

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.