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
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.