

Sat May 4, 2019 **5.5 miles**

**On a stationary recumbent bike set at level 12:** I did a 500 calorie ride in 49:30. Final heart rate 117 bpm, Average heart rate about 108 bpm.

**Warm down:** ½ mile jog and walk home uphill.

Sun May 5, 2019 **no running**

**On May 2, my right calf cramped while running. Since then the calf has been sore. I have been massaging it every day and this seems to help.**

Mon May 6, 2019 **6 miles**

**Run:** I ran 5 miles averaging 10:00/mile. The first 4 miles were on hilly roads and the last mile was on the Allegheny College track. My right calf was still a little sore.

**Warm down:** I jogged 1 mile home.

Tues May 7, 2019 **6 miles**

**Run:** I ran the same 5 mile course that I did yesterday and averaged 9:33/mile. My calf was somewhat better.

**Warm down:** I jogged 1 mile home.

**Splits for the 5 mile run:**

Yesterday: 10:45 (up hill), 9:50, 9:23, 9:51, 10:10

Today: 10:17 (up hill), 9:39, 9:24, 9:32, 8:53

Wed May 8, 2019 **5.5 miles**

**Ride:** I did a 500 calorie ride on a stationary recumbent bike on level 12.

100 calorie splits: 11:10, 11:02, 11:00, 10:20, 9:40.

The pulse at the end was 115 bpm

I count this ride as equivalent to a 5 mile run.

**Warm down:** I walked and jogged ½ mile home.

Thurs May 9, 2019 **no running**

Fri May 10, 2019, **3 miles**

I was going to run 5 miles on a treadmill but had to stop after 3 miles because my left calf cramped again as it did last week and this left my leg really sore. After an hour or so I could not stand on my toes because it made my calf hurt so much. We went to see Dr Dan Young a chiropractor in Erie. He has helped us with similar situations in the past. He massaged my calf and IT band for about 15 minutes. During this treatment I had a great deal of discomfort but I knew it would help a lot. And it did. Right after the treatment I had no problem standing on my toes. Dr Young showed Mary Jane how to massage my leg.

**In the past week: 26.5 miles**

Sat May 11, 2019 **5 miles**

Before running Mary Jane massaged my sore calf and again I had a great deal of discomfort. Because of this I did not think I would be able to run much at all. When I went out the door to run I was thinking I would run slowly in the beginning and then walk and run a couple of miles after that. After a slow mile mainly uphill I had no problem running, picked up the pace and ran a total of 5 miles averaging 10:40/mile on hilly roads. It was an enjoyable run with no problems. I think if Mary Jane continues to massage my leg everyday before I run, I should recover quickly.

Sun May 12, 2019 **no running**

Mon May 13, 2019 **5 miles**

I ran on a Wise Center treadmill.

**3 miles**, I kept my pulse close to 130 bpm during the second and third miles. Splits: 9:47, 9:59, 10:39 I rested 3 minutes after the 3 mile run.

**1 x ¼ mile in 1:53, 1 x ½ mile in 4:00.** Pulse at the end of ½ mile: 160 bpm I jogged ¼ mile before each run and ¾ mile after the second one.

Tues May 14, 2019 **3 miles**

I ran on a Wise Center treadmill.

**3 miles**, Average pulse about 130 bpm. Splits: 10:00, 10:00, 10:16

**My right calf got tight and hurt again. I should run easily for a while.**

Wed May 15, 2019 **3 miles**

I ran and walked on slightly hilly roads.

**3 miles**, Average pulse about 118 bpm and average pace about 11:20

My calf felt okay.

Thur May 16, 2019 **4.5 miles**

I ran and walked 4.5 miles on hilly roads and averaged 11:20/mile.

Fri May 17, 2019 **8 miles**

I ran and walked 8 miles on hilly roads and averaged 11:55/mile.

**In the last week: 28.5 miles**

Sat May 18, 2019 **5 miles**

My calf is a lot better. Massaging has helped a lot.

**Run:** 4 miles on hilly roads averaging 9:43/mile

**Warm down:** rest 3 minutes and walked and ran 1 mile in about 12:00

Sun May 19, 2019 **5 miles**

I did the same workout as yesterday.

**Run:** 4 miles on hilly roads averaging 8:59/mile

**Warm down:** rest 3 minutes and walked and ran 1 mile in 11:45/mile

Sum of ascents: 267 feet, This is one of my fastest times on this course.

Splits:

July 4, 2018: 9:18, 9:12, 8:41, 8:34

Today: 9:42, 9:12, 8:44, 8:16

Mon May 20, 2019 **6 miles**

I ran 6 miles out and back on hilly Limber Rd. Average pace near 11:00/mi.

Sum of ascents along the course is 530 feet.

Tues May 21, 2019 **4 miles**

I ran 4 miles on hilly roads at various paces averaging 10:48/mile. This run included a slightly downhill ½ mile in 4:05.

Wed May 22, 2019 **no running**

I worked hard on preparing our garden.

Thur May 23, 2019 **5 miles**

I ran on the high school track.

**Warmup:** 1.5 miles at various paces and rest 2 minutes.

**Run:** 4 x 300m and 4 x 200m. After the 300m runs I jogged 500m in about 4:00 each. After the 200m runs I jogged 200m in about 1:30 each.

Times: 81s, 82s, 80s, 79s, 51s, 53s, 51s, 50s

**Warm down:** rest 2:00 and jog ½ mile

Fri May 24, 2019 **5 miles**

I ran 5 miles on slightly hilly roads and averaged about 10:00/mile.

**In the last week: 30 miles**

Sat May 25, 2019 **6 miles**

I ran 5.5 miles with Jim Fitch on slightly hilly roads. We averaged 10:38/mile.  
After resting a few minutes I jogged ½ mile uphill.

Sun May 26, 2019 **4 miles**

2 miles on slightly hilly roads averaging 9:29/mile, 3:00 rest

2 miles out and back on hilly Limber Rd averaging 9:25/mile

The first ¼ mile of the run on Limber goes up 93 feet which is a 7% incline.

I ran this ¼ mile in 2:31 and kept running. This was a tough uphill run.

Mon May 27, 2019 **4 miles**

I ran on the high school track, running wide so each lap was ¼ mile.

**Run:** 3 miles in 27:08, Splits: 9:15, 9:08, 8:45

**Warm down:** rest 3:00, jog 1 mile in 10:30

Tues May 28, 2019 **no running**

Wed May 29, 2019 **4.75 miles**

I ran intervals on the high school track with our summer running group.

**Warmup:** 1.25 miles on my own at about 10:00/mile pace and about 0.75 miles with the group at various paces

**Run:** 1 x 200m, my time: 53s, a 200m jog

5 x 400m with 400m jog after each

My times for the 5 runs: 1:58, 1:57, 1:55, 1:53, 1:49

Thur May 30, 2019 **5.5 miles**

I ran 5.5 miles on somewhat hilly roads and averaged 10:11/mile.

Fri May 31, 2019 **6 miles**

I ran 5.5 miles on a course that was more hilly than yesterday.

Average pace: 9:37/mile

I rested 3 minutes and jogged ½ mile

**In the past week: 30.25 miles**

Sat June 1, 2019 **6 miles**

I ran 5.5 miles with Jim Fitch on slightly hilly roads. We averaged 10:40/mile. After resting a few minutes I jogged ½ mile uphill.

Sun June 2, 2019 **no running**

I twisted my ankle.

Mon June 3, 2019 **5.5 miles**

In the morning I ran 3 miles slowly on roads.

In the afternoon I ran 2.5 miles slowly on the high school track.

Each time my ankle felt better as I ran.

Tues June 4, 2019 **4 miles**

I ran 4 miles on the college outdoor track. My ankle is still stiff and sore but felt better as I ran. Mile splits: 11:39, 10:50, 10:10, 9:46 Average pace: 10:36/mi

Wed June 5, 2019 **8 miles**

In the morning I ran on the high school track. My ankle is better than yesterday.

I jogged ¼ mile, ran 3 miles in 28:08, rested 4 minutes and jogged ½ mile.

Splits for 3 miles: 10:00, 9:21, 8:48 Average pace: 9:23

In the afternoon I ran on the high school track with our running group.

**Warmup:** 2 miles in 10:00 and 10:34 and rested about 4:00

**Run:** 1 x 200m and 4 x 600m with a 200m slow jog after each.

Times: 56s, 2:57, 2:59, 2:58, 2:54

Thur June 6, 2019 **2 miles**

I ran 2 miles slowly on the high track. I felt tired probably because of the running I did yesterday.

Fri June 7, 2019 **6 miles**

I ran 5.5 miles on slightly hilly roads with Jim and Sharon. The average pace was 11:38/mile.

**In the past week: 31.5 miles**

Sat June 8, 2019 **3.5 miles**

I ran on the high school track. I ran wide on the curves so each lap was  $\frac{1}{4}$  mile.

**Warmup:** 1 mile in 9:45 and rested about 4:00.

**Run:** 2 miles in 17:21, Splits: 8:52, 8:29

**Warm down:** 3:00 rest and  $\frac{1}{2}$  mile in 5:05

Sun June 9, 2019 **no running**

Mon June 10, 2019 **2 miles**

I ran 2 miles on the high school track including 1 mile in 10:11, 200m in 58s and 600m in 1:31.

Tues June 11, 2019 **4.5 miles**

**Run:** I ran 4 miles on the high school track, running wide on the turns so each lap was  $\frac{1}{4}$  mile. **Mile splits:** 9:57, 9:46, 9:44, 9:32

**Warm down:** Rest 2 minutes and  $\frac{1}{2}$  mile in 5:33

Wed June 12, 2019 **6 miles**

I ran on the high school track with our running group.

**Warmup:** 2 miles in 21 minutes,  $\frac{1}{4}$  mile of drills, rested 2 minutes,  $\frac{1}{2}$  mile in 4:48, rested 4 minutes

**Run:** 200m, 400m, 3 x 600m, 400m, 200m

**Times:** 58s, 2:02, 3:03, 3:02, 3:00, 1:59, 54s

Each of the 7 runs was followed by a slow 3.5 minute jog after each.

Thur June 13, 2019 **4.5 miles**

**Warmup:**  $\frac{1}{2}$  mile down to the Wise Center

**Run:** 3.6 miles on a treadmill averaging 9:36/mile. The last 0.6 miles at 8:28/mi.

**Warm down:** 0.4 miles in about 4 minutes.

Fri June 14, 2019 **5 miles**

I walked and ran 5 miles on the high school track. I walked about 110 yards at the beginning of each  $\frac{1}{2}$  mile and averaged 11:57/mile

**In the past week: 25.5 miles**

Sat June 15, 2019 **5 miles**

**Warmup:** ½ mile jog maily uphill.

**Run:** 4 miles on slightly hilly roads averaging 10:58/mile

**Warm down:** ½ mile jog

Sun June 16, 2019 **no running**

Mon June 17, 2019 **no running**

Tues June 18, 2019 **3.5 miles**

I ran on a Wise Center treadmill

**Warmup:** 1 mile in 10:00 and rest 3 minutes

**Run:** 2 miles Splits: 9:28, 8:25 The last ¼ mile was in 2:00

**Warm down:** ½ mile in 5:10

Wed June 19, 2019 **2.5 miles**

I ran on the high school track with our running group.

**Warmup:** 1 mile in about 11 minutes

**Run:** 3 x ¼ mile with a ¼ mile jog after each.

Times for runs: 1:57, 1:58, 1:47

Thurs June 20, 2019 **4 miles**

I ran 4 miles on a Wise Center treadmill. Time: 37:03 or 9:16/mile

Splits: 10:01, 9:30, 8:59, (4:21+4:12) = 8:33

Fri June 21, 2019 **3 miles**

**Run:** 2.5 miles on a Wise Center treadmill.

Splits: 10:00, 9:07, 4:16

**Warm down:** ½ mile in abut 5 minutes

**In the past week: 18 miles**

Sat June 22, 2019 **no running**

We drove to California MD.

Sun June 23, 2019 **5 miles**

I ran mainly on slightly hilly Wildewood Parkway in California MD.

**Warmup:** 0.75 mile jog

**Run:** 4 miles averaging 10:41/ mile with a fast last  $\frac{1}{4}$  mile

**Warm down:** 0.25 mile jog

Mon June 24, 2019 **5.5 miles**

I ran mainly on slightly hilly Wildewood Parkway in California MD.

**Warmup:** 0.25 mile jog

**Run:** 5 miles averaging 10:10/mile with a fast last mile

**Warm down:** 0.25 mile jog

Tue June 25, 2019 **5.5 miles**

I ran mainly on slightly hilly Wildewood Parkway in California MD.

**Warmup:** 0.25 mile jog

**Run:** 5 miles, the first 4.5 miles averaged 9:59/mile, the last  $\frac{1}{2}$  mile in 4:15

**Warm down:** 0.25 mile jog

Wed June 26, 2019 **5.5 miles**

I ran mainly on slightly hilly Wildewood Parkway in California MD.

**Warmup:** 0.25 mile jog

**Run:** 5 miles, the first 4.5 miles averaged 9:20/mile, the last  $\frac{1}{2}$  mile in 4:12

**Warm down:** 0.25 mile jog

**I felt increasingly better over the last 4 days. I am going to rest a little now.**

Thur June 27, 2019 **no running**

Fri June 28, 2019 **no running**

We drove back to Meadville.

**In the past week: 21.5 miles**



Sat June 29, 2019 **10 miles**

I ran 5 miles on slightly hilly roads, rested about 8 minutes while drinking 16 ounces of Gatorade and then ran the same 5 mile course again.

The first time I averaged 10:51 min/mile and the second time 9:51 min/mile.

1<sup>st</sup> time splits: 11:56, 10:59, 10:43, 10:28, 10:10

2<sup>nd</sup> time splits: 10:18, 10:08, 9:52, 9:43, 9:14

Sun June 30, 2019 **no running**

Mon July 1, 2019 **5.6 miles**

I ran with our running group on the high school track. We had 11 runners.

**Warmup:** 2.75 miles at about 10:40/mile and rest a few minutes.

**Run:** 1 x 200m in 58s and a 200m jog

7 x 400m with a 300m jog in about 3:30 after each run.

Times for the 400's: 2:00, 1:58, 1:57, 1:56, 1:55, 1:49, 1:45

The runs got easier as I ran.

Tues July 2, 2019 **4 miles**

1.25 miles at various paces on roads, 1.5 miles on the track at about 10 min/mile, and 1.25 miles at various paces on roads.

Wed July 3, 2019 **5 miles**

**Run:** 4 miles on the high school track in 39:13, Splits: 9:57, 9:51, 9:46, 9:41

**Warm down:** 1 mile in about 11 minutes.

Thur July 4, 2019 **7 miles**

**Run:** I ran 7 enjoyable miles on hilly roads with Olivia Hemlock.

The first 5 miles averaged 10:30/mile. Then we rested about 2 minutes.

Then 1.1 miles at about 8:15/mile pace on a slightly hilly road.

**Warm down:** 0.9 mile jog

Fri July 5, 2019 **3.25 miles**

I ran on the high school track.

**Warmup:** 1 mile in 9:48, rest about 2:00, ¼ mile of drills, rest about 2:00

**Run:** 4 x 200m with a 200m jog after each. The jogs took about 2:00

Times: 59s, 60s, 55s, 55s

2 x 400m, with 400m jog after each. The jogs took about 3:30

Times: 1:56, 1:47

**In the past week: 34.9 miles**

Sat July 6, 2019 **5 miles**

I did the same workout as on July 4, 2018 and May 19, 2019.

**Run:** 4 miles on hilly roads averaging 8:59/mile

**Warm down:** rest 2 minutes and ran 1 mile in 11:13/mile

Sum of ascents: 267 feet, This is one of my fastest times on this course.

Splits:

July 4, 2018: 9:18, 9:12, 8:41, 8:34 Average pace: 8:56

May 19, 2019: 9:42, 9:12, 8:44, 8:16 Average pace: 8:59

Today: 9:58, 8:55, 8:55, 8:09 Average pace: 8:59

Sun July 7, 2019 **no running**

Mon July 8, 2019 **5 miles**

I ran with 11 other runners on the high school track.

**Warmup:** 1 mile in 9:37, rest 45s, 1 mile in 10:02, rest about 4 minutes

**Run:** 1 x 200m, 1 x 400m, 1 x 800m, 1 x 1200m, 1 x 200m,

Times: 55s, 1:52, 3:57, 6:00

We jogged 200m after the first and last runs and 400m after all the others.

**Warm down:** 400m jog.

Tues July 9, 2019 **5 miles**

I walked and ran 5 miles on slightly hilly roads and averaged 11:53/mile.

I walked about a minute at the beginning of each ½ mile.

Wed July 10, 2019 **7.25 miles**

**In the morning** I walked and ran 4 miles on the high school track. I walked about 110 yards at the beginning of each half mile and averaged 10:57/mile.

Walking pace: about 15:00/mile, Running pace about 10:20/mile

**In the afternoon** I ran 3.25 miles with our running group on the high school track in near 90 degree temperatures. This run included 1 x 200m and 4 x 400m.

Times: 58s for the 200m and about 2:00 for the 400's.

Thur July 11, 2019 **3 miles**

I ran and walked 3 miles on a treadmill. I walked 0.1 miles at the end of each half mile and averaged 10:57/mile. Running pace: 10:00/mi, Walking pace: 15:00/mi

Fri July 12, 2019 **4.5 miles**

I ran 4 miles on hilly roads averaging 9:50/mile then I jogged 0.4 miles

**In the last week: 29.8 miles**

Sat July 13, 2019 **2 miles**

I ran 2 miles on slightly hilly roads including 1 mile in 10:10 and 2 x 200m on a slight down hill in about 57s each.

Sun July 14, 2019 **11.1 miles**

**Warmup:** I ran 1.8 miles at various paces.

**Run:** Trailblazer 15K in 1:22:23 on the Ernst Trail in Meadville PA.

Average pace: 8:50/mile

Mile splits: 8:57, 8:51, 8:47, 8:49, 8:41, 8:48, 9:07, 9:00, 8:48

Mon July 15, 2019 **4 miles**

I ran on the high school track with our running group.

**Warmup:** 1.25 miles at various paces and rest a few minutes

**Run:** 1 x 200m, 2 x 400, 1 x 1600m, 1 x 200m,

Times: 56s, 2:03, 1:59, 8:10 (splits: 2:06, 2:04, 2:00, 2:00), 56s

We jogged 200m after the first and last runs and 400m after all the others.

Tues July 16, 2019 **4 miles**

I walked and ran 4 miles on hilly roads and averaged 11:38/mile. I walked about 1:00 at the beginning of each ½ mile for a total of about 8 minutes of walking.

Wed July 17, 2019 **3 miles**

I ran 3 miles with our running group on the high school track.

This run included 1 x 200m and 4 x 400m.

Times: 55s for the 200m and 1:55, 1:55, 1:52 and 1:52 for the 400's.

Thur July 18, 2019 **4 miles**

I walked and ran 4 miles on hilly roads and averaged 11:14/mile. I walked 3 times for a total of 5:20 walking.

Fri July 19, 2019 **no running**

In the last week: **28.1 miles**

Sat July 20, 2019 **1.25 miles**

I ran on the high school track. I am running a ½ marathon tomorrow.

800m in 4:43, rest 3:00, 400m in 2:13, rest 3:00, 2 x 200m in 1:01 and 1:05 with a 200m jog after each.

Sun July 21, 2019 **14.1 miles**

**Warmup:** 1 mile at various paces

**Run:** I ran the Presque Isle Half Marathon in Erie PA on a hot humid day.

**Results:** Gun Time: 2:00:35, Average Pace: 9:12/mi, First in 75-79 age group, 290<sup>th</sup> out of 1000 finishers, 17<sup>th</sup> fastest age graded time.

Mile Splits:

8:53, 9:07, 8:59, 9:09, 9:05, 9:12, 9:16, 9:20, 9:19, 9:25, 9:08, 9:12, 9:29

Note: I drank enough water but I didn't drink much Gatorade during the run which I usually do. Also I usually eat a gel at the 10 mile mark but I did not today. With more Gatorade and the gel I don't think I would have faded in the last mile. I usually pick up the pace in the last mile.

Mon July 22, 2019 **3 miles**

I ran 3 miles on hilly roads and averaged 11:00/mile.

Tues July 23, 2019 **no running**

Wed July 24, 2019 **2.5 miles**

I walked about 1 mile on trail in Cook Forest, rested a few minutes and then ran about 1.5 miles on a hilly trail.

Thurs July 25, 2019 **3 miles**

I ran three miles on hilly roads in Meadville and averaged 10:38/mile.

Fri July 26, 2019 **no running**

**In the last week: 23.9 miles**

Sat July 27, 2019 **5 miles**

I ran and walked 5 miles on hilly roads and averaged about 11:30/mile.

Sun July 28, 2019 **no running**

Mon July 29, 2019 **4.3 miles**

I ran with our running group on the Greendale Cemetery 510 meter loop.

**Warmup:** 1.3 miles

**Run:** 1 x 200m (54s mainly downhill) and jog 300m

5 x 510m with about a 300m jog between the runs

My times: 2:34, 2:34, 2:29, 2:30, 2:21

**Warm down:** 510m jog

Tues July 30, 2019 **no running**

Wed July 31, 2019 **5 miles**

I ran with our running group on the Greendale Cemetery 510 meter loop.

**Warmup:** 1 mile in 9:50, rest 2 minutes, 1 mile in 10:45, rest 7 minutes

**Run:** 1 x 200m (54s mainly downhill) and jog 300m

5 x 510m with about a 300m jog between the runs

My times: 2:37, 2:29, 2:22, 2:24, 2:21

**Warm down:** 510m jog

Thur Aug 1, 2019 **5 miles**

I walked and ran 5 miles on slightly hilly roads and averaged 11:20/mile. I walked about 6 minutes total during 4 walks.

Fri Aug 2, 2019 **6 miles**

I ran 4 miles on hilly roads and averaged 10:04/mile.

After about 2 hours I walked and ran 2 miles on hilly roads.

**In the last week: 25.3 miles**

Sat Aug 3, 2019 **5.8 miles**

I ran with our running group in Greendale Cemetery.

**Warmup:** 1.3 miles

**Run:** 3 x 1.5 miles: The 1.5 mile course went up, down, up and down on the cemetery main road. There was a total ascent of 176 feet over the 1.5 miles. We rested about 4 minutes after the first and second runs.

Times and paces for the runs: 15:11 (10:07/mile), 13:50 (9:13/mile), 13:04 (8:43/mi)

Sun Aug 4, 2019 **no running**

Mon Aug 5, 2019 **6.9 miles**

In the morning I ran 1 mile on a hill with a 250 foot ascent and no descent.

In the afternoon I ran with our running group on the Greendale Cemetery loop.

**Warmup:** 2.25 miles and rest about 8 minutes

**Runs and my times:**

1x255 m ( $\frac{1}{2}$  loop = 255 m), 74s

1x510 m (1 loop = 510 m), 2:34

1x765 m (1.5 loops = 765 m), 4:00

1x765 m, 3:41

1x510 m, 2:21

1x255 m, 62s

We jogged about 255m between the runs.

**Warm down:** 700m

Tues Aug 6, 2019 **4 miles**

I ran 4 miles on hilly roads and averaged 9:40/mi.

Wed Aug 7, 2019 **5 miles**

I ran with our running group on the Greendale Cemetery loop.

**Warmup:** 2.5 miles including 200m in 55s

**Runs and my times:**

1x255 m ( $\frac{1}{2}$  loop = 255 m), 67s

1x510 m (1 loop = 510 m), 2:26

1x765 m (1.5 loops = 765 m), 3:50

We jogged about 255m after each run.

**Warm down:** 1.25 miles

Thur Aug 8, 2019 **no running**

Fri Aug 9, 2019 **no running**

**In the past week: 21.7 miles**

Sat Aug 10, 2019 **10.6 miles**

I ran 10 miles around Tamarack Lake with Tim Dunn.

The first 1.5 miles goes up 324 feet. The course has a total ascent of about 525 feet. Our time was 1:35:10 and we averaged about 9:30/mile. After the first 1.5 miles uphill we averaged about 9:06/mile.

**Warm down:** After 20 minutes I jogged 0.6 miles.

Sun Aug 11, 2019 **no running**

Mon Aug 12, 2019 **7 miles**

I ran with our running group on the Greendale Cemetery 510 meter loop.

**Warmup:** 3 miles at about 10:30/mile and rest 2 minutes.

**Run:** 1 x 200 meters and 7 x 510 meters with a 300 meter jog between the runs.

Times for runs: 55s, 2:41, 2:35, 2:31, 2:24, 2:22, 2:11.2(6:54/mile pace), 2:31

The times between the runs averaged about 3:40.

**Warm down:** 510 meters

Tues Aug 13, 2019 **no running**

Wed Aug 14, 2019 **6 miles**

I ran with our running group on the Greendale Cemetery 510 meter loop.

**Warmup:** 2 miles at about 11:00/mile and rest a few minutes.

**Run:** 1 x 200 meters and 7 x 510 meters with a 300 meter jog between the runs.

Times for runs: 52s, 2:35, 2:33, 2:32, 2:29, 2:27, 2:25, 2:15

The times between the runs averaged about 3:40.

**Warm down:** 510 meters

Thur Aug 15, 2019 **4.2 miles**

I ran 4 miles and averaged 9:50/mile. The run included 2.2 miles on hilly roads and 2 miles on the college track.

Fri Aug 16, 2019 **3 miles**

I ran 3 miles on hilly roads and averaged 9:15/mile.

**In the past week: 30.6 miles**

Sat Aug 17, 2019 **3 miles**

I ran 3 miles on hilly roads and averaged 8:56/mile.

Sun Aug 18, 2019 **no running**

Mon Aug 19, 2019 **4 miles**

I walked 0.1 miles at the beginning of each ½ mile and averaged 12:00/mile for 4 miles.

Tues Aug 20, 2019 **5 miles**

I ran 5 miles and averaged 9:46/mile. The middle mile was in 9:30 on the Allegheny track. The other 4 miles were on hilly roads.

Wed Aug 21, 2019 **6 miles**

I ran with 4 other runners on the 510 meter loop in Greendale Cemetery.

**Warmup:** 2 miles at about 11:00/mile and rest a few minutes

**Run:**

1 x 200m in 55s with a 200m jog after

2 x 510m in 2:34 and 2:35 with a 300m jog after each

2 x 1020m in 5:11 and 5:17 with a 510m jog after each

1 x 510m in 2:25 with a 510 m jog after

Thur Aug 22, 2019 **5 miles**

I did the same workout as 2 days ago and again averaged 9:46/mile. The middle mile was on the Allegheny track and the other 4 miles were on hilly roads.

Today I started out slower than 2 days ago because I was tired from yesterday's workout. But as I warmed up I felt better and faster.

Tuesday's splits: 10:17, 9:36, 9:30, 10:00, 9:29

Today's splits: 11:06, 9:46, 9:34, 9:29, 8:54

Fri Aug 23, 2019 **4 miles**

I ran 4 miles on roads that were slightly hillier than the 4 miles of roads that I ran yesterday and on Tuesday. I averaged 9:37/mile which was faster today.

**In the past week: 27 miles**



Sat Aug 24, 2019 **5.5 miles**

I ran with our running group in Greendale Cemetery. Six of us ran.

**Warmup:** 1 mile including ¼ mile up to top of Limber Rd in 2:44

**Run:** 3 x 1.5 miles: The 1.5 mile course went up, down, up and down on the cemetery main road. There was a total ascent of 176 feet over the 1.5 miles. We rested about 4 minutes after the first and second runs.

We did the same workout on August 3, three weeks ago.

Today's times: 14:33 (9:42/mile), 13:56 (9:17/mile), 12:59 (8:39/mi)

Aug 3<sup>rd</sup> times: 15:11 (10:07/mile), 13:50 (9:13/mile), 13:04 (8:43/mi)

Sun Aug 25, 2019 **4.65 miles**

I ran near a hotel in Lamar PA on our way to Ortley Beach in NJ.

**Run:** 2 x out and back 1.5 miles on a hilly road. I rested 3 minutes between the 2 runs.

Times and paces: 14:06 (9:23/mile), 12:03, (8:02/mile)

**Warm down:** rested a few minutes and jogged ¼ mile

Later on I walked 1.4 miles at about 16:00/mile with Monica.

Mon Aug 26, 2019 **4.5 miles**

We are in Ortley Beach. I ran 4 miles on roads and a boardwalk. The first 2 miles were mainly into a strong wind and the second 2 miles were with the wind.

**Mile Splits:** 10:17, 9:45, 8:49, 8:08

**Time and average pace:** 36:59 (9:15/mile)

Tues Aug 27, 2019 **7 miles**

I walked and ran 5 miles on roads and a boardwalk.

First I walked and ran 2.5 miles by alternating 0.15 mile walks and 0.35 mile runs and averaging 12:19/mile.

Then I rested about a minute and walked and ran 2.5 miles by alternating ¼ mile walks and ¼ mile runs and averaging 13:32/mile.

Later on I walked 2 miles at about 16:20/mile with Monica.

Wed Aug 28, 2019 **no running**

Thurs Aug 29, 2019 **4.25 miles**

**Warmup:** 1 mile to the Lavalette boardwalk in 10:32

**Run:**

1 x the length of the 1.25 mile boardwalk: Time: 11:00 (8:48/mile) into the wind  
rest 2 minutes

1 x the length of the boardwalk again: Time: 10:42 (8:34/mile) with the wind

**Warm down:** 0.75 miles at 10:33/mile

Fri Aug 30, 2019 **no running**

**In the past week: 25.9 miles**

Sat Aug 31, 2019 **8 miles**

I ran the Stop, Drop and Run 10K Run that started and finished at the Barnegat Municipal Dock in Barnegat, NJ

**Warmup:** 2 miles at various paces

**Run:** After the halfway point I passed about 5 runners and came in 14<sup>th</sup> out of 41 runners. Final time and average pace: 53:58 (8:41/mile)

Mile splits: 8:58, 8:49, 8:43, 8:31, 8:40, 8:30

Sun Sept 1, 2019 **no running**

We drove home 460 miles.

Mon Sept 2, 2019 **5 miles**

I ran 5 miles out and back on hilly roads and averaged 10:35/mile. The sum of all the ascents along the course is about 380 feet.

Tues Sept 3, 2019 **1 mile**

I jogged ½ mile to the Wise Center. At center I used weight machines for a full body workout. Then I jogged ½ mile home.

Wed Sept 4, 2019 **6.5 miles**

I ran on the Greendale Cemetery loop with 4 other runners.

**Warmup:** 0.3 mile jog to the cemetery

2 miles on the 510 meter loop averaging about 10:25/mile

a few minute rest and then a 510 meter jog followed by a few minute rest

**Run:** 1 x 200m, Time: 57s, jog 200m

2 x 510m, Times: 2:43, 2:38, jog 300m after each

2 x 1020m, Times: (2:40+2:34) = 5:14, (2:31+2:26) = 4:57, jog 510m after each

1 x 510m, Time: 2:15.8, jog 510m

Running got easier for me as I ran. That's why my times got faster as I ran. That's also why I need to take a long warmup before racing and running intervals.

Note: 1020m in 4:57 is 7:49/mile, 510m in 2:15.8 is 7:07/mile

Thurs Sept 5, 2019 **1 mile**

I jogged ½ mile to the Wise Center. At the center I used weight machines for about 20 minutes for a full body workout. Then I jogged ½ mile home.

Fri Sept 6, 2019 **4.5 miles**

I ran 4.5 miles on hilly roads and averaged 9:02/mile. The last ½ mile was in 4:00.

**In the past week: 26 miles**

Sat Sept 7, 2019 **5 miles**

I ran 6 x ½ mile with a ¼ mile jog before each ½ mile run and a ½ mile jog after the last ½ mile run. The jogs were at about 12:30/mile pace.

**½ mile times:** The first 3 averaged 4:20 and the second 3 averaged 3:57.

Sun Sept 8, 2019 **1 mile**

I ran ½ mile down to the Wise Center in 4:44. At the center I used weight machines for about 22 minutes for a full body workout. Then I ran uphill ½ mile home in 6:25.

Mon Sept 9, 2019 **3.75 miles**

I ran with 6 other runners on the high school track.

**Warmup:** 1.75 miles at various paces

**Run:** 1 x 200m in 57s followed by a 200m jog

4 x 400m run with a 200m jog between the runs

Times: 1:58, 1:57, 2:01, 1:52

The jogs were at about 12:00/mile.

**Warm down:** 400m jog

Tues Sept 10, 2019 **no running**

Wed Sept 11, 2019 **5 miles**

I ran with 5 other runners on the high school track.

**Warmup:** 3 miles at various paces including 2 x 200m in 57s and 62s

**Run:** 3200m in (8:00 + 8:05) = 16:05

Thur Sept 12, 2019 **no running**

We flew to San Diego California for a wedding.

Fri Sept 13, 2018 **3 miles**

I ran 3 miles on a sidewalk that went along the Pacific Ocean shoreline in La Jolla Ca.

**In the past week: 17.8 miles**

Sat Sept 14, 2019 **3 miles**

I ran 3 miles on a sidewalk that went along the Pacific Ocean shoreline in La Jolla Ca.

Sun Sept 15, 2019 **no running**

Mon Sept 16, 2019 **no running**

We flew home.

Tues Sept 17, 2019 **4 miles**

I walked 4 x  $\frac{1}{4}$  mile during the 4 miles and averaged 12:15/mile. The ratio of walking to running distances was 1/3.

Wed Sept 18, 2019 **5 miles**

I walked and ran 5 miles on hilly roads and grass and averaged 13:30/mile.

**I am thinking about walk/run routines I could use in a long run.**

Thurs Sept 19, 2019 **5 miles**

I walked and ran 5 miles on hilly roads and averaged 13:00/mile.

Fri Sept 20, 2019 **5 miles**

I walked and ran 5 miles on hilly roads and averaged 13:15/mile.

**In the past week: 22 miles**

Sat Sept 21, 2019 **6 miles**

I walked and ran 5 miles on hilly roads and averaged 13:15/mile.

Sun Sept 22, 2019 **1 mile**

Half mile run down to the Wise Center.

I used 15 weight machines and did crunches and push ups for a full body workout in 19 minutes.

Rest 1:15 and a half mile run uphill in 6:18

Mon Sept 23, 2019 **9.35 miles**

In the morning I walked and ran 7.35 miles on hilly roads and averaged 13:12/mile. In the afternoon I ran 2 miles on the high school track at various paces with some of the run at about 9:00/mile.

Tues Sept 24, 2019 **1 mile**

Half mile run down to the Wise Center.

I used 15 weight machines and did crunches and push ups for a full body workout in 17 minutes.

for Rest about 1 minute and a half mile run uphill in 5:48

Wed Sept 25, 2019 **9.1 miles**

In the morning I walked about 0.1 mile during each mile and averaged 12:18/mile 6 miles on hilly roads.

In the afternoon I ran with 5 other runners on the high school track.

1.75 mile warmup at about 10:00/mile and rest a few minutes

1 x 200, 4 x 400, 1 x 200 with about a 350m jog after each run.

Times: 57s, 2:00, 1:58, 2:01, 1:59, 57s

Thur Sept 26, 2019 **5 miles**

I walked and ran 5 miles on hilly roads and averaged 13:08/mile.

Fri Sept 27, 2019 **5 miles**

**Warmup:** 1 mile to the Allegheny College track in 9:40 and rested 4 minutes.

**Run:** 3 miles on the track in 26:11. I ran slightly wide on the turns so each lap was  $\frac{1}{4}$  mile. Splits: 8:55, 8:53, 8:23

The  $\frac{1}{4}$  mile splits for the last mile: 2:11, 2:09, 2:06, 1:57

**Warm down:** rest a few minutes and jog 1 mile home

**In the past week: 36.5 miles**

Sat Sept 28, 2019 **6.25 miles**

**Run:** I ran 5.75 miles with Jim Fitch and averaged 10:45 including the uphill first mile in 12:02 and downhill last ½ mile in 4:45.

**Warm down:** After talking for a while I jogged ½ mile home.

Sun Sept 29, 2019 **6 miles**

I ran 6 miles out and back on a course with a total ascent of 443 feet.

Splits: 10:01, 10:00, 9:57, 10:00, 9:51, 7:57 Average pace: 9:38

I tried to run about 10:00 for each of the first 5 miles.

Mon Sept 30, 2019 **5 miles**

I ran with 4 other runners on the high school track

**Warmup:** 2 miles in 10:15 + 9:34 = 19:49 and rest a few minutes

**Run:** 2 x 200m, 6 x 400m with a 200m jog after each.

Times: 58s, 1:02, 2:02, 2:00, 2:02, 1:54, 2:02, 1:59

**Warm down:** jog 600m