Sat March 30, 2019 **no running**

Sun March 31, 2019 **5.25 miles**
Run: I ran 5 miles on hilly roads in California MD.
Mile splits: 8:46, 8:43, 8:24, 8:21, 8:22 Average pace: 8:31/mile
Sum of ascents along the course is about 203 feet as measured using Google Earth. This was a tough run.
Warm down: seven minutes of walking

Mon Apri 1, 2019 **4 miles** I am feeling tired from yesterday's run.
Run and walk: I walked about 0.13 miles at the beginning of each ½ mile and covered 4 miles averaging 12:00/mile.

Tues April 2, 2019 **5 miles**
Run and walk: I walked about 0.13 miles at the beginning of each ½ mile and covered 5 miles averaging 11:30/mile.

Wed April 3, 2019 **5 miles**
Run: I ran the same 5 mile course as I did 3 days ago only today I took it easy and averaged 10:30/mile. I have been feeling tired lately.

Thur April 4, 2019 **4.15 miles**
I ran 1 mile in about 10:30 and rested 7 minutes. Then I ran 3.15 miles averaging 10:15/mile on slightly hilly roads.

Fri April 5, 2019 **3 miles**
I ran 3 x 1 mile on slightly hill roads with a 2 minute rest between them.
Approximate times: 9:45, 9:25, 9:35

In the past week: 26.4 miles

Sat April 6, 2019 **5 miles**
After the 5 mile hilly run 6 days ago on Sunday, I was unexpectedly tired. Today was the first day I felt noticeably better. I ran 5 miles on a hilly road course and averaged 9:28/mile.

Sun April 7, 2019 **5 miles**
Run: I ran 5 miles on the same hilly roads as last Sunday. Today I did not push as hard as one week ago and I felt better.
Mile splits last week: 8:46, 8:43, 8:24, 8:21, 8:22 Average pace: 8:31/mile
Mile splits today: 9:12, 9:24, 9:11, 9:03, 8:42 Average pace: 9:06mile
Sum of ascents along the course is about 203 feet as measured using Google Earth.

Mon April 8, 2019 **4.7 miles**
Run: 4 miles on a hilly road course and averaged 8:40/mile
Warm down: rested 3 minutes and jogged 0.7 miles at 9:48/mile

Tues April 9, 2019 **no running**

Wed April 10, 2019 **5.5 miles**
Run: With no warmup I ran 5 miles on a Wise Center treadmill.
Mile: 8:58, 8:29, 8:27, 8:20, 8:09
Average pace: 8:29/mile
Warm down: ½ mile in about 5:00

Thur April 11, 2019 **5 miles**
Run and walk: I walked about 1 minute at the beginning of each ½ mile and covered 5 miles averaging 11:25/mile.

Fri April 12, 2019 **5 mile**
I ran 1 mile to the Allegheny outdoor track, 3 miles on the track, and home. Average pace: 10:27

In the past week: 30.2 miles

Sat April 13, 2019 **18 miles**
I ran 18 miles on slightly hilly to hilly roads. It was a nice day in the low 60's.
The run consisted of 3 x 5 miles and 1 x 3 miles. I stopped to drink Gatorade
after each of the 5 mile loops. Stops took about 1:20.
Average paces for each segment:
10:50/mile, 10:43/mile, 10:02/mile, 9:36/mile
I drank 30 ounces of Gatorade and ate a gel at the 12 mile mark.
I lost 2 pounds while running.

Sun April 14, 2019 **2 miles**
I did a 200 calorie ride on a Wise Center recumbent bike on level 12.
Time: about 20 minutes. Average pulse 101 bpm. I take a 200 calorie ride as
equivalent to 2 miles of running.

Mon April 15, 2019 **3 miles**
I ran 3 miles on a Wise Center treadmill at about 10:30/mile.

Tues April 16, 2019 **4 miles**
Warmup: ½ mile jog to the Wise Center
Run: 2 miles on a treadmill at 10:30/mile
Stationary recumbant bike: 100 calorie ride in about 10:00, level 12
Warm down: ½ mile jog home

Wed April 17, 2019 **3 miles**
I ran 3 miles out and back on hilly Limber Rd and averaged 10:57/mile.

Thurs April 18, 2019 **3 miles**
1/3 mile jog
2.3 miles on a 535 m hilly loop in Greendale Cemetery averaging 10:40/mile
Sum of ascents on the 2.33 mile run: 160 feet
1/3 mile jog

Fri April 19, 2019 **4 miles**
1 mile to the Allegheny track, 2 miles on the track and 1 mile home
Average pace 10:32/mile

In the past week: 37 miles

Sat April 20, 2019 **5 miles**
I ran 5 miles on slightly hilly roads at about 11:00/mile

Sun April 21, 2019 **2 miles**
I started my workout in the middle of a ½ mile hill. I jogged ¼ mile to the bottom, ran ½ mile up the hill and jogged ¼ mile down to were I had started. After a 4 minute rest I repeated what I had done, but this time I ran the whole way.
Splits: ¼ mile at about 11:00/mile, ½ mile in 5:52, ¼ mile at about 11:00/mile
　　　¼ mile at about　9:00/mile, ½ mile in 5:02, ¼ mile at about　9:00/mile
Ascent on ½ mile hill as measured with Google Maps:　170 ft

Mon April 22, 2019 **3.5 miles**
Run: 3 miles on a Wise Center treadmill in 27:41 or 9:14/mile
Splits: 9:59, 9:01, (4:27 + 4:14) = 8:41
Warm down: ½ mile in about 6:00

Tues April 23, 2019 **no running**

Wed April 24, 2019 **4 miles**
Warmup:　½ mile jog to the Wise Center
Run: 3 miles on a Wise Center treadmill in 26:58
Approximate Splits and pulses: 9:20, 9:00 (141 bpm), 8:40 (140 bpm)
Warm down:　½ mile in 5:15

Thur April 25, 2019 **no running**

Fri April 26, 2019 **3 miles**
Run: 2 miles on a Wise Center treadmill averaging about 9:30/mile
Warm down:　½ mile in 5:15 on treadmill
½ mile walk on indoor track in about 7:15

In the past week: 17.5 miles

Sat April 27, 2019 **no running**
I am going to run the Buffalo Runners 6 Hour Distance Classic tomorrow.

Sun April 28, 2019 **32.5 miles**
I ran the Buffalo Runners 6 Hour Distance Classic on a cool, breezy day. The event was held on a 3.242 mile course which I ran 10 times in 6:07:01 with an average pace of 11:20/mile. I averaged about 10:50/mile for the first half of the run and 11:50 /mile for the second half. My distance at 6 hours was 31.77 miles, an age group course record. I picked up my pace for the last lap. I enjoyed the run and the friendly runners, race officials and volunteers. Mary Jane gave me great support as usual.

On the next page is the fueling schedule Mary Jane used to supply me with what I needed.

Mon April 29, 2019 **no running**

Tues April 30, 2019 **3.5 miles**
I ran 3 miles slowly on the Allegheny College indoor track and then walked and ran ½ mile home.

Wed May 1, 2019 **4 miles**
Without eating breakfast I ran 4 miles at fat burning pace on hilly roads and grass.

Thur May 2, 2019 **4.5 miles**
I ran 1 mile and had to walk for ½ mile because my right calf stated to cramp. After massaging calf I ran 3 miles. Running was at fat burning pace.

Fri May 3, 2019 **4.5 miles**
I again ran at a fat burning pace and actually got a little dizzy at the end.

In the past week: 49 miles

6 hour run Buffalo NY April 28, 2019

The run is on a 3.24 mile course on Amherst Bike Path

Lap	Time(Watch)	Time(Clock)			
0	0:00	8:00 AM			
1	0:36	8:36	Salt Stick	Gatorade	
2	1:12	9:12		Gatorade	gel
3	1:48	9:48	Salt Stick	Gatorade	
4	2:24	10:24		Gatorade	gel
5	3:00	11:00	Salt Stick	Gatorade	
6	3:36	11:36		Gatorade	gel
7	4:12	12:12	Salt Stick	Gatorade	gel
8	4:48	12:48		Coke	
9	5:24	1:24	Salt Stick	Coke	
10	6:00	2:00			

I will carry a few additional gels.

Each bottle of Gatorade and Coke will contain about 13 ounces.

The total ounces will be 13x9 = 117 and ounces per mile = 117/32.4 = 3.6/mile   On a cool day this is good for me. Gatorade has 6.67 calories/ounce, Coke 12.5 calories/ounce.

Total calories consumed during the 5.4 hours after the first lap will be:

    For each of 7 Gatorade bottles:

        13 ounces x 6.67 cal/ounces = 87 cal/bottle

    For all 7 bottles Gatorade: 7 x 87 = 609 calories

    For each of 2 Coke bottles:

        13 ounces x 12.5 cal/ounce = 162 cal/bottle

    For 2 bottles of Coke: 2 x 162 = 324 calories

    For 4 gels: 400 calories

    Total = 609 + 324 + 400 = 1333 after the first lap i.e. during 5.4 hours.

Calories/hour = 1333/5.4 = 247 cal   This is how many calories the body can absorb per hour.