

**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**

**Sat 7/23/16: 6.25 miles**

I ran with Colton McCurdy and Meghan Torok. This was Megan's first interval session and she did very well. The temp was in the 70's and felt rather warm by the end of the workout.

I warmed up with 2 miles averaging about 9:45. The second mile was with C&M.

We rested a few minutes and stretched.

We ran 1 x 220 yards in 53 seconds and then jogged 220 yards. I always run wide on a track so each lap is about 440 yards.

We ran 8 x 440 yards with a 440 jog and rest after each. The 440 jog/rests averaged about 4:15.

My times for the 440 runs:

- |           |           |
|-----------|-----------|
| 1. 1:42.3 | 5. 1:39.6 |
| 2. 1:43.3 | 6. 1:38.3 |
| 3. 1:46.0 | 7. 1:39.1 |
| 4. 1:44.8 | 8. 1:36.3 |

Average = 1:41.1

**Sun 7/24/16: 4 miles**

I ran 4 miles on hilly roads averaging 10:23/mile. This run included 2 x 0.25 miles uphill on a hill that has an average grade of 7 %. The times were 2:39 and 2:22.

**Mon 7/25/16: 4 miles**

I walked and ran 4 miles on hilly roads and grass averaging 12:14/mi. I walked 0.2 miles and ran 0.3 miles during each half mile.

**Tues 7/26/16: 3 miles**

I walked and ran 3 miles in 39 minutes. I walked and ran about the same amount.

**Wed 7/27/16: 2 miles**

I ran 2 miles on hilly roads averaging 9:24/mile.

**Thur 7/28/16: 6 miles**

I walked and ran 6 miles on hilly roads and grass and averaged 11:59/mi. I walked 0.2 miles and ran 0.4 miles and repeated until the end. I am walking and running in training to prepare for the Can 50 mile run. When I started some walking and running about 6 weeks ago, the tops of my feet hurt when I was walking. With time they got better and today they felt okay.

**Fri 7/29/16: 5 miles**

I warmed up with a half mile and rested 2 minutes. Then I ran 4 miles on slightly hilly roads averaging 9:19/mile. At the end I warmed down with a half mile.

**30.25 miles in the last week**

**Sat 7/30/16: 3 miles**

I walked and ran 3 miles. I walked  $\frac{1}{4}$  mile and ran  $\frac{1}{4}$  mile and then repeated until the end. I was running and walking fairly quickly and averaged 11:51/mi

**Sun 7/31/16: 3 miles**

I ran 3 miles on hilly roads and averaged 10:55/mi. I kept my pulse under 126. Most of the time it was under 120.

**Mon 8/1/16: 3 miles**

I ran 3 miles on hilly roads and averaged 10:38/mi. I kept my pulse under 131. Most of the time it was under 120.

**Tues 8/2/16: 3 miles**

Rather than run on hilly roads I ran on the Allegheny College track. I ran 3 miles in 32:02 and kept my pace very near 10:40/mi. My heart rate increased relatively continuously and at 2 miles it was 119 bpm and at the end it was 123 bpm. My recently measured maximum heart rate is near 170 bpm. When my heart rate reached 123 bpm today, it was 72% of maximum.

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

I ran 3 miles on hilly roads and grass in 29:59.

**Thurs 8/4/16: 3 miles**

I ran on the Allegheny track and ran 3 miles in 29:56.

Splits	Pulse at the end of each mile
1. 9:58	124
2. 9:59	130
3. 9:59	134

I walked slowly after running and after 1 minutes my pulse was 113 bpm and after 3 minutes it was 89 bpm. 134 bpm is 79% of maximum.

**Fri 8/5/16: 2 miles**

I walked and ran 2 miles on a treadmill. The incline and speed were gradually increased as I ran until it was a hard run.

**20 miles in the last week**

**I have had a good year of running and racing and now have decided not to run very hard or fast for awhile. This means I may not run another race until the end of the year.**

**Sat 8/6/16: 2miles**

I walked and ran 2 miles in 23:40. I walked 0.15 miles at the beginning of each mile.

**Sun 8/7/16: 1.5 miles**

I walked and ran 1.5 miles.

**Mon 8/8/16: 1.5 miles**

I walked and ran 1.5 miles.

**Tues 8/9/16: 1.5 miles**

I walked and ran 1.5 miles.

**Wed 8/10/16: 2 miles**

I ran 2 miles on the indoor track with no shoes.

**Thur 8/11/16: 3 miles**

I walked and ran 3 miles in 31:52 with a total of 1:20 of walking.

**Fri 8/12/16: 3 miles**

I walked and ran 3 miles in 32:10 with a total of 1:30 of walking.

**14.5 miles in the last week**

Sat 8/13/16: **4 miles**

I ran and walked 4 miles on hilly roads in 44:28. I walked a total of 4:30.

Sun 8/14/16: **5 miles**

I ran and walked 5 miles on hilly roads in 59:50. I walked a total of 5:00.

Mon 8/15/16: **1 mile**

I ran 1 mile before traveling to Amsterdam.

Tues 8/16/16: **1 mile**

I ran 1 mile in Amsterdam.

Wed 8/17/16: **1 mile**

I ran 1 mile in Amsterdam.

Thur 8/18/16: **3 miles**

I walked and ran 3 miles averaging 10:47/mile. I walked 0.1 miles, ran 0.9 miles and repeated 2 more times.

Fri 8/19/16: **2 miles**

I ran 2 miles on a walking path.  $9:46 + 9:30 = 19:16$

**17 miles in the last week**

Sat 8/20/16: **5 miles**

I walked and ran 5 miles in 1 hour. I walked 0.15 miles at the beginning of each half mile for a total of 1.5 miles of walking and 3.5 miles of running.

Sun 8/21/16: **1 mile**

Mon 8/22/16: **1 mile**

Tues 8/23/16: **3 miles**

I road 6 miles on flat bike paths in Amsterdam. I assume this to be equivalent to about 2 miles of running. Then I ran a mile.

Wed 8/24/16: **4.25 miles**

I walked 0.25 miles and ran 0.25 miles and then repeated until I had completed 2.25 miles.

Later in the day I road 6 miles on flat bike paths. I assume this to be equivalent to about 2 miles of running.

Thur 8/25/16: **2.5 miles**

I walked 0.25 miles and ran 0.25 miles and then repeated until I reached 2 miles in 26 minutes. Then I walked for 10 minutes.

Fri 8/26/16: **3.5 miles**

I ran 0.5 miles and walked 0.25 miles and then repeated 3 more times for a total of 3 miles in 36 minutes. Then I walked for 10 minutes.

**20.25 miles in the last week**

**Sat 8/27/16: 4.5 miles**

I ran 3 miles in 30 minutes and then walked a half mile in 9 minutes. Later I cycled 3 miles which I take to be equivalent to 1 mile of running.

**Sun 8/28/16: 3.5 miles**

I ran 3 miles in 29:40 and then walked a half mile in 8 minutes.

**Mon 8/29/16: 4 miles**

I walked  $\frac{1}{2}$  mile, ran and walked 3 miles in 37:30 and then walked a  $\frac{1}{2}$  mile in 8 minutes. While running and walking 3 miles I ran  $\frac{1}{4}$  mile and walked  $\frac{1}{4}$  mile and then repeated 5 more times until I covered 3 miles.

**Tues 8/30/16: 3.5 miles**

I ran  $\frac{3}{4}$  of a mile, walked  $\frac{1}{4}$  of a mile and then repeated 2 more times until I covered 3 miles in 32:50. Then I walked a half mile in 8 minutes.

**Wed 8/31/16: 4.5 miles**

I ran 4 miles on flat paths in 39:40. Then I walked  $\frac{1}{2}$  mile in 8:45.

**Thur 9/1/16: 4.5 miles**

I ran 4 miles on flat paths in 36:30. Then I walked  $\frac{1}{2}$  mile in 8:00.

**Fri 9/2/16: 5.5 miles**

I ran 5 miles on flat paths in 45:00. Then I warmed down with a  $\frac{1}{2}$  mile jog.

**30 miles in the last week**

**Sat 9/3/16: 4 miles**

1 mile in about 10:00

rest 14 minutes

1 mile in about 9:00

rest 5 minutes

I ran  $\frac{1}{4}$  mile, walked  $\frac{1}{4}$  mile and repeated until I covered 2 miles in about 25:00.

**Sun 9/4/16: 3.5 miles**

I ran 3 miles in 29:02, rested a few minutes and walked  $\frac{1}{2}$  mile in about 8 minutes.

**Mon 9/5/16: 5.5 miles**

I walked and ran 5 miles in 59:30. I walked an average of 0.35 miles at the beginning of each mile. Then I walked a  $\frac{1}{2}$  mile in about 8 minutes.

**Tues 9/6/16: 5.5 miles**

I walked and ran 5 miles in 1 hour. I walked for 2 minutes at the beginning of each half mile. Then I walked a  $\frac{1}{2}$  mile in about 8 minutes.

**Wed 9/7/16: 1 mile**

1 mile in about 9:00

**Thur 9/8/16: 1 mile**

1 mile in about 10:00

**Fri 9/9/16: 2.25 miles**

I ran 2 miles in 11:00+10:00 = 21:00, then walked  $\frac{1}{4}$  mile in 4:00.

**22.25 miles in the last week**



Sat 9/10/16: **3.1 miles**

In the morning I ran  $\frac{1}{2}$  mile in 5 minutes. In the afternoon I ran 2.6 miles on a beach on the North Sea at about 10:00/mi.

Sun 9/11/16: **1 mile**

1 mile in about 10:30

Mon 9/12/16: **5.5 miles**

In the morning I road 4.5 miles on a bike which converts to 1.5 miles of running. In the evening I walked and ran 4 miles in 49:44. I walked  $\frac{1}{2}$  mile and ran  $\frac{1}{2}$  mile during each mile and average 12:28/mile.

Tues 9/13/16: **1.5 miles**

I road 4.5 miles on a bike which converts to 1.5 miles of running.