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Nov 8,2002

Hi Ralph,

I hope your season is going well. I ran a marathon with Laura in Baltimore. She did real well. My workouts since the marathon have been really good. For instance on the treadmill this past Monday I ran 6 continuous miles in 8:00+6:27+8:00+6:27+8:00+6:27 and felt great.

Best wishes to all,

Jim

Feb 8,2003

Hi Ralph,

My running is going well. This winter I have been able to run a lot. Last winter I was injured. I get in two hard workouts per week and each week I am getting stronger. I include also one or two days in the weight room. Most of the time the workouts are either long runs on the treadmill (best was 11 miles at 6:54/mile) or 400 or 800 intervals. Today was a little different. It was:

1.75 mile warm up on the indoor track and treadmill including drills and pick-ups.

2 miles on the treadmill at 6:00 per mile (I was under control)

10-minute rest

Then 2.25 mile on treadmill most at 8:00/ mile but included two 400's in 90s with a slower 400 between.

If I keep improving like I am now I think I will be running well this year.

Good luck with the indoor season.

Jim

Feb 18,2003

Hi Ralph,

You asked me to keep you posted on my workouts. I know if I tell you what I have done once in a while, it will give me incentive to keep at it. This is what I did today. The workout is a cross between a distance run and an interval session. It was 7 miles of continuous running on the treadmill. I am pretty good at pushing the buttons on the treadmill and keeping to a schedule so the times are almost exact. These are the half-mile splits:

1. 3:45

2. 4:00

3. 3:00

4. 4:00

5. 3:00

6. 4:00

7. 3:00

8. 4:00

9. 3:00

10. 4:00

11. 3:00

12. 4:00

13. 3:00

14. 4:00

I was totally under control and could have run more.

Thanks for checking this out. I hope all is well.

Jim

Feb 27, 2003

Hi Ralph,

I have been continuing with consistently good workouts. This is today's.

3/4 mile warm up on indoor track including drills and pickups.

1 mile on treadmill in 7:34, changing pace a lot with some fast parts.

3 miles in 18:18, splits 6:11,6:07,6:00. I remained in control the whole way.

Rested a few minutes and did a slow 400 m on the indoor track.

I hope all is well with you,

Jim

March 5, 2003

Hi Ralph,

You must be busy with the end of the indoor season approaching. We have a real exciting thing going on here with Jeremy Scott pole vaulting 18' 8! He is really amazing.

On Monday I was going to run a mile, work with weights and then run two miles not too fast on the treadmill. After I did the weight thing, the treadmills were occupied and the indoor track was being used by track runners doing 1000 m (5 laps) intervals. To get some more running in I decided after a while to ask the coach if I could follow the track runners. I ran 2X800 m in about 2:42 with about 3 minutes rest between. Actually the track is 200 m if you run in the third lane. Some of the running for me was in the 1st and 2nd lane so the 800's were a little short. Anyway I think I am getting some speed back. I was tired to begin with from the weights and running some intervals on the treadmill the day before but it felt good to run semi-fast.

Take care,

Jim

March 9, 2003

Hi again Ralph,

This is the workout I did yesterday. (3/8/03)

All running was on a treadmill.

1 mile warm-up in 7:30 at various paces, some fast parts.

Rested a few minutes

11 miles continuous running. I ran under control the whole way and had energy to run more miles at 6:40 pace but decided not to push it. I am running too well to use up all my energy in practice.

1. 6:55

2. 6:54
3. 6:54
4. 6:49
5. 6:49
6. 6:49
7. 6:49
8. 6:49
9. 6:44
10. 6:40
11. 6:40

I hope all is well with you.

Jim

March 27, 2003

Hi Ralph,

This is an update on my training.

Nine days I had been feeling tired for a while but started to feel better and ran the following workouts.

Sat March 15. No warm up. 5.8-mile hilly course at 7:17/mile. Last mile was the fastest.

Sun March 16. 1 mile slow.

Mon March 17. 1-mile warm-up. 5.8-mile hilly course at 7:12/mile. Last mile in about 6:15. (Last year I ran this course hard and ran about 7:22/mile).

Since Monday March 17 (9 days ago) I have been tired and have just been running mainly slowly. I recently started taking iron tablets and vitamin B tablets. They seemed to have helped in the past and I am starting to feel better. I hope to snap out of this slump soon.

Take care,

Jim

April 9, 2003

Hi Ralph,

I hope all is well with you. This is my training update.

I think I reached a peak about 4 weeks ago because I was running well and then started to feel tired. I backed off on intensity and felt relatively strong on Sunday when I ran a 1/2 marathon. I averaged 6:51/mile and ran 40 seconds faster than last year for the same race. I really think I could have run faster a month ago, but I am happy with the run and the overall shape I am in. I plan to run in the National Masters Championship 20 Km race in Wheeling WV on May 24. I hope I am smart enough to figure out how I can hit another peak and do it on race day.

Thanks for listening,

Jim

April 12, 2003

Hi Ralph,

Thanks for the good advice. Since the day of the 1/2 marathon last Sunday I

ran 3 miles for each of 5 days and got faster each time. Yesterday I ran the 3 miles in about 24 minutes and felt good. Today I ran ten miles on a hilly course in about 7:42/mile. I am going to try to be consistent and rest when I feel tired.

Take care,
Jim

April 28, 2003

Hi Ralph,

I last reported to you on my running about 2 weeks ago. I continue to feel slightly tired but I am coming out of it. I have not been pushing it as hard as I was during the winter and hope to be in good form for the 20k Masters Championship in 4 weeks.

Sat April 12, 10 miles 7:42/mile

April 13, 3.1 miles slowly

April 14, 3 miles 9:20/mile

April 15, 3 miles 9:00/mile

April 16, 3 miles 8:00/mile

April 17, 3 miles 8:00/mile also a cycle on machines in weight room

April 18, 2 miles 9:45/mile

Sat April 19, 5.3 miles including 4.7-mile hilly course at 6:53/mile

April 20, 4 miles 8:50/mile

April 21, 2 miles 10:30/mile

April 22, 2 miles 11:20/mile

April 23, 5.1 miles including 5k race in Grove City

Splits 6:20+6:21+6:20+0:35=19:36

April 24, 1 mile slowly

April 25, 3 miles 10:46/mile

Sat April 26, 10 miles 8:56/mile

April 27, 3 miles 9:20/mile

April 28, 5 miles 9:40/mile

Take Care,
Jim

Hi Ralph,

I last reported to you on my running about 3 weeks ago. Below are my workouts since then. I feel pretty good. I have learned the 20k race Saturday has a long up hill between miles 10 and 11. This will be my worry. I like down hills but not up. Thank God the last mile is mainly down. I have not been running as hard as I was indoors during the winter but I think I feel good.

Tues April 29, 10 miles 8:30/mile

April 30, 3 miles 8:30/mile

May 1, 3 miles 8:50/mile

May 2, 7 mile 4.7 miles of it at 8:24/mile the rest slowly. (I felt tired)

Sat May 3, 4 miles 9:40/mile

May 4, 4 miles 8:40/mile

May 5, 4 miles 8:20/mile

May 6, 4 miles 7:55/mile
May 7, 6 miles on treadmill 8:00/mile
May 8, 3.5 miles on treadmill 8:00/mile plus 1 cycle on weight machines
May 9, 3 miles 11:00/mile (I felt tired)
Sat May 10, 4 miles 9:30/mile
May 11, 2 miles 8:50/mile
May 12, 2 miles 8:45/mile
May 13, 9 miles; warm up and warm down on indoor track plus 6 miles on treadmill. The 6 miles averaged 6:53/mile.
May 14, 2 miles very slowly
May 15, 2 miles 10:40/mile
May 16, 2 miles 9:15/mile
Sat May 17, 5 miles 8:20/mile
May 18, 2 miles including 2x500 meters on cemetery loop with 520m jog between. Times: 1:55 and 1:48
This is what I plan to do for the next 6 days:
May 19, 2 miles on treadmill plus weight machines
May 20, 5 miles at 8:00/mile
May 21, 3 miles not too fast
May 22, 2 miles not too fast
May 23, 2 miles not too fast
May 24, 20k race

Take Care,
Jim

5/27/03

Hi Ralph,

I see that Winkler and Remsen did great and the Williams women were 8th at Nationals!

Congratulations! You must be very happy. Will you have some time to rest soon?

My 12.5 mile race went very well on Saturday. It was a nice cool day but the course is really tough. Bill Rodgers has run the race 25 of 27 times. He likes the course but says it's the toughest course he has ever run. At the 3 mile point there is a very steep 1.25 mile hill, a bunch more hills after that and then at the 10.75 mile point another steep hill about 3/4 mile long. A number of people told me that my time on the course would be the same as my time on a relatively level 1/2 marathon course. I ran 1:28:54 which was about a minute faster than the 1/2 marathon I ran a couple of months ago. I had a fast finish and felt good. I still feel good. About 10 Kenyans were in the race and they took top honors for the men and woman. Bill Rodgers continues to run well.

Take care,
Jim

6/12/03

Hi Ralph,

How are you doing? Have things quieted down at all for you yet?

I had a 5k race last evening in Grove City. It was humid but not real warm. The course was not too difficult and the race went ok. I went out about 15 seconds faster for the first half mile than I did in my last 5k and seemed to pay for it because I ran 15 sec slower for the whole race. I think I did the right thing though because the only way to run faster is to run faster. It might help in the future. Our summer running group is doing intervals now so this will help too.

These are the workouts I have had since the 20k in West Virginia.

Sat May 24, 20k race on hills in WV Time 1:28:53

May 25, 1 mile slowly

May 26, 4 miles various paces

May 27, 4 miles 9:47/mile

May 28, 4 miles 9:07/mile

May 29, 5 miles 8:54/mile

May 30, 4 miles 8:31/mile

Sat May 31, 2 miles 8:40/mile

June 1, 5 miles slowly, I feel tired

June 2, 3.5 miles including warm up, drills, stretching,

6x400 on track with 2 min rest between, 800m warm down

Times for 400's - 89,89,90,89,89,86

June 3, 4 miles 9:20/mile

June 4, 3 miles 9:00/mile

June 5, 3.5 miles including warm up, drills, stretching,

6x500 on cemetery loop with 2 min rest between, 500m warm down

Times on 500's - 1:59,1:56,1:53,1:50,1:59,1:51

June 6, 3.1 miles 10:30/mile

Sat June 7, 1 mile in the rain

June 8, 3 miles on a treadmill 7:50/mile

June 9, 4.5 miles not too fast

June 10, 3 miles including 3x200 on beginning of cemetery loop with 200 jogs.

Times on 200's - 39,40,40

June 11, 5 miles including warm up, drills, stretching,

5k race and 1 mile warm down.

Time for race 19:51.

Well that's it for now,

Enjoy your summer,

Jim

7/22/03

Hi Ralph,

How are you doing? I hope you are able to relax some, but I imagine you are busy.

I have not written for 6 weeks or so but there has not been much to report. I have been struggling with an Achilles tendon injury. It really started after the 20k race in Wheeling and I ignored it. You think I would have learned by now to rest when I should. Anyway, about 5 weeks ago it got pretty bad and I had to cut back on speed and distance. It wasn't getting much better until a few weeks ago I started using arch supports. For the last week or so I have been using "The Stick". Do you know what this is? It really works. I did run a 5k race last Wed and it went ok considering everything, and I didn't hurt myself! Mile splits 6:20,6:42,6:40. I didn't push it. Over the weekend I got a 4 and a 5 mile run in at a good pace and yesterday I ran intervals with my running group on the cemetery loop. I did 6x500m and 1x1000m at about 6:00/mile pace (that's 1:52/500m). It really feels good to be able to run again.

Our group plans to run 5X1000m on Thurs. I don't know if I will run all of them or if I will run as fast as the rest of them (we have 5 runners in the group) but I will report to you on how it goes.

I hope all is well with you,
Jim

7/25/03

Hi Ralph,
I took your advice. My Achilles was hurting a little and I did not run the 1000's. I timed and encouraged the others and they all did well. Tom Welsh is improving fast.
Take care.
Jim

7/31/03

Hi Ralph,

The last training session that I reported to you was about 10 days ago when I ran 500's and a 1000m interval on the cemetery loop. Since then I have been running 2 or 3 miles a day not too fast and with store bought orthotics. My Achilles is now well on the road to recovery. Last evening I ran a 5k race 40s faster than I did 2 weeks ago. I still did not push as hard as I could and ran 19:50. My foot feels fine today. I think the orthotics is really what I needed right along. Tonight our running group is going to run easy on the grass to recover and over the weekend I might try running a little more than I have been.

Monday will be intervals again (I hope).

I hope all is well with you.

Jim

8/14/03

Hi Ralph,

I was a little too optimistic with my Achilles tendon problem two weeks ago and have not been able to up my distance nor my speed. After the race, if I tried to run more my foot would start to hurt some. Two weeks ago I ran each day 9 or 10 min/mile for just a few miles. Last week I ran the same distance each day but upped the pace to about 8:30/mile. On Monday and Tuesday of this week my foot felt good and so I took a chance and ran the last of Mark Courtney's four 5k races for the summer. I had won my age group for the other 3 races and wanted to try to complete the circuit. I had a feeling that my foot would not hurt if I warmed up well, this is the way it worked in the other races. I ran 19:36 which is my fastest time this year. No problem with the foot except that it feels a little stiff today. Now I will just run easy until its all better.

I am happy with the time I ran because I really have not had a good work out for a couple of months. I feel energized and am looking forward to being able to run without having to think about it. Hopefully this will be soon.

Tom Welsh ran a minute faster than he did 4 weeks ago and averaged 5:51/mile. He thought he was going to run 6:00/mile.

I hope you are doing well.

Jim

Ralph's Answer 8/14/03

19:36 is very good! Glad to see Tom is starting to come around. Go easy for a while and hopefully you can start some workouts before long. All is well here and I am looking forward to the upcoming year.

9/20/03

Hi Ralph,

I last reported to you over a month ago when I had just run a 5k and my Achilles tendon was again pretty bad from what I had put it through. I am really trying to get it better and it is coming around I think. I ice my foot every day and most running is on the treadmill which really is the way to go. The first week after the race I ran 1 or 2 miles a day slowly. Then I upped it to 3 miles slowly for a while. The idea was to gently stretch the tendon without pulling it. The only interesting workouts have been over the passed week. They are:

Sat Sept 13th, 4 miles on treadmill all about 8:15

Sun, 4 miles on treadmill 8:13+8:13+7:48+7:52

Mon, 4 miles on treadmill all in 8:12

Tues, 1 mile on treadmill in 8:11

A little stretching with weight machines on legs

5 miles on treadmill 8:09+8:04+8:00+7:54+7:26

Wed, 4 miles on Limber Rd. 10:48+6:56+12:47+8:11

(I was testing my foot with the 6:56 and it seemed to be ok)

Thurs, 1 mile on treadmill in 8:27

A little stretching with weight machines on legs

3 miles on treadmill 7:59+6:59+7:59

Fri, 5 miles on treadmill 8:18+8:06+7:54+7:41+7:30

Sat Sept 20 (today), 0.5 mile slowly

1 mile on treadmill in 8:20

A little stretching with weight machines on legs

4 miles on treadmill changing pace every half mile

3:59+3:29+3:59+3:29+3:59+3:29+3:59+3:55

The last half mile today I was going to run another 3:29 but my Achilles tendon started to act up slightly after half of it so I quickly went to a slower pace. After icing foot again it felt ok. I am trying to convince myself I should take it easy for a few days. I feel like I have two people inside me. One is saying go faster and the other is saying back off.

I hope you and your family are doing well.

Take care,

Jim

Ralph's answer 9/21/03

Hi Jim,

Are you taking any medication for the inflammation? Advil sounds like it would help as that achilles has lingered for some time now. I also trust that you have heel lifts in. Since there is so little blood flow down there it does take a long time to heal.

You talked about lifting with the legs. Are you doing upper body workouts as well? Also, does swimming bother the tendon?

9/22/03

Hi Ralph,

I used Advil for a while when the tendon was hurting even when I wasn't running. Lately the heel feels a little tight sometimes but doesn't "hurt" when

I run. It is probably getting better and I am not taking Advil. I continually have the feeling that if I run fast or far I will hurt it again, so I have to keep convincing myself to not run fast or far.

Heel lifts definitely work. The store bought orthotics I use have a lift to them. Another thing is also true; my foot feels so much better when I run in racing flats over heavier training shoes.

I have been doing a complete cycle of the weight machines once or twice a week. Last week was the exception when I did less work in the weight room. My arms and back are getting stronger and I am down to 125 pounds (about 10 pounds lighter than when you last saw me). I think the drop in weight is partly due to my use of weights.

Take care and thanks,
Jim

10/9/03

The last time I reported to you on my running was three weeks ago. My Achilles tendon continues to improve. Now I can run far but I avoid running fast to make sure I don't hurt it. This is what I have done lately:

Sun Sept 21, 3 miles at various speeds.

Mon, 3 miles at 8:45/mile, 1 cycle of machines in weight room

Tues, 0.3 mile warm up, 4 miles at 7:45/mile on treadmill

Wed, 3 miles slowly on the roads

Thurs, 5 miles on treadmill in 38:23 going faster as I ran

Fri, 3.25 miles mainly on cemetery loop going faster as I ran

Sat Sept 27, 5 miles on treadmill in 40:50 going faster as I ran

Sun, 4 miles slowly on the roads

Mon, 5 miles on treadmill in 39:50 going faster as I ran

Tues, 1 mile warm up, 1 cycle on weight machines, 4 miles on treadmill in 32:00 going faster as I ran

Wed, 2 miles slowly on the roads

Thur, 6.5 miles on treadmill in 50:25 going faster as I ran

Fri, 3 miles slowly on the roads

Sat Oct 4, 1 mile warm up, 1 cycle on weight machines, 6.5 miles on treadmill in 50:14 going faster as I ran

Sun, 7 miles on treadmill in 53:09 going faster as I ran

Mon, 1 mile warm up, 1 cycle on weight machines, 1 mile on treadmill

Tues, 4 miles in AM and 2 miles in PM on treadmill about 7:50/mile

Wed, 5 miles on treadmill in 36:52. 4th mile in 6:54

Thurs, Oct 9, 5.9 miles on the roads going faster as I ran. First mile in 9:45 and last in 7:15.

Well that's it for now,

Take care and thanks,
Jim

10/20/03

Hi Ralph,

How are you doing? My running is going well. I went to a wedding in Minnesota over the weekend and I ran in a 4 mile race while I was there and ran well. When I passed the 5k point my time was faster than for any 5k I have run this year. My Achilles tendon is fine. This is what I have been doing since I last reported to you:

Fri Oct 10, 2 miles slowly on the roads

Sat, 10.25 miles on the treadmill in a little under 7:30/mile. I ran at varying speeds between 8 and 7 min/mile

Sun, 3 miles slowly on roads

Mon, 5 miles on roads, most miles where slow but included 2 half mile runs in 3:09 and 2:53

Tues, 1 mile on treadmill in 7:55, 1 cycle of weight machines, 2 miles on the treadmill in 7:55 and 7:24

Wed, 4 miles on treadmill in 31:10 going faster as I ran

Thurs, 4 miles on treadmill in 30:53 going faster as I ran

Fri, 1 mile slowly on roads

Sat Oct 18, 6 miles including 4 mile road race in 25:44.

Splits:6:08 (some down hill), 6:21,6:18,6:57(some up hill)

Sun, Oct 19 1 mile slowly on roads.

Mon, Oct 20 I plan to do some running on the treadmill and to use weight machines.

I hope you are doing well,

Take care,

Jim