

Running Log Starting Saturday February 20, 2016

Most workouts are in Meadville PA where I live.

Note: Before each workout, I massage my feet, legs, hips and back

Sat 2/20/16: **22.5 miles**

AM 2.2 mile walk on a trail

PM 20.3 miles on slightly hilly roads in 3:16:50. The time does not include two 4 minute breaks to eat energy bars totalling 420 calories and drink a total of 25 ounces of water. This run is prep for 50K in 2 weeks.

Start tapering for Green Jewel 50K in 2 weeks

Sun 2/21/16: **5 miles**

Walk ¼ mile, run ¼ mile and repeat for 5 miles. This is a good workout the day after a long run. I felt better as I went.

Mon 2/22/16: **2 miles**

Average pace was 8:27/mi. Hilly course. I don't feel stiff from long run, just a little tired.

Tues 2/23/16: 1 mile

1 mile jog

Wed 2/24/16: **4.25 miles**

Average pace was 9:39/mi. I started at 11:00/mi and finished at 8:00/mi

Thur 2/25/16: **4 miles**

Indoor track: 1 mile, no shoes 8:39

Rest 7 minutes

Tread mile:

1 mile at various paces. Time 8:08

Rest 8 minutes

2 miles in 18:00

Pulse near end of run 135.

I don't want to push too hard because of 50K in 8 days.

Fri 2/25/16: **6 miles**

Indoor track: 1 mile, no shoes, 8:19, last 440 at 7:30/mi pace.

Rest 12 minutes

Treadmill:

½ mile in 4:45 at various paces as fast as 7:47/mi.

6x880yds with 440 jog after each. 880's in 4:00 except the last was in 3:54,

440 jog's in about 3:00

Good workout. I felt good throughout.

Weight after running 129 lbs

44.75 miles in the last week

Sat 2/27/16: **4 miles**

Indoor track: 1 mile, no shoes, 8:23

Rested 13 minutes

Treadmill:

1 mile in 8:00 at various pace as fast as 6:44/mile

Rest 5 minutes

0.05 mile lead in to 1.05 miles in 7:19.5 or 6:58/mi

Weight after running 127.7 lbs

Sun 2/28/16: **1.3 miles**

1.3 miles at 9:45/mi, 4 times around cemetery loop, down and up hill 4 times.

Mon 2/29/16: **2 miles**

On paved level trail:

1 mile in 9:28

short rest

1/4 mile in 2:00

short rest

1/4 mile at 7:30/mi pace

1/2 mile jog

I feel good

Tues 3/1/16: **4.25 miles**

Indoor track: 1 mile, no shoes

Rest 8:00 minutes

On treadmill:

3 miles in 25:30.

Pulses near the end of each mile were 137, 144, 145

1/4 mile walk at 15:00/mi

Weight at end of workout 127.5 lbs.

Wed 3/2/16: **3 miles**

Indoor track: 1 mile, no shoes, 8:30

Rest 4 minutes

On treadmill:

2 miles in 16:40, this run included two 880's in 3:51 and 4:00

Thurs 3/3/16: **2 miles**

Indoor track: 1 mile, no shoes, 8:08

Rest 50 s

1 mile, with shoes, 9:02

Fri 3/4/16: **1.75 miles, Tomorrow is 50K**

Indoor track: 1 mile, 8:58, rest 2:00

220 yds in 51s, rest 1 min

880 yds in 4:25, jog 220

18.3 miles in the last week

Sat 3/5/16: **31.5 miles**

I ran the Green Jewel 50K in 5:29:38

See race report

Start recovery from 50K

Sun 3/6/16: **4 miles**

Walk $\frac{1}{4}$ mile, run $\frac{1}{4}$ mile and repeat for 4 miles.

This is a good workout the day after a long run. I felt better as I went.

Mon 3/7/16: **3 miles**

3 miles out and back on Limber Rd, up and down hill going out and coming back.

Last mile in 8:45. I don't feel stiff. I think yesterday's walk/run routine helped a lot.

Tues 3/8/16: **4 miles**

I walked and ran on hilly roads, 4 miles in 42:27 or 10:36/mi.

During the last 3 miles I walked 6x45seconds.

Wed 3/9/16: **5.13 miles**

I walked and ran 5.13 mile somewhat hilly course in 55:00 or about 10:36/mile.

At the beginning of each $\frac{1}{2}$ mile I walked about $\frac{1}{8}$ mile. Walking pace was about 14:45/mi.

Thur 3/10/16: **4.75 miles**

Indoor track: 1mile, no shoes, 9:12

Rest 4 minutes

Treadmill:

3 miles in 27:00 and $\frac{1}{4}$ mile walk at 14:00/mi

Pulse near end of each mile 126, 132 and 136

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

Fri 3/11/16: **4.5 miles**

Indoor track: 1mile, no shoes, 8:22

Walk $\frac{1}{8}$ mile fast

1 cycle with weight machines

On treadmill:

2 miles 9:00+7:27=16:27

$\frac{7}{8}$ mile jog

56.4 miles in the last week

Sat 3/12/16: **10 miles**

10 miles on hilly roads

I walked 0.16 miles at the beginning of each half mile.

So ratio of miles walked to miles run was approximately $\frac{1}{2}$.

Time 1:54:50 or 11:29/mile, last 1.5 miles at 10:22/mile

Sun 3/13/16: **4 miles**

Indoor track: 2.5 miles, no shoes, 9:00/mi

Last $\frac{1}{2}$ mile in 4:00

This is the longest distance with no shoes in a while.

Rest 10 min

On treadmill:

1 mile in 8:30

$\frac{1}{2}$ mile walk in 7:00

Mon 3/14/16: **4 miles**

$\frac{1}{2}$ jog

Indoor track: 3.5 miles, average pace 9:48/mi

Used 6 weight machines for arms

Tues 3/15/16: **8.5 miles**

Indoor track: 1 mile, no shoes, 8:28

Rest 6 min

On treadmill:

$\frac{1}{2}$ mile at various paces as fast as 7:13/mi, 4:30

Rested 4:00

8x880 yds with 440 jog before each 880.

880's all in 4:00, jogs all in about 3:00

Jogged $\frac{1}{2}$ mile

I can feel myself recovering from the 50K 10 days ago.

Wed 3/16/16: **1 mile**

Jogged 1 mile before a 400 mile car trip to NJ

Thur 3/17/16: **6 miles**

I ran and walked 6 miles mostly on paved path 3 times around Brookdale Park.

Up and down hill 3 times. The park loop is about 1.8 miles.

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

The miles walked to miles run ratio was $\frac{3}{7}$.

Total: 6 miles in 65:12 or 10:52/mile.

Fri 3/18/16: **7.5 miles**

Same course as yesterday only I ran 4 times around the park.

The first 2.5 miles I walked 0.15 miles at the beginning of each $\frac{1}{2}$ mile, time 27:16 or 10:54/mi.

The 2nd 2.5 miles I ran without walking, time 23:04 or 9:14/mi.

The last 2.5 miles I walked 0.15 miles at the beginning of each $\frac{1}{2}$ mile, time 26:54 or 10:46/mi.

Total: 7.5 miles in 1:17:14 or 10:18/mi.

41 miles in the last week

Sat. 3/19/16: 6 miles

Same course as yesterday only I ran and walked 3+ times around the park.

The first 2 miles I ran without walking, time 20:00 or 10:00/mi.

The 2nd 2 miles I walked 0.15 miles at the beginning of each 1/2 mile, time 20:54 or 10:27/mi.

The last 2 miles I ran without walking, time 18:13 or 9:07/mi.

Total: 6 miles in 59:06 or 9:50/mi.

Sun. 3/20/16: 7.5 miles

Same course as yesterday only I ran and walked 4 times around the park.

The first 6.5 miles I walked 0.17 miles at the beginning of each half mile, time 1:14:46 or 11:30/mile.

The last mile I ran without walking in 9:13.

Total time for 7.5 miles was 1:23:59 or 11:11/mi

Mon 3/21/16: 2.1 miles

The lower left side of my right knee is hurting a little.

Ran to Brookdale Park, once around the park at back and back at 10:15/mi.

My knee feels okay.

Tues 3/22/16: 6 miles

My knee is better but I will run mostly on outdoor track to protect it.

I ran 1/2 mile to Brookdale Park track, 5 miles on track, and 1/2 miles back.

The first two miles I ran without walking. The next 3 miles I walked about a minute at the beginning of each 1/2 mile. The last mile I ran without walking.

Time for 6 miles was 1:04:56 or 10:49/mi

I will continue to include a good deal of walking in my training because I plan to run the Mind the Ducks 12 hour on May 14. This event will include some walking and I want to practice walking and pacing. I would like to average about 11:30/mi for 12 hours.

Wed 3/23/16: 5.5 miles

Before a 400 mile car trip home, I ran 1/2 mile to the Brookdale Park track, 4.5 miles on the track and 1/2 mile jog back. The first 2 miles I ran without walking. The next 2 miles I walked a minute at the beginning of each half mile, the fifth mile I ran without walking.

Times for each mile: 9:13, 8:58, 10:02, 9:40, 7:51

I rested 1 minute and jogged 1/2 mile back. I feel good.

Thur 3/24/16: 10 miles

Back in Meadville. In the morning I ran and walked 8 miles: 1 mile to Allegheny College track, 6 miles on the track, and 1 mile back. Miles 1, 2, 3 and 6 I ran without walking. During the other 4 miles I walked a total of about 0.25 miles. Time 1:25:36 or 10:42/mi.

In the afternoon I ran 2 miles with no walking. Average pace was 11:17/mi. I thought running at this slow pace would feel awkward but it wasn't too bad. Maybe I will not mix in walking when going at this slow pace during the 12 hour run. In that run I am planning to start out at about 10:20/mile and to slow down to about 12:00/mi as the race goes on. At 12:00/mi I know I will be mixing running and walking.

Fri 3/25/16: 6.5 miles

1 mile on indoor track with no shoes: 4:09+3:48=7:58.3. Rest 6:30

On treadmill: 6x880 yds with 440 jog before each 880.

880's averaged 3:52.3 and 440 jogs averaged about 3:05.

1 mile warm down

43.6 miles in the last week

Sat 3/26/16: 8 miles

I walked and ran 7 miles on hilly roads. I walked about 3 minutes on average during each mile and averaged 11:38/mi. I rested a few minutes and walked 1 mile.

Sun 3/27/16: 8 mile

I did about 2 miles on a trail. 1.5 miles of walking and about ½ miles of fast running. Rested 1 hour.

I walked and ran 6 miles to the college athletic fields, 3+ times around the 1.43 mile loop and back home. The loop is mainly on grass with a long up hill, a long down hill and about ½ mile of flat.

I walked about 0.19 miles at the beginning of each ½ mile.

This was enough walking to keep the average pace near 12:00/mi.

I just entered the Mind Your Ducks 12 Hour. It's in 7 weeks.

Mon 3/28/16: 4.85 miles

½ mile to the Wise Center. 1 mile on indoor track with no shoes, 4:39+4:15 = 8:54, rested 5 minutes.

On treadmill ¾ mile in 6:00. I was going to run more at that pace but my leg tightened a little below my right groin. Rested a few minutes and massaged my leg. I walked and ran 2.6 miles on the treadmill. I walked enough to keep the average pace near 12:00/mi.

Tues 3/29/16: 4 miles

I have been massaging my right leg where it tightened yesterday. It still is somewhat tight.

I ran and walked 1 mile to the outdoor track, 2 miles on the track and 1 mile home. I walked enough to keep average pace near 11:50/mi.

Wed 3/30/16: 8 miles

I have been massaging my right leg. It seems to be all better.

I ran and walked 7 miles on slightly hilly roads and 1 mile on the outdoor track. I walked about 0.1 miles during every ½ mile. This kept the average pace near 11:20/mi

Thur 3/31/16: 7 miles

I started a tempo run 3 days ago but had to stop because of tightness in my right leg. I have been massaging the left side of my right upper leg from my groin to my knee and I think I am ready to try the tempo run again. From the two Jack Daniels papers I mention in my website, I determine the pace for the tempo run should be 8:00/mi.

Warmup: I ran a mile on the indoor track: (4:38+3:58=8:36.5). Rest 4 minutes.

On a treadmill:

½ mile in 4:30 at various paces including some as fast as 7:13/mi. Rested 4 minutes and massaged leg.

¼ mile in 2:30 as a lead into the tempo run.

A 3 mile tempo run in 24:00 or 8:00/mi. My leg felt just slightly sore but was not a worry.

¼ mile warm down. Rested 4 minutes.

On indoor track I ran and walked 1.5 miles in 18:00: 1/8 mile run+1/8 mile walk then repeat 5 more times.

½ mile jog home.

Fri 4/1/16: 5 miles

I am practicing pacing for MTD 12 Hour run. The first and last of the 5 miles I ran without walking. During each of the middle 3 miles I walked twice with enough walking to make the pace come out to be what I had planned it should be. These are some of the paces I will use during the 12 hours.

Planned mile times: 10:50, 11:20, 11:50, 11:20, 10:50

Actual mile times: 10:40, 11:21, 11:52, 11:23, 10:43

Today I ran on slightly hilly roads. The 12 hour run will be on a relatively flat loop.

44.85 miles in the last week

Sat 4/2/16: **5.5 miles**

I ran and walked on the indoor track. The first 5 miles I ran 330 yds and walked 110 yds and then repeated until I reached 5 miles. After that I went right into running a ½ mile in 4:23. While I was running and walking the 5 miles, my running pace was about 10:30/mi, my walking pace was about 14:30/mi and my overall pace was 11:30/mi.

Sun 4/3/16: **6.5 miles**

On indoor track: ½ mile, 2:30+2:00=4:30; 1 minute rest, ½ mile, no shoes, 3:58; rest 4:00

On treadmill:

½ mile in 4:30 at various paces including 3x short pick ups at 7:00/mi pace
rest 3:00

6x1/2 mile with ¼ mile jog before each.

Times for ½ miles: 3:57, 3:51, 3:45, 3:42, 3:40, 3:37 average about 3:45

The ¼ mile jogs averaged about 3:15.

I finished my run on the treadmill with a ½ mile in 5:00.

Mon 4/4/16: **8 miles**

On indoor track: I ran and walked 8 miles in 1:35:58. My running pace was about 10:30/mi, my walking pace was about 14:30/mi and my overall pace was 12:00/mi. During each mile I walked 4 times for a total of 3/8 mile of walking and 5/8 mile of running per mile.

My right knee is bothering me a little. I am wondering if this is because of all the walking I have included in my recent workouts. Or could it be due to the fact that I have had a number of workouts on the indoor track where the turns are tight. I am going to back off on the distance I cover over the next few days. I will also run without walking and not run on the indoor track.

Tues 4/5/16: **3 miles**

I jogged ½ miles to the Wise Center. On a treadmill I ran 2 miles in 18 minutes. Then I jogged ½ mile home.

Wed 4/6/16: **3.5 miles**

On a treadmill: 0.6 miles at 10:00/mi pace, rest 3 minutes, 2.5 miles at 9:00/mi, 0.4 miles at 10:00/mi

Thur 4/7/16; **5 miles**

½ mile jog: On treadmill: 3 miles at 9:00/mi, ½ mile in 5:10, ½ mile in 5:25, and ½ mile in 5:40

Fri 4/8/16; **5.5 miles**

½ mile jog

On treadmill: 4 miles at 9:00/mi, 1 mile in 10:00

37 miles in the last week

Sat 4/9/16: **5 miles**

½ mile jog

On treadmill: ½ mile in 5:00, 3 miles at 9:00/mi, ½ mile in 5:00

½ mile jog

My knee is feeling considerably better. The 9 minute miles I have been running on a treadmill during the past 5 workouts have helped.

Sun 4/10/16: **5.5 miles**

½ mile jog

On treadmill: ½ mile in 5:00, 4 miles at 9:00/mi, ½ mile in 5:00

My pulse at the end of each mile during the 4 mile run was:

mile 1 ?

mile 2 137

mile 3 140

mile 4 138

Mon 4/11/16: **2.5 miles**

I ran 2.5 miles on roads and outdoor track at about 10:00/mi.

Tues 4/12/16: **3 miles**

I ran 3 miles on roads and outdoor track at about 10:10/mi.

Wed 4/13/16: **5 miles**

I ran 5 miles on roads and outdoor track at about 10:28/mi.

Thur 4/14/16: **3 miles**

I ran 3 miles on roads and outdoor track at about 10:28/mi.

Fri 4/15/16: **31.6 miles**

I ran on the Allegheny College track practicing my pace for the MTD 12 hour in 4 weeks. My knee was fine.

In 6 hours I ran and walked 50.8 kilometers.

55.6 miles in the last week

Sat 4/16/16: 4.75 miles

I ran 4 miles: One mile to the track and 3 miles on the track. I always run about 1 foot wide on a 400 meter track because this makes 4 laps come out to be 1 mile. I felt good today after yesterday's long run. Mile times: 9:52, 9:45, 9:17 and 4:29+4:06=8:35.

I walked 0.75 miles to warm down.

Sun 4/17/16: 7.5 miles

I ran 6 miles on the 2 mile "hill course". The temperature was in the high 70's.

Distance (miles)	Net elevation change (feet)	Time
1	- 315	9:18
2	+315	12:53
3	+145	11:25
4	- 145	9:22
5	- 315	8:49
6	+315	11:52

time: 1:03:39 or 10:37/mile

Later in the day I ran a half mile and walked a mile both at a good pace.

Mon 4/18/16: 5 miles

I ran 5 miles on somewhat hilly roads. Time: 44:30 or 8:54/mi.

Splits: 9:15, 9:10, 9:17, 8:40, 8:09

Tues 4/19/16: 4 miles

I ran 1 mile to the track, walked and ran 2 miles on the track and 1 mile home.

Splits: 10:15, 22:56, 10:20

The middle 2 miles included about 4 and a half minutes of walking.

Wed 4/20/16: 33.2 miles

I ran on the Allegheny College track practicing my pace and testing fluid and energy intake for the MTD 12 hour in 3.5 weeks.

In 6 hours I ran and walked 53.4 kilometers. This is a good deal further than last Friday mainly because I drank 160 ounces of fluid today which is a lot more than last Friday. Both times it was hot on the track. Also I had 200 calories for breakfast 2 hours before I ran, a 230 calorie Power Bar 1 hour before and 1000 calories in my energy drink and 3 gels during the run. I think this total of 1430 calories was just the right amount of calories for today's run.

Thur 4/21/16: 4 miles

I ran 4 miles on hilly roads. The first 3 miles averaged 10:53/mile. The last mile was in 8:29.

Fri 4/22/16: 4 miles

I ran the same course as yesterday. The first 3 miles averaged 9:04. The last mile was in 7:44. Time 34:56 or 8:44/mi. This was my fastest run on these hilly roads in a few years. I feel pretty much recovered from the long run two days ago. I have to be careful now not to overdo my training for the next three weeks.

62.45 miles in the last week

Sat 4/23/16: **2 miles**

I ran 2 miles on roads.

Sun 4/24/16: **4.5 miles**

I ran 2.25 miles on a slightly hilly 0.75 mile loop.

Two hours later I ran 2.25 miles on hilly roads averaging 9:50/mi.

This run included 1 x 0.25 miles and 1 x 0.31 miles up a relatively steep hill (4.2 % grade) at about 9:00/mi pace.

Mon 4/25/16: **4.5 miles**

I ran 4.5 miles on hilly roads averaging 9:29/mile.

This run included 4 x 0.25 miles uphill (4.2 % grade). Between these uphill I jogged 0.28 miles downhill.

Times on uphills: 2:18, 2:11, 2:08 and 2:00. Average pace on uphills about 8:36/mi.

Tues 4/26/16: **4 miles**

I ran 4 miles on hilly roads averaging 9:52/mi

Wed 4/27/16: **23.15 miles**

I ran on the Allegheny College track practicing my pace and testing fluid and energy intake for the MTD 12 hour in 2.5 weeks.

Before running for 4 hours I walked ½ mile in about 6:40.

After the run I walked 0.25 miles in about 3:36.

In 4 hours I ran and walked 36.0 kilometers (22.4 miles). I drank 70 ounces of Gatorade today. Also I had 200 calories for breakfast 2 hours before I ran, a 217 calorie energy bar 1 hour before and about 490 calories in my drink. I think this total of 910 calories was the right amount of calories for today's run.

Paces:

Miles 1-9: 9:59/mi no walking

Miles 10-18: 11:00/mi very little walking

Miles 19-22.4: 11:38/mi I walked about 150 yds at the beginning of each half mile. When I was running I ran faster than I was running during miles 10-18. This made my knees feel better.

These are the paces I want to use at the beginning of MTD 12 hour.

I felt good at the end of the 4 hours.

Thur 4/28/16: **7 miles**

I ran 5 miles on hilly roads. Splits: 9:57, 9:42, 9:24, 8:50, 8:50. Average pace 9:20/mi.

The last ¼ mile was uphill (5.9 % grade) in 2:13.

Four hours later I ran 2 miles on hilly roads in 21 minutes.

Fri 4/29/16: **5 miles**

I jogged ½ mile.

On indoor track: 4 x 0.5 miles with a ¼ mile jog after each 0.5 mile. The jogs averaged about 3:05.

Times on the 0.5 mile runs: 4:25, 4:24, 4:35, 4:15

I rested 2 minutes and then ran 1.5 miles on a treadmill averaging 9:00/mile

50.15 miles in the last week

Sat 4/30/16: **4 miles**

I ran 4 miles on hilly roads averaging about 11:00/mile.

Sun 5/1/16: **4 miles**

½ mile warm up

On indoor track I ran and walked 3.5 miles averaging 11:10/mi. I walked about 110 yards at the beginning of each half mile.

Mon 5/2/16: **4 miles**

I walked and ran 4 miles averaging about 12:00/mi. On average I walked 1/6 mile and ran 1/3 mile during each ½ mile. I was walking at about 15:00/mi pace and running at about 10:30/mi.

Tue 5/3/16: **5 miles**

½ mile jog

On indoor track: ½ mile in 4:45

On treadmill: 4 miles at 9:00/mi

My pulse at the end of each mile during the 4 mile run was:

mile 1 126

mile 2 130

mile 3 130

mile 4 130

Compare pulses to those on April 10, 2016. The lower pulses today may be because my fitness has improved.

Wed 5/4/16: **4 miles**

I ran 1 mile to the outdoor track, 2 miles on the track and 1 mile home in 35:52.

Thur 5/5/16: **5.9 miles**

½ mile on roads downhill

On indoor track: ½ mile in 4:47

On treadmill: 2 miles at 9:00/mi

½ mile on roads uphill

7 hours later I ran on a paved trail:

0.4 mile warmup and 2 miles in 9:00 and 9:34.

Fri 5/6/16: **3.3 miles**

On the outdoor track I walked and ran 1.5 miles at about 11:30/mi. I walked about 130 yards at the beginning of each ¼ mile. Then I ran 1.8 miles at about 9:45/mi

30.2 miles in the last week

Sat 5/7/16: 3 miles

I ran 3 miles on hilly roads at about 10:00/mi.

Sun 5/8/16: 4 miles

I walked 1.5 miles on a trail in the woods. A few hours later, 2.5 mile run on hilly roads at 9:43/mi.

Mon 5/9/16: 5.5 miles

½ mile warmup on roads

On indoor track: ½ mile in 4:41

rest 3 minutes

On treadmill: 4 miles at 9:00/mi

½ mile warmdown

Tues 5/10/16: 4 miles

I ran 4 miles on a treadmill at 10:00/mi.

My pulse at the end of each mile during the 4 mile run was:

mile 1 113

mile 2 119

mile 3 120

mile 4 119

Wed 5/11/16: 3 miles

I ran 3 miles on hilly roads at about 10:00/mi.

Thur 5/12/16: 2 miles

I ran on the outdoor track. The first mile was in 9:47. The second mile I walked for a minute at the beginning of the mile and another minute halfway through. Time 10:52.

Fri 5/13/16: 1 mile

I ran 1 mile on roads in about 9:00 before driving to Webster NY.

22.5 miles in the last week

Sat 5/14/16: 54.6 miles

I ran in the Mind the Ducks 12 hour run and covered 54.6 miles in 11:52:12. I was 26th out of 146 runners and am really happy with the result. A few times during the run there was rain and high winds. Near the 40 mile point a big canopy on tall poles and no sides was picked up by the wind and blown right at me. I had to step off the path and onto a long grassy slope down towards a pond. I couldn't stop myself from heading toward the pond and ended up body down in the reeds and smelly mud at the water's edge. A few runners came off the trail to help me up. Luckily I wasn't hurt and could keep running. I like running on a small loop because it gives runners a chance to see other runners quite a few times when they can talk and make friends.

Mary Jane gave me excellent support as usual. Runners were very friendly and encouraged each other. The race officials and aid station crew were great. Many thanks to race director Gil Robs and his team.

Sun 5/15/16: 1 mile

I ran 1 mile in about 12 minutes. My legs aren't too stiff just tired.

Mon 5/16/16: 4 miles

I walked and ran 3 miles alternating walking and running every $\frac{1}{4}$ mile. The average pace was 12:08/mile. Then I walked a mile home.

Tues 5/17/16: 1.5 miles

On the indoor track I ran a mile in 9:28 and walked and ran a $\frac{1}{2}$ mile in 6:48.

Wed 5/18/16: 5 miles

I ran 1 mile to the outdoor track and 3 miles on the track:

10:39+9:40+9:08+8:21=37:48

Then I walked and ran 1 mile home.

I am going to start my recovery from the 12 hour run now.

Thur 5/19/16: 1 mile

I ran 1 mile on a treadmill in 10:00 and then used weight machines excluding those that work the knees.

Fri 5/20/16: 3 miles

I walked and ran 3 miles in about 40 minutes.

70.1 miles in the last week

Sat 5/21/16: **2.3 miles**

I jogged 0.3 miles to the hilly cemetery loop and then 2 miles on the loop in 19:46 going faster as I ran. I feel better than I did two days ago.

Sun 5/22/16: **3 miles**

I ran 3 miles on the cemetery loop: $9:47 + 9:19 + 9:10 = 28:16$