

Running Log Starting Saturday May 21, 2016

Most workouts are in Meadville PA where I live.

Note: Before each workout, I massage my feet, legs, hips and back

**I am going to start training for shorter races.**

Sat 5/21/16: **2.3 miles**

I jogged 0.3 miles to the hilly cemetery loop and then 2 miles on the loop in 19:46 going faster as I ran.

I feel better than I did two days ago.

Sun 5/22/16: **3 miles**

I ran 3 miles on the cemetery loop:  $9:47+9:19+9:10 = 28:16$

Mon 5/23/16: **5.3 miles**

I ran 1 mile to the college track in 9:13 and then rested 4 minutes.

I ran 8x220yds with a 220 jog before each. I ran wide so each lap was 440 yds. The average jog time was about 90 seconds.

Times on the 220's:

55.1, 53.4, 53.8, 52.1, 50.9, 50.3, 50.0, 47.2 Average = 51.4 seconds. I felt better as I ran.

Rested 4 minutes

I ran the 1.33 mile grassy, hill loop around the athletic fields in 12:29.

Rested 4 minutes

I ran 1 mile on the track in 9:52

This was a good workout. I feel good.

Tues 5/24/16: **4.75 miles**

I ran 0.75 miles to the athletic fields and 3.25 miles on the grassy hilly loop around the fields. Time 40 minutes. The I walked 0.75 miles on the track.

Wed 5/25/16: **5.5 miles**

I ran 1 mile to the college track in 8:36 and then rested 4 minutes.

I ran 9x220yds with a 220 jog before each. The average jog time was 93 seconds.

Times on the 220's:

53.6, 53.2, 52.5, 49.5, 47.5, 50.1, 48.8, 48.6, 46.0 Average = 49.9 seconds

I rested about 7 minutes including a 330 jog.

I ran the 1.33 mile grassy, hill loop around the athletic fields in 11:36.6 or 8:44/mi

Rested about 5 minutes and walked  $\frac{3}{4}$  miles on the track

I ran faster in this workout than in a similar workout on Monday.

Thur 5/26/16: **5.25 miles**

I ran 5 miles mainly on the hilly loop around the athletic fields averaging 10:43/mi. I took it easy on the uphill. Then I walked 0.25 miles on the track.

Fri 5/27/16: **6 miles**

1 mile warmup including  $\frac{1}{2}$  mile on indoor track in 4:09. Rested 5 minutes

On a treadmill: 6x880 yards with 440 jog before each 880. The jogs averaged 3:08.

Times on 880's.

3:56.8, 3:56.8, 3:56.8, 3:50.8, 3:47.8, 3:42.2. Average = 3:51.9.

I warmed down with a  $\frac{1}{2}$  mile in 5:00 and another  $\frac{1}{2}$  mile home.

**32.1 miles in the last week.**

Sat 5/28/16: **3 miles**

I ran to the athletic field, one time around the 1.33 mile loop and home for 3 miles in 29:52.

Sun 5/29/16: **1.25 miles**

1 mile on a very hilly road in 8:50 then a ¼ mile warmdown.

Mon 5/30/16: **4.5 miles**

I ran 4.5 miles on roads including the 5k Human Race in downtown Meadville. I ran 24:16.  
The course includes a long up and downhill.

Tues 5/31/16: **3.2 miles**

I ran to the athletic fields, 1.8 miles on the fields and back for 3.2 miles averaging 10:20/mile.

Wed 6/1/16: **4.1 miles**

I ran 1 mile to the college track in 9:12 and rested 4 minutes.

Then I ran 4x220 yards with a 220 jog before each. The jogs averaged about 90 seconds.

Times for the 220's: 49.7, 48.8, 47.8 and 45.5. average = 48.0 seconds

rested 4 minutes

I ran the 1.33 mile loop around the athletic fields averaging 9:40/mile.

rested 2 minutes

walked ¾ mile on the track.

Thur 6/2/16: **4 miles**

I ran on the high school track with Mark Ams.

We warmed up with a mile. Then we ran 10x220yards with a 220 jog after each.

The jogs took about 90 s each.

Average time for the 220's was 57.7 s.

Jogged ½ mile

Fri 6/3/16 **7.25 miles**

I warmed up 1.25 miles on indoor track including 1 mile in 9 minutes and rested 4 minutes.

On a treadmill I ran 7x880 yards with a 440 jog before each and one at the end. The jogs took about 3 minutes. My pulse at the end of the last 880 was 159 bpm.

Times on the 880's:

1. 3:56.8
2. 3:53.8
3. 3:50.8
4. 3:47.8
5. 3:45.0
6. 3:42.2
7. 3:34.3

I jogged ½ mile home.

**27.3 miles in the last week.**

**Sat 6/4/16: 4.5 miles**

I ran on the grassy, hilly athletic field. I ran 2 miles with Mark Ams in 21:09. Then I rested a few minutes and ran 2.5 miles at 8:00/mi in an Allegheny College alumni run. The course for the run consisted of a loop that was repeated 3 times. About 1/3 of the loop was downhill, and 1/3 of it was uphill. It was a good workout.

**Sun 6/5/16: 3 miles**

I am tired from the workouts I had in the last 2 days. I ran 3 miles on hilly roads and grass in 34 minutes.

**Mon 6/6/16: 4 miles**

I ran on the college track with Mark Ams.

We warmed up with a mile. Then we ran 10x220yards with a 220 jog after each.

The jogs took about 95 s each.

Average time for the 220's was 57.8 s.

Jogged ½ mile

**Tues 6/7/16 3.6 miles**

I ran on the 1.09 mile loop around New Alexandria PA. It is down and then up hill.

I jogged 0.17 miles, ran three loops averaging 8:48/mi and then jogged 0.17 miles.

**Wed 6/8/16: 3 miles**

I ran 3 miles on hilly roads in New Alexandria running faster as I went. Average pace = 10:20/mi.

Final mile in 8:43.

**Thur 6/9/16: 7.7 miles**

In the morning I ran in New Alexandria.

1 mile warmup in about 10:20

8 x 0.2 miles on a hill with a 6.4% grade. I jogged mainly downhill 0.3 miles after each 0.2miles. The jogs took about 3 minutes each. The times on the 0.2 mile uphills were:

1. 2:00 (10:00/mi)
2. 1:58
3. 1:56
4. 1:51
5. 1:49.4
6. 1:51.4
7. 1:47.7
8. 1:39.6 (8:18/mi)

I felt better as I ran.

Jogged ½ mile warmdown.

In the afternoon I walked 2.2 miles on the hilly West Penn Trail.

**Fri 6/10/16: 2 miles**

I ran 2 miles in 20 minutes on hilly roads in Meadville.

**27.8 miles in the last week.**

Sat 6/11/16: **4 miles**

I ran 4 miles on hilly roads and grass. First and last miles on roads.

9:19+9:11+8:35+8:34 = 35:40. It was 83 degrees.

Sun 6/12/16: **3 miles**

I ran and walked 3 miles on roads and grass averaging 11:28/mile.

Mon 6/13/16: **5.1 miles**

I ran with Mark Ams, and Gary and Matt Puleio. Mark ran 200's and the rest of us ran 6 x 880 yards. I always run wide on the curves so 2 laps is about 880 yards.

We warmed up with a mile jog, ran 6 x 880 with a 220 jog between each 880 and then warmed down with an 880 jog. My 220 jogs took about 2:10. My times on the 880's were

1. 3:50.5
2. 3:50.4
3. 3:43.9
4. 3:44.2
5. 3:46.2
6. 3:45

Average=3:46.7

Tues 6/14/16: **5.25 miles**

I ran and walked 5.25 miles on hilly roads and grass. During the run I walked 5 times for a total of 1 mile of walking. The average pace was 10:36/mile. I feel good.

Wed 6/15/16: **4 miles**

I ran 1 mile to the Allegheny College track in 9:05 and rested 4 minutes.

2 x 220 yards both in 55 s with a 220 jog after each

rested 3 minutes

1 mile in 7:28.7. Splits: 1:58.1, 1:55.4, 1:55.6, 1:39.6

rested 4 minutes

1 mile home in 9:02

Thur 6/16/16: **2 miles**

½ mile to the indoor track

½ mile on the indoor track with no shoes in 4:21

1 minute rest

½ mile with shoes in 3:59

1 light cycle of 17 exercises using weight machines for a total body workout

½ mile jog home

Fri 6/16/16: **5.9 miles**

1.25 mile warmup

5 x 1000 meters with ¼ mile jog after each 1000

The jogs took about 4 minutes.

Times for the 1000's:

1. 4:47
2. 4:43
3. 4:45
4. 4:47
5. 4:36.6

Ave=4:44

½ mile jog

It was 84 degrees.

**29.25 miles in the last week**

Sat 6/18/16: **5.25 miles**

I ran and walked the same course as on Tues June 14. This time I walked 10 times for a total of 1 mile of walking. The average pace was 10:33/mi. It was 87 degrees.

Sun 6/19/16: **3.25 miles**

I ran 3.25 miles on hilly roads and grass averaging 9:34/mi.

Mon 6/20/16: **5.25 miles**

I ran with Colton McCurdy and Gary Puleio and his brother Matt on the high school track.

We warmed up with a mile, did some stretching, ran a 220 in 51 s and jogged a 220.

Then we ran 8 x 440 yards with a 440 jog after each. The jogs were in about 3:40. It was 86 degrees,

My times:

1. 1:41
2. 1:44
3. 1:46
4. 1:45
5. 1:44
6. 1:47
7. 1:49
8. 1:42

Tues 6/21/16: **2 miles**

½ mile to the indoor track in 4:27

4 minute rest

1 mile on the indoor track with no shoes:  $4:08.5 + 3:49.6 = 7:58.1$

1 light cycle of 17 exercises using weight machines for a total body workout

½ mile jog home

Wed 6/22/16: **4 miles**

½ mile to the indoor track in 3:43 (downhill)

4 minute rest

1 mile on the indoor track with no shoes:  $3:58.0 + 3:46.5 = 7:44.5$

1 light cycle of 17 exercises using weight machines for a total body workout

2.5 miles on hilly roads at 9:50/mi

Thurs 6/23/16: **2 miles**

I ran 2 miles on hilly roads in 10:23/mi.

Fri 6/24/16: **2 miles**

1 mile on roads and hilly cemetery loop in 9:32.

1 mile on cemetery loop including 3 x 220 yards with a 220 yard jog between. times 49, 52 and 49 s.

**23.75 miles in the past week**

Sat 6/25/16: **6.5 miles**

I ran in the Butler PA 5 mile run. It is a hilly course with the first  $\frac{1}{4}$  mile downhill and the last  $\frac{1}{4}$  mile up hill. It was hot and I poured water on my head about 4 times and drank a little. I got first in my age group. Time 39:37

Splits:

1. 7:21
2. 8:14
3. 8:03
4. 7:42
5. 8:16

Sun 6/26/16: **2 miles**

I ran 2 miles on roads in 20:10.

Mon 6/27/16: **4 miles**

I ran  $\frac{1}{2}$  mile to the indoor track in 4:36.

Rest 3 minutes

$\frac{1}{2}$  mile with no shoes on the indoor track in 3:54

rest 3 minutes

$\frac{1}{4}$  mile of drills, i.e. high knees, butt kicks etc

rest 3 minutes

I ran 4 x  $\frac{1}{4}$  mile on a treadmill with a  $\frac{1}{4}$  mile jog before each interval and one  $\frac{1}{4}$  mile jog at the end. The times for the runs were 1:44.7, 1:44.7, 1:44.7 and 1:42.3. The jogs were about 3 minutes.

I rested 3 minutes and then jogged  $\frac{1}{2}$  mile home.

Tues 6/28/16: **4 miles**

I ran 4 miles on hilly roads and grass. The first mile was in 10:03 and the next three miles averaged 9:15/mi.