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 including the Presque Isle Half Marathon on July 17, 2016.

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 and then 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 o.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 ¾ 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 uphills. Then I walked 0.25 miles on the track.

Fri 5/27/16: **6 miles**
1 mile warmup including ½ 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 ½ mile in 5:00 and another ½ 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.

25.6 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 muiles**
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 last 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 ¼ mile downhill and the last ¼ 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 ½ mile to the indoor track in 4:36.
Rest 3 minutes
½ mile with no shoes on the indoor track in 3:54
rest 3 minutes
¼ mile of drills, i.e. high knees, butt kicks etc
rest 3 minutes
I ran 4 x ¼ mile on a treadmill with a ¼ mile jog before each interval and one ¼ 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 ½ 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.

Wed. 6/29/16: **7 miles**
On the high school track I ran and jogged about 7 miles while running with and timing other runners. The whole session lasted about 1 hour and 45 minutes first with Colton McCurdy and then with Gary Puleio and Rod Brest. The session included 3x 200 meters with Colton. My times were about 51 s. With Rod I ran 4 x 400 meters with 400 meter jogs between. The times were:
1. 1:58
2. 1:39.5
3. 1:53
4. 1:45

Thur 6/30/16: **1 mile**
I ran 1 mile on roads before leaving for Maryland.

Running in California MD

Fri 7/1/16: **4.55 miles**
0.9 mile warmup
3.15 miles on hilly roads in 8:44/mi
0.5 mile walk in about 8 minutes

28 miles in the last week

Sat 7/2/16: **5 miles**
I ran 5 miles on hilly roads in 50:45

Sun 7/3/16: **3 miles**
I ran 2 miles: 10:30+9:25. Then I walked 1 mile.

Mon 7/4/16: **5 miles**
I ran 4.5 miles averaging 10:15/mi on hilly roads. Then I walked ½ mile in 7:48.

Tues 7/5/16: **4 miles**
I ran and walked 4 miles averaging 11:26/mi. I ran 0.4 miles, walked 0.2 miles and repeated until the end. In all I walked 1.2 miles and ran 2.8 miles. My running pace was about 10:00.

Wed 7/6/16: **4 miles**
I ran and walked 4 averaging 10:38/mile. I was walking and running faster than yesterday.

Thur 7/7/16: **4.1 miles**
I warmed up with a ½ mile in 5:05 and then rested 3 minutes.
Then I ran 3.25 miles on hilly roads averaging 8:09/mile. This was a good run and felt great.
Splits:
    1. 8:09
    2. 8:13
    3. 8:15
        The last 0.25 miles in 1:51 or 7:24/mile
I warmed down with a 0.35 mile walk.

Fri 7/8/16: **5 miles**
I ran on hilly roads.
First I ran 2 miles averaging 9:15/mi. and then rested 3 minutes.
I ran 4x880 yards with ¼ mile jog after each. The jogs averaged 2:40 or 10:40/mi.
Times on the 880's
    1. 3:45   down and uphill
    2. 3:41   down and uphill
    3. 4:00   uphill
    4. 3:56   mainly uphill
Average time = 3:51
I have felt energetic for the last 3 days.

30.1 miles in the last week.

Sat 7/09/16: **9 miles**
I ran and walked 9 miles averaging 10:59/mile on hilly roads.
Near the end of each mile I walked 0.25 miles so during the run I ran a total of 6.75
miles and walked a total of 2.25 miles. My average running pace was about 9:45/mi and
average walking pace was about 14:40/mile.

Sun 7/10/16: **3 miles**
I ran 3 miles on hilly roads averaging 8:48/ mile.

Mon 7/11/16: **5.5 miles**
I ran on hilly roads. First I ran 1 mile and then rested 3 minutes.
Then 8 x 440 yards with a 440 jog after each. The jogs averaged about 2:40.
Times on the 440 runs:
    1. 1:39.1
    2. 1:41.9
    3. 1:44.2
    4. 1:38.4
    5. 1:37.5
    6. 1:46.6
    7. 1:38.6
    8. 1:38.1
Average = 1:40.3
Then I ran a ½ mile in 4:37.
Compare this workout to June 20, 2016. I ran a lot better today even with the hills and
faster jogs.

Tues 7/12/16: **1 mile**
I ran 1 mile before driving back to Meadville, 4:48 + 4:17 = 9:05

Running in Meadville again

Wed 7/13/16: **4 miles**
I ran 4 miles on hilly roads averaging 9:18. I ran each mile faster, the last one in 8:13.

Thur 7/14/16: **4 miles**
I ran and walked the same course as yesterday. During each half mile I ran 0.35 miles
and walked 0.15 miles. The average pace was 11:20/mile.

Fri 7/15/16: **4 miles**
The same workout as yesterday only I ran and walked faster and averaged 10:47/mi.

30.5 miles in the last week

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 1mile. In the race I couldn't easily run faster than 8:30/mile for the first 4 miles so I just relaxed. After the 4 mile mark I started to feel good and I picked up the pace continuously over the rest of the run. The temperature was in the mid to high 60's. I drank a few swallows of water and Gatorade at about 11 water stations and had a gel at the 6.75 mile mark and another at the 10 mile mark. My GPS said the course was 13.17 miles and my time was 1:48:39 or 8:15/mi. My last 5K was in 24:38 or 7:55/mi. I jogged about 0.3 miles after the run.

Splits:
1. 8:30
2. 8:26
3. 8:32
4. 8:27
5. 8:19
6. 8:18
7. 8:23
8. 8:16
9. 8:15
10. 8:06
11. 8:09
12. 7:49
13. 7:53

The last 0.17 miles in 1:16 or 7:30/mi