

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

¼ mile in 2:00

short rest

¼ mile at 7:30/mi pace

½ 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

¼ 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 2<sup>nd</sup> 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 uphill: 2:18, 2:11, 2:08 and 2:00. Average pace on uphill 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**