

Sat Feb 24, 2018 **1 mile**

I ran 1 mile in Amsterdam after our arrival.

Sun Feb 25, 2018 **4.25 miles**

I jogged ½ mile to the Sportcentrum VU and rested a few minutes.

Then I ran 3 miles on a treadmill in 26:01 or 8:40/mile. Splits 9:27, 8:33, 8:01

Warm down: ¼ mile on treadmill in about 2:30 and ½ mile back

Mon Feb 26, 2018 **7.25 miles**

I ran ½ mile to the Sportcentrum VU, rested a view minutes and ran 4 miles on a treadmill. Splits: 8:58, 8:46, 8:29, 8:30

I rested 5 minutes and then ran a mile in 7:08 with a ¼ mile jog lead into the mile.

Half mile splits: 3:39 and 3:29

I warmed down with a ½ mile jog on the treadmill and ½ mile back.

Tues Feb 27, 2018 **5.5 miles**

I ran ½ mile to the Sportcentrum VU, rested a view minutes and ran 4 miles on a treadmill. Splits: 8:59, 8:29, 7:58, 8:29 Average pace: 8:29/mile

I warmed down with a ½ mile on the treadmill in about 5:00 and ½ mile back.

Wed Feb 28, 2018 **4 miles**

I ran ½ mile to the Sportcentrum VU, rested a view minutes and ran 3 miles on a treadmill in 27:00. I warmed down with a ½ mile.

Thur March 1, 2018 **1 mile**

I ran 1 mile on walking and bike paths.

Fri March 2, 2018 **7.75 miles**

I ran ½ mile to the Sportcentrum VU, and rested a view minutes. On a treadmill I warmed up with 2 miles in about 18 minutes at various paces, some as fast as 7:39/mile. I then ran 4 miles in 30:53.7 or 7:43/mile. I ran ¼ mile lead into the 4 mile run and ½ mile in about 5 minutes at the end. I warmed down with a ½ mile jog outside.

Splits for the 4 mile run: 7:50.4, 7:47.9, 7:42.2 and 7:33.3. The last ¼ mile I averaged 7:12/mile pace.

29.8 miles in the last week

Sat March 3, 2018 **6 miles**

I ran ½ mile to the Sportcentrum VU, used a few weight machines for my upper body and then ran 4 miles at about 9:00/mile on a treadmill. I warmed down with a ½ mile jog. Later in the day I ran a mile on walking and bike paths.

Sun March 4, 2018 **4.5 miles**

I walked about 1.5 miles with Oona and Figo. Later in the day I ran 3.1 miles with Joe on walking and bike paths. Time: 29:10

Mon March 5, 2018 **10.75 miles**

I warmed up with a 0.75 mile jog. Then I ran 10 miles in 1:37:04, averaging 9:42/mile. The first 5 miles I averaged 9:56/mile and the second 5 miles 9:28/mile.

Tues March 6, 2018 **6.5 miles**

I ran 5 miles on walking and bike paths. Then I warm down with a 1 mile jog and a ½ mile walk. Spits for the 5 mile run: 9:12, 8:49, 8:51, 8:40, 8:26.
Average: 8:48

Wed March 7, 2018 **no running**

Thur March 8, 2018 **5 miles**

I jogged ½ mile to the Sportcentrum VU, rested a few minutes and ran 2 miles on a treadmill in 17:58 at various paces with some as fast as 7:25/mile. After a 4 minute rest I ran a mile in 6:59.7 with a ¼ mile lead into the mile and a ¾ mile after it in about 7:30. I rested a few minutes and jogged ½ mile back.

Fri March 9, 2018 **6.75 miles**

I ran and walked 5 miles and averaged 11:20/mile. Later in the day I walked and ran 1.75 miles.

39.75 miles in the last week

Sat March 10, 2018 **2 miles**

2 miles of walking and running on walking and bike paths

Sun March 11, 2018 **2 miles**

2 miles of walking and running on walking and bike paths

Mon March 12, 2018 **6 miles**

I rode 1 mile on a bike to Amsterdamse Bos. Then I walked and ran 5.5 miles with Joe and Figo (Joe's dog) in het bos. Figo probably did about 10 miles. I finished with a 1 mile ride back.

Tues March 13, 2018 **7.75 miles**

I jogged $\frac{1}{2}$ mile to the Sportcentrum VU, rested a few minutes and ran 1.5 miles on a treadmill at various paces averaging 8:30/mile with some as fast as 7:10/mile. After resting about 4 minutes, I ran 5 miles with a lead in $\frac{1}{4}$ mile jog and a warm down of $\frac{1}{2}$ mile in about 5 minutes. The 5 mile run was in 38:19 or 7:40/mile. Splits: 7:52, 7:44, 7:43, 7:38, (3:46 + 3:35) = 7:21

Wed March 14, 2018 **4 miles**

I ran and walked 2.5 miles and rode a bike 4.5 miles. I count 4.5 miles of bike riding as equivalent to 1.5 miles of running and walking.

Thur March 15, 2018 **8 miles**

I ran and walked 6 miles on walking and bike paths and averaged 11:34/mile. I walked 11 times and walked a total of about $\frac{3}{4}$ miles during the 6 miles. I ran and walked an additional 2 miles during the day.

Fri March 16, 2018 **4.4 miles**

Warm up: 1 mile of walking and running.

I ran 3 miles on walking and bike trails averaging 8:59/mile.

Splits: 9:25, 9:05, 8:26

I warmed down with a 0.4 miles jog.

34.2 miles in the last week

Sat March 17, 2018 **5.5 miles**

I jogged 1.5 miles to the Sportcentrum VU, rested a few minutes and ran 1.5 miles on a treadmill averaging 8:30/mile at various paces with some as fast as 7:05/mile. After a 3 minute rest I ran 1.05 miles at 6:56.7/mile pace with a $\frac{1}{4}$ mile lead into the run and 0.7 miles after. I rested a few minutes and jogged $\frac{1}{2}$ mile back.

Sun March 18, 2018 **no running**

Mon March 19, 2018 **9.25 miles**

I jogged $\frac{1}{2}$ mile to the Sportcentrum VU, rested a few minutes and ran 1.5 miles on a treadmill averaging 8:30/mile at various paces with some as fast as 7:05/mile. After a 3 minute rest I ran 4.5 miles averaging 7:25.8/mile with a $\frac{1}{4}$ mile lead into the run and 0.5 miles after. I rested a few minutes and jogged $\frac{1}{2}$ mile back.

Time for the 4.5 mile run: 33:26

Splits: 7:30, 7:30, 7:26 7:23, 3:37.

Later I jogged 1.5 miles outside.

Tues March 20, 2018 **8 miles**

I jogged $\frac{1}{2}$ mile to the Sportcentrum VU, rested a few minutes and ran 1.5 miles on a treadmill averaging 8:30/mile at various paces with some as fast as 7:51/mile.

Tempo Running:

I ran 3 x $\frac{1}{2}$ mile and 1 x 2.5 miles with a $\frac{1}{4}$ mile jog before each run and $\frac{1}{4}$ mile jog at the end. All four runs were at 7:58/mile and jogs were about 3:00. I jogged $\frac{3}{4}$ miles back.

Wed March 21, 2018 **no running** We flew back home.

Thurs March 22, 2018 **4 miles**

I ran 1.5 miles outdoors on hilly roads at about 9:30/mile. Then on a Wise Center treadmill I ran 2 miles in about 18:00. Warm down: $\frac{1}{2}$ mile home

Fri March 23, 2018 **4 miles**

On treadmill: 2 mile run at about 9:00/mile and 2 mile walk/run averaging about 12:00/mile

30.75 miles in the last week

Sat March 24, 2018 **5 miles**

I ran and walked 5 miles on hilly roads and averaged 11:36/mile. I walked 6 times for a total of 0.75 miles of walking during the middle 3 miles. I was practicing a run/walk routine for a 50 mile run.

Sun March 25, 2018 **no running**

I have a sore throat and slight chest congestion.

Mon March 26, 2018 **4 miles**

I ran and walked 4 miles on the Wise Center indoor track and averaged about 11:00/mile. My cold is a little better.

Tues March 27, 2018 **4 miles**

I ran and walked on the Wise Center indoor track:

2 miles of walking and running averaging 11:25/mile and 1 minute rest

½ mile run in 4:04 and ¼ mile jog

1 mile in 9:07 and ¼ mile jog

My cold continues to get better.

Wed March 28, 2018 **4 miles**

I did the same workout as yesterday.

The 2 mile walk/run averaged 10:51.

½ mile run: 3:54

mile run: 8:17

I felt much better today, The effects of my cold are really decreasing.

Thur March 29, 2018 **3 miles**

I ran 3 miles on the Wise Center indoor track in about 29 minutes.

Fri March 30, 2018 **3 miles**

I ran 3 miles on a Wise Center treadmill in 28:29 minutes.

23 miles in the last week

Sat March 31, 2018 **no running**

Sun April 1, 2018 **2 miles**

I walked 2 miles on hilly roads in 28:15.

Mon April 2, 2018 **4 miles**

I ran 1 mile on the indoor track in 9:15 and rested 4 minutes.

Then I ran and walked 3 miles on a treadmill averaging 11:10/mile. My running pace was 10:00/mile and walking pace was 15:00/mile. I ran $\frac{3}{4}$ of a mile, walked $\frac{1}{4}$ mile and repeated until I covered 3 miles.

Tues April 3, 2018 **5.25 miles**

I ran 5 miles on a treadmill in the Wise Center and averaged 9:29/mile.

Approximate splits: 10:00, 9:45, 9:30, 9:15, 9:00

I jogged $\frac{1}{4}$ to warm down.

Wed April 4, 2018 **6 miles**

I ran 6 miles on a treadmill in the Wise Center and averaged 10:40/mile.

During the run I varied my pace by running $\frac{1}{2}$ mile in 5:00, and $\frac{1}{4}$ mile in 3:00 and then repeating this 7 more times. My pulse rose to 137 bpm near the end of the run.

Thur April 5, 2018 **10.25 miles**

I ran 10 miles on a treadmill in the Wise Center and averaged 9:56/mile.

The approximate mile splits were: 3 x (10:15, 10:00, 9:45) and the last mile was in 9:17. My pulse was 153 bpm at the end of the run. I warmed down with a $\frac{1}{4}$ mile jog.

Fri April 6, 2018 **3.25 miles**

2 miles on the indoor track. Splits: 9:02 + 8:25 = 17:27

$\frac{1}{4}$ mile jog

$\frac{1}{2}$ mile: 3:50

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

30.75 miles in the last week

Sat April 7, 2018 **5.75 miles**

I ran on a Wise Center treadmill.

Warm up: 1.5 miles averaging 9:00/mile at various paces with some as fast as 7:53/mile.

I rested 4:30 and then ran 5 x ½ mile with a ¼ mile jog before each run.

½ mile times: 4:00, 4:00, 3:57, 3:54, 3:49

My pulse was 160 bpm at the end of the last ½ mile.

Warm down: ½ mile in about 5 minutes

Sun April 8, 2018 **4.5 miles**

I ran and walked 4.5 miles on the Wise Center indoor track in 50:39 or 11:15/mi. I did this by running 1 mile in about 10:40, walking 1/8 mile in about 2:00 and then repeating 3 more times.

Mon April 9, 2018 **5 miles**

I ran on a Wise Center treadmill.

Warm up: 2 miles averaging 9:00/mile at various paces with some as fast as 7:30/mile.

I rested about 4:00 and then ran 2 x 1 mile with a ½ mile jog between and ¼ mile jog before and after.

mile times: 7:31, 7:50

Tues April 10, 2018 **5 miles**

I ran and walked 5 miles on the Wise Center indoor track in 54:59 or 11/mi.

I always run wide on the turns so that each lap is 1/8 of a mile. Today I walked ½ lap, ran 3.5 laps and repeated 9 more times until I reached 5 miles. Another way of saying this is I walked 1/8 of a mile during each mile. My walking pace was about 15:05/mile and running pace about 10:25/mile. I think this routine might be good for the part of a 50 miler when I am walking and running. In that case I would run and walk slower.

Wed April 11, 2018 **5 miles**

I ran with Jim Fitch and Tiffany Hrach on the Wise Center indoor track. We warmed up with 1.5 miles including ¼ mile of drills.

Then we ran ¼ mile, ½ mile, ¾ mile and 1 mile with ¼ mile jogs after each.

Times for the 4 runs: 2:12, 4:22, 6:47 and 8:41

Thur April 12, 2018 **no running**

Fri April 13, 2018 **5 miles**

I ran 1 mile to the Allegheny outdoor track, 3 miles on the track and 1 mile home. The average pace for the 5 miles was 9:50.

30.25 miles in the last week

Sat April 14, 2018 **18 miles**

I ran a slightly hilly 6 mile loop 3 times with a 1 minute rest after the 1st and 2nd loops,

The average paces for the 3 loops were: 10:26, 10:26 and 9:47.

45 minutes before running I had a 300 calorie breakfast and 8 ounces to drink.

During the 2nd and 3rd loops I drank 40 ounces of Gatorade (260 calories) and 2 Salt Sticks.

Sun April 15, 2018 **no running**

Mon April 16, 2018 **4.5 miles**

I jogged down to the Wise Center, rested a few minutes and ran 4 miles on a treadmill in about 40:00.

Tues April 17, 2018 **no running**

Wed April 18, 2018 **5 miles**

I ran with Jim Fitch and Tiffany Hrach on the Wise Center indoor track.

Warm up: 1.25 miles including $\frac{1}{4}$ mile of drills.

Run: 5 x $\frac{1}{2}$ mile with a $\frac{1}{4}$ mile jog after each run. Average time for $\frac{1}{2}$ mile runs: 4:18

Thur April 19, 2018 **no running**

Fri April 20, 2018 **5 miles**

I ran 5 miles on the Wise Center indoor track.

Splits: 10:59, 10:53, 10:54, $(4:57 + 4:31) = 9:28$, 10:53

32.5 miles in the last week

Sat April 21, 2018 **no running**

Sun April 22, 2018 **5 miles**

I ran and walked 5 miles on hilly roads and averaged 10:48/mile.

I walked 3 times for a total of about 3 minutes of walking.

Mon April 23, 2018 **4 miles**

I ran and walked on the Allegheny outdoor track and averaged 11:20/mi.

Then I ran 1 mile on slightly hilly roads.

Tues April 24, 2018 **4 miles**

I ran ½ mile to the Wise Center and rested a few minutes.

On a treadmill:

1 mile in 8:57 at various paces some as fast as 7:47/mile.

½ mile in 5:25

½ mile in 4:00

1 mile in 10:52

Warm down: ½ mile jog home.

Wed April 25, 2018 **no running**

Thur April 26, 2018 **3.5 miles**

I ran ½ mile to the Wise Center and rested a few minutes.

On a treadmill: 3 miles in about 30:00 at various paces between 11:19/mile and 8:57/mile

Fri April 27, 2018 **3.5 miles**

I ran 3.5 miles on slightly hilly roads averaging 10:58/mile.

20 miles in the last week

Sat April 28, 2018 **5 miles**

I ran ½ mile down to the Wise Center and rested a few minutes.

On a treadmill:

2 miles in 10:04 + 8:41 = 18:45 and rested about 4:00

2 x ¼ mile each in 2:00 with a ¼ mile jog before each run

½ mile jog

2 x ½ mile each in 4:00 with a ¼ mile jog between the 2 runs

¼ mile jog

All the jogs were at about 12:00/mile pace.

I was going to run the Buffalo 6 Hour Distance Classic on April 29. But because the windchill is supposed to be in the 20's for the first 3 hours I decided not to run it.

Sun April 29, 2018 **5.75 miles**

I ran ½ mile down to the Wise Center and rested a few minutes.

On a treadmill:

1.5 miles averaging 9:00/mile with some paces as fast as 7:41/mile and rested about 5:00

6 x ¼ mile each in 2:00 with a ¼ mile jog before each run and ¼ mile jog at the end

All jogs were at about 12/mile pace.

I jogged ½ mile home.

Mon April 30, 2018 **5 miles** on hilly roads and grass averaging 10:24/mile

Tues May 1, 2018 **no running**

Wed May 2, 2018 **5miles**

I ran on the Allegheny outdoor track with Tiffany Hrach.

Warm up: 1.25 miles including 1/8 mile in about 63s.

Run: ¼ mile, ½ mile, ¾ mile, 1 mile at an average pace of a little under 9:00/mi.

In between each run we jogged ¼ mile.

Warm down: ½ mile run/walk

Thur May 3, 2018 **5.5 miles**

I ran ½ mile down to the Wise Center and rested a few minutes.

On a treadmill:

1.5 miles averaging 9:00/mile with some paces as fast as 7:47/mile and rested about 5:00

6 x ¼ mile each in 2:00 with a ¼ mile jog before each run and ½ mile jog at the end

Fri May 4, 2018 **6 miles**

I ran on hilly roads to the Allegheny outdoor track in 10:19, 3 miles on the track at an average pace of 9:27 and back home 1 mile in 10:38.

32.25 miles in the last week

Sat May 5, 2018 **no running**

Sun May 6, 2018 **6.5 miles**

I ran 2.5 miles mainly uphill averaging 10:52/mile and rested 4 minutes.

Then I ran 6 x ¼ mile with a ¼ mile jog after each run on mainly level roads.

Times for runs: 1:56, 2:00, 1:59, 1:51, 1:55, 1:53 average pace = 7:46/mile

average jogging pace 11:20/mile

I rested 2 minutes and then jogged 1 mile home in 11:15.

Mon May 7, 2018 **4 miles**

I ran 4 miles with Olivia Hemlock on hilly roads and paths. We averaged about 10:25/mi

Tues May 8, 2018 **5 miles**

I ran 5 miles on a very hilly course and averaged 10:52/mile. The course included about 2 miles of steep uphill that I ran at about 12:00/mile. I was trying to relax and conserve energy as I will try to do during the first 5K of the Green Jewel 50K. That 5K is all uphill.

Wed May 9, 2018 **5 miles**

I did the same workout as yesterday and averaged 10:58/mile.

Thur May 10, 2018 **3 miles**

I ran 3 miles on a very hilly course with the finish considerably higher than the start.

The course included 1.2 mile and 0.5 mile hills that I ran at about 13min/mile. The overall average pace was 11:50/mile.