

Sat 7/16/16: 3 miles

I ran 2 miles on hilly roads in 19:24. Later I walked and ran a mile.

Sun 7/17/16: 14.5 miles

I ran the Presque Isle half marathon. I warmed up at various paces for about 1 mile.

My GPS said the course was 13.17 miles and my time was 1:48:39 or 8:15/mi.

I jogged about 0.3 miles after the run.

Mon 7/18/16: 2 miles

I ran 2 miles on hilly roads in 20 minutes.

Tues 7/19/16: 5 miles

I walked and ran 5 miles on hilly roads, grass and trails and averaged 11:40/mile.

I walked 0.2 miles and ran 0.3 miles during each half mile.

Wed 7/20/16: 6 miles

I ran 6 miles on hilly roads. This was a good run and I feel recovered from the half marathon on Sunday. Time: 55:19. Total ascent on the run was 740 feet.

Average pace was 9:12/mi.

Splits:

1. 10:09 uphill
2. 8:49 downhill
3. 8:05 downhill
4. 10:37 uphill
5. 9:48 uphill
6. 7:49 downhill

Thur 7/21/16: 4 miles

I walked and ran 4 miles on hilly roads and grass averaging 11:32/mile.

I walked 0.15 miles and ran 0.35 miles during each half mile.

Fri 7/22/16: 4.25 miles

I ran 2.5 miles on roads and 1.75 miles on the indoor track with no shoes. The running on the indoor track included 2 half miles in 4:01 and 4:12.

37.75 miles in the last week