back up the hill), 1.6 miles, Time: 19:05
Warm down: 0.6 miles home

Tues Aug 6. 2024 **2 miles**
Run: 1 mile on a Wise Center treadmill in 11:30 and rest a few minutes
Run: 1 mile on the indoor track in 10:12, Splits: 5:12 and 5:00

Wed Aug 7, 2024 **2.1 miles**
Warm up: 0.25 miles to the cemetery loop
Run: 5 loops, 1.6 miles in 18:07 or 11:20/mile
Warm down: 0.25 miles home

Thur Aug 8, 2024 **4.2 miles** with 6 other runners on the Ernst trail
Warm up: 0.2 miles
Run: 1 mile, Time: 10:32, last 1/8 mile at a pace of 9:37/mile and rest a few minutes
Run: 2 miles Splits: 10:00 and 9:32
Jog: ½ mile
Run: ½ mile at a fast pace

Fri Aug 9, 2024
Warm up: 0.5 miles to cemetery loop in 5:41
Run: On the cemetery loop, 1 mile in 9:48 and rest a few minutes
Warm down: 1 mile in 12:27

During the past week: **20.3 miles**, streak of 406 days started on July 1, 2023

Sat Aug 10, 2024 **3.1 miles**
Warm up: 0.5 miles to the cemetery loop
Run: 5 loops, 1.6 miles, Ave Pace: 10:00/mile
Warm down" 1 mile home

Sun Aug 11, 2024 **3.1 miles**
Warm up: 0.5 miles to the cemetery loop
Run: 2 miles on the loop, Ave Pace: 10:26/mile
Warm down: 0.6 miles home

Mon Aug 12, 2024 **1.9 miles**
Warm up: 0.3 miles to the cemetery loop
Run: 1 mile on the loop, Time: 10:48/mile
Warm down: 0.6 miles home

Tues Aug 13, 2024 **2.2 miles**
Warm up: 0.6 miles to the cemetery loop
Run: 1 mile on the loop, Time: 10:15/mile
Warm down: 0.6 miles home

Wed Aug 14, 2024 **4.6 miles**
Warm up: 1.25 miles
Run: Mark Courney's Ice Cream Race 5k in 29:35 or 9:32/mile
Warm down: 0.25 miles

Thurs Aug 15, 2024 **1.65 miles** on a shaded trail near Woodcock Lake.
First half uphill at 13:28/mile and the second half down hill at 10:21/mile

Fri Aug 16, 2024 **1.9 miles** at about 11:30/mile

During the past week: **18.45 miles**

Sat Aug 17, 2024 **3.1 miles** at various paces.

A streak of 414 days (59 weeks and 1 day) ended with today's run.
It started on July 1, 2023

Sun Aug 18, 2024 **No running**

Mon Aug 19, 2024 **4.25 miles** with about 9 other runners on the cemetery loop.
Warm up: **1.25 miles**
Run: 5x1/2 miles with a 0.1 miles after each run. Times: 4:56, 4:51, 4:51, 4:53, 4:38
            These are the times I ran on June 17, 2024: 4:45, 4:49, 4:45, 4:41, 4:29

Tues Aug 20, 2024 **No Running**

Wed Aug 21, 2024 **1.92 miles running** and 1.28 miles walking
I walked to the cemetery loop, ran and walked on the loop and walked home.
Ave Pace: about 14 min/mile

Thur Aug 22, 2024 **5 miles running** and 3/4 miles of walking
Warm up: at about 4pm I ran and walked 2 miles mainly of the cemetery loop at
12:15/mile. Later at about 5:10 pm I jogged and ran ½ mile on the Ernst Trail.
Run: 3 miles with about 9 other runners. Time: 15:07+14:42=29:50

Fri Aug 23, 2024 **no running**

During the past week: 14.27 miles

Sat Aug 24, 2024 **2.7 miles running** and 1 mile walking
Warm up: 0.2 miles to the cemetery loop
Run/walk: 10 loops at 12:44/mile. I ran 0.22 and walked 0.1 miles during each loop.
Warm down: 0.2 miles home

Sun Aug 25, 2024 **no running**

Mon Aug 26, 2024 **3 miles**
I ran with 12 other runners including Joe O'Brien on Bessermer Trail.
Warm up: 1 mile
Run: 2 x 1 mile with a few minutes rest between. Times: Both about 10:30

Tues Aug 27, 2024 **no running**

Wed Aug 28, 2024 **4 miles**
Warm up: 0.4 miles to the cemetery loop
Run/jog: 10 loops (3.2 miles) in 41:56 or 13:09/mile
Warm down: 0.4 miles home

Thur Aug 29, 2024 **4 miles** on the Ernst Trail with 11 other runners
Warm up: 1 mile in about 12:00
Run: 3 miles in 30:03 or 10:01/mile

Fri Aug 30, 2024 **4 miles**
Warm up: 0.4 miles to the cemetery loop
Run/jog: 10 loops (3.2 miles) in 41:16 or 12:54/mile
I jogged 0.05 miles during each loop for a total of 0.5 miles jogging during the run.
Warm down: 0.4 miles home

During the past week: 17.7 miles

Sat Aug 31, 2024 **4 miles**
Warm up: 0.4 miles to the cemetery loop
Run/jog: 10 loops (3.2 miles) in 38:48 or 12:08/mile
I jogged 0.05 miles during each loop for a total of 0.5 miles jogging during the run.
Ave Heart Rate: 115 bpm
Warm down: 0.4 miles home

Sun Sept 1, 2024 **no running**

Mon Sept 2, 2024 **3.9 miles** running and 1.5 miles walking
Warm up: 0.3 miles to the cemetery loop
Run/walk: 15 loops (4.8 miles) in 1:04:41 or 13:30/mile
I walked 0.1 miles during each loop for a total of 1.5 miles walking
Warm down: 0.3 miles home

Tues Sept 3, 2024 **3.2 miles** running and 1 mile walking
Warm up: 0.7 miles to the cemetery loop
Run/walk: 10 loops (3.2 miles) in 40:51 or 12:46/mile
I walked 0.1 miles during each loop for a total of 1 mile of walking
Warm down: 0.3 miles home

Wed Sept 4, 2024 **3.2 miles** running and 1 mile walking
Warm up: 0.7 miles to the cemetery loop
Run/walk: 10 loops (3.2 miles) in 39:07 or 12:13/mile
I walked 0.1 miles during each loop for a total of 1 mile of walking
Compare to Sat Aug 31, 2024 when I walked 0.05 miles during each loop.
I really felt good during the run today and also after!
Warm down: 0.3 miles home

Thur Sept 5, 2024 **3 miles running** and ½ miles walking
I ran 3 miles and walked ½ mile mostly on the cemetery loop.
1 mile of the running was a mile on the loop in 9:51.

Fri Sept 6, 2024 **5.1 miles running**
Warm up: 0.5 miles to the top of the road in Greedale Cemetery and rested a little
Run: 2 x (all down hill on the cemetery main road and on Randolph St. to Madison Ave
and back up the hill to the start). Total distance: 4.22 miles, **Sum of ascents: 518 feet**,
total time: 53:47,
Ave Pace: 12:45, Splits: 11:31, 16:15, 11:37, 14:23.
Time for first half: 27:46, Time for second half: 26:00,
The second time up the hill was fast and I felt good!
Warm down: 0.38 miles home

During the past week: 21.4 miles

Sept 7, 2024 **1.75 miles** on the indoor track
Run: ½ mile in 5:28
Using leg press: 50 reps with both legs and 40 pounds
Run: 1 mile in 5:07+4:50 = 9:57
Warm down: ¼ mile

20 or more cemetery loops:
                                         min/mile
May   6, 2023 20 loops, 6.40 miles, 10:46, Ave Pulse: 126, Max Pulse: 138, sum ascent 440 ft
May 22, 2023 22 loops, 7.04 miles, 10:39, Ave Pulse: 127, Max Pulse: 140, sum ascent 484 ft
May 23, 2023 22 loops, 7.04 mil es, 10:38, Ave Pulse: 134, Max Pulse: 140, sum ascent 484 ft
July 22, 2023 20 loops, 6.40 miles, 10:39, Ave Pulse: 127, Max Pulse: 145, sum ascent 440 ft
July 25, 2023 20 loops, 6.40 miles,   9:51, Ave Pulse: 132, Max Pulse: 152, sum ascent 440 ft
July 30, 2023 24 loops, 7.62 miles, 11:16,   sum ascent 530 ft
Aug 13, 2023 20 loops, 6.40 miles, 11:08,   sum ascent 440 ft
Aug 19, 2023 20 loops, 6.40 miles, 10:13,   sum ascent 440 ft
Aug 26, 2023 20 loops, 6.40 miles, 11:15,   sum ascent 440 ft

Oct   4, 2023 41 loops, 13.12miles, 13:12, 9.25 miles run, 4.1 miles walk   sum ascent 900 ft
May 18, 2024 20 loops, 6.40 miles 12:57,Ave Pulse: 134, Max Pulse: 155, sum ascent 440 ft

Times for 10 miles or over on the Ernst Trail
May 27, 2023 12.07 miles in 2:06.00, 10:27/mile a 70 sec rest is not included in the time.
June   3, 2023 10.50 miles at 11:25/mile, no stop
June 10, 2023 13.25 miles at 11:21/mile, no stop, Ave Pulse:127bpm, Max Pulse:140bpm
June 24, 2023 10.00 miles at 10:50/mile, no stop, Ave Pulse:130bpm

Times on my hill course: Limber, Jefferson, the cemetery hill and a short distance on
Randolph to make the total distance be 5 miles.
Wed Dec 21, 2022
Ave pace:13:03/mile, Sum of ascents: 675 feet, Ave Pulse: 112 bpm, Max Pulse:130 bpm
Thur Dec 29, 2022
Ave pace:11:57/mile, Sum of ascents: 675 feet, Ave Pulse: 125 bpm, Max Pulse:157 bpm
Mon Jan 16, 2023
Ave pace:11:22/mile, Sum of ascents: 675 feet, Ave Pulse: ? bpm, Max Pulse:?
Sun Feb 5, 2023
Ave pace:11:01/mile, Sum of ascents: 675 feet, Ave Pulse: 127 bpm, Max Pulse:155 bpm
Sun Mar 26, 2023
Ave pace:12:58/mile, Sum ascents: 675 feet, Ave Pulse: ~120 bpm, Final Pulse:~120bpm

8:00/mile runs on a treadmill
Feb 3, 2023   0.62 miles
Mar 29, 2023   0.75 miles

Times on Treadmill
Nov 14, 2022   4 miles, 39:59, 10:00/mile
Nov 16, 2022   4 miles, 38:40,   9:40/mile, Max HR: 152 bpm
Nov 28, 2022 6.25 miles, 60:00,   9:36/mile, Max HR: 163 bpm
Nov 30, 2022   4 miles, 37:03,   9:16/mile, Max HR: 159 bpm
Dec   3, 2022   4 miles, 35:26,   8:52/mile, Max HR: 153 bpm
Dec   5, 2022 4.11 miles, 34:39,   8:26/mile, Max HR: 156 bpm
              The last 5K had an average pace of 8:15/mile
Dec   6, 2022   1 mile, 7:22, Max HR: 155 bpm
Jan 14, 2023 6.31 miles, 60:00,   9:30.5/mile, Max HR: 160 bpm
Jan 21, 2023 6.15 miles, 60:00,   9:45/mile,   Max HR: 156 bpm
Jan 30, 2023 6.39 miles, 60:00   9:23.4/mile, Max HR: 161 bpm
Mar 22, 2023 3.2 miles, 28:21   8:52/mile,   Max HR: 160 bpm
Mar 30, 2023 6.37 miles, 60:00   9:25/mile,   Max HR: 165 bpm
April 29, 2023 4 miles, 39:25   9:51/mile,   Max HR: 138 (HR is down!)

April 30, 2023 2 miles,   17:37   8:49/mile,   Max HR: 152 bpm
Dec 3, 2023 3.1 miles,   27:49   8:59/mile,   Max HR: ~160 bpm
Jan 19, 2024   1 mile,   8:47,   Max HR: 148 bpm

Fast Runs on 5 mile "Morning Loop", Total vertical ascent: 400 ft

Date	Average Pace	Last Mile
Sun June 7, 2020	**9:37**	**8:39**
Wed June 10, 2020	**9:57**	**8:51**
Sat June 13, 2020	**9:10**	**8:14**
Sun July 5, 2020	**9:01**	**8:28**

Splits: 8:37, 8:57, 9:02, 10:00, 8:28

Sun July 12, 2020 2 loops	**9:25**	**7:58**

Splits 1st loop: 10:05, 9:46, 9:23, 10:32, 8:55
Splits 2nd loop: 9:23, 9:23, 9:12,   9:32, 7:58

Sun July 26, 2020	**8:48**	**8:10**

Splits: 8:31, 8:50, 8:54, 9:35, 8:10

Sun Aug 9, 2020	**8:44**	**8:08**

Splits: 8:33, 8:47, 8:50, 9:25, 8:08

3.17 mile runs - 10 Greendale Cemetery loops, Total vertical ascent: 220 ft

Date	Time	Average Pace	Ave Loop Time	Ave HR
Sun March 15, 2020	**34:05**	**10:45/mile**	**3:25**	
Tues March 24, 2020	**32:56**	**10:23/mile**	**3:19**	
Mon June 15, 2020	**32:02**	**10:09/mile**	**3:12**	
Wed June 17, 2020	**30:52**	**9:44/mile**	**3:05**	
Thur Aug 13, 2020	**28:04**	**8:51/mile**	**2:48**	
Fri March 19, 2021	**31:28**	**9:55/mile**	**3:09**	**132**
Sat March 27, 2021	**29:48**	**9:24/mile**	**2:59**	**137**
Tues March 30, 2021	**29:59**	**9:28/mile**	**3:00**	**143**
Sun May 30, 2021	**32:56**	**10:23/mile**	**3:19**	
Sat March 19, 2022	**30:01**	**9:28/mile**	**3:00**	**141**
Mon June 20, 2022	**31:59**	**10:06/mile**	**3:12**	**126**
Sun July 24, 2022	**29:14**	**9:08/mile**	**2:55**	**130**
Wed Aug 3, 2022	**28:42**	**8:58/mile**	**2:52**	**152**
Tues Aug 23, 2022	**31:59**	**10:06/mile**	**3:12**	**122**
Sun Oct 9, 2022	**30:33**	**9:33/mile**	**3:03**	**148**
Sat Nov 26, 2022	**30:40**	**9:35/mile**	**3:04**	
Thur Feb 23, 2023	**32:11**	**10:10/mile**	**3:13**	
Wed Sept 27, 2023	**30:58**	**9:46/mile**	**3:19**	**138**
Thur Nov 3, 2023	**31:44**	**9:54/mile**	**3:10**	**140**
Sun Nov 26, 2023	**32:07**	**10:02/mile**	**3:14**	**165**

Wed Feb 28, 2024	33:51	10:35/mile	3:23	125
Thur Mar 7, 2024	33:39	10:29/mile	3:22	125
Tues June 4, 2024	34:38	10:49/mile	3:28	142
Tues July 9, 2024	34:08	10:40/mile	3:24	132
Fri Aug 2, 2024	38:58	11:32/mile		
Sat Aug 3, 2024	34:27	10:36/mile		
20 loop run:				
Tues July 25, 2023	32:06	10:02/mile 1st 10 loops		
	30:59	9:41/mile 2nd 10 loops		

Ave Pace for 3 mile Tempo Runs on the Ernst Trail out&back starting at BeansAuto
Thur June 1, 2023 9:25/mile
Thur June 8, 2023 9:15/mile
Thur June 15, 2023 9:09/mile
Thur June 22, 2023 9:12/mile
Thur July 6, 2023 9:26/mile 0.75 mile split paces 9:57/mile, 9:45/mile, 9:24/mile, 8:44/mile
Thur July 13, 2023 10:00/mile (resting for half marathon on Sunday)
Thur July 20, 2023 9:42/mile
Thur July 27, 2023 9:55/mile
Thur May 16, 2024   9:47/mile
Thur June 6, 2024   9:31/mile

Other good runs:

Wed Aug 19, 2020 2 x out and back on Devore Rd and Oakgrove Ave.
Distance 5K,
Time: 25:44 (8:16/mile), Splits: 8:20, 8:15, 8:18, 52s

Thur Sept 3, 2020 15 Greendale Cemetery loops
Distance 4.76 miles, Total ascent 330 feet
Time: 41:45 (8:47/mile)

Sat May 15, 2021 5 miles on Tamarack Drive
Run: I ran a staggered start 5 miles with 5 other runners on Tamarack Drive.
Time: 43:15, Ave Pace: 8:39/mile, Splits: 8:59, 8:37, 8:36, 8:38, 8:23

*Changed amount and time of day when I took CoQ10