

Sat 3/11/2017 **6 miles**

I ran 1 mile on the indoor track in 8:57 and then rested about 5 minutes.

On a treadmill I ran 6 x ½ mile all in 4:00. Before each half mile I jogged ¼ mile in about 3:00.

At the end I warmed down with a ½ mile in about 5:00.

My pulse at the beginning of each half mile was in the range 105 – 115 bpm.

My pulses at the end of the ½ miles were 137, 140, 142, 142, 142, 141.

Sun 3/12/2017 **no running**

We drove to New Alexandria PA

Mon 3/13/2017 **4 miles**

I ran 5 x 0.8 mile somewhat hilly loop in New Alexandria PA. The average pace was 9:56/mile. The first loop was at 10:55/mile and the last loop at 8:19/mile.

Tues 3/14/2017 **4 miles**

I ran about the same course as yesterday. The average pace was 9:52/mile. The last mile was in 8:28.

Wed 3/15/2017 **no running**

We drove back to Meadville.

Thur 3/16/2017 **5.25 miles**

I ran with Jim Fitch and Tiffany Hrach on the indoor track.

2 mile warm up including a ¼ mile of drills

We ran 1 mile in 8:42 with the last 1/8 mile in 1:00 and then a ½ mile jog.

We then ran 2 x ½ mile with a ¼ mile jog between and a ½ mile jog before and at the end.

Times on the ½ mile runs: 4:24 and 4:21.

Fri 3/17/2017 **4.5 miles**

On the indoor track I ran a mile in 9:19, did a ¼ mile of drills and rested 5 minutes.

On a treadmill I ran 2 miles in 17:29. Splits: 9:15, 8:14

I warmed down with a ¾ mile in about 7:30 on the treadmill and a ½ mile jog home.

23.75 miles in the last week

Sat 3/18/2017 5 miles

I ran 5 miles on hilly roads averaging 10:30/mile. It was cold with a slight drizzle and I wore three shirts and a rain jacket. The last mile was in 8:45.

Sun 3/19/2017 9.25 miles

I ran with Jim Fitch on the Ernst Trail.

We warmed up with 1.5 miles including a couple of short fast runs.

The we ran 10 x ½ mile with a ¼ mile jog between each run.

The ½ miles averaged 4:26 with the fastest one in 4:19 and the slowest in 4:34.

We warmed down with a ½ mile jog.

Mon 3/20/2017 5 miles

I ran 2.5 miles on a treadmill in 21:27 or 8:35/mile, The first mile was in 9:00 and it was at various paces as fast as 7:35/mile. The second mile was in 8:32 and the last ½ mile was in 3:55. I warmed down with a half mile in 6:00 and rested 3 minutes.

On the indoor track I walked and ran 2 miles in 10:54 + 10:50 = 21:44. I walked 0.16 miles at the beginning of each ½ mile. My walking pace was about 13:30/mile and my running pace about 9:40/mile.

Tues 3/21/2017 10.5 miles

I ran 2 x 5 mile loop. The loop is a slightly hilly course with a total ascent of 256 feet (as measured with Google Earth) spread out over the 5 miles. I ran the 10 miles in 1:31:01 or 9:06/mile. The last mile was in 7:55.

The first five miles averaged 9:27/mile and the second five averaged 8:45/mile.

I rested 6 minutes and jogged ½ mile.

Wed 3/22/2017 4.5 miles

I jogged ½ mile to the indoor track and rested a few minutes.

On the track I walked and ran 4 miles averaging about 12 minutes per mile. I walked about 0.17 miles at the beginning of each ½ mile.

Thur 3/23/2017 5.6 miles

I ran with Jim Fitch and Tiffany Hrach on the indoor track.

We warmed up with 1.5 miles including ¼ mile of drills.

Then we ran 10 x ¼ mile with a 1/8 mile jog between each run. The jogs took about 1:50.

The slowest ¼ mile was 2:09 and the fastest was 2:04. The average was 2:07. We warmed down with a ½ mile jog.

Fri 3/24/2017 5.5 miles

I ran the same hilly 4 mile course as I did 4 weeks ago (2/24/2017) only on that day I did not warm up. Today I warmed up by running 1 mile down and up hill in 9:54 and rested 3 minutes.

The total ascent along the 4 miles is 267 feet (measured using Google Earth). The time was 33:26 or 8:21/mile. The splits were 9:03, 8:41, 8:08, 7:35. Four weeks ago I averaged 8:53/mi.

I rested 3 minutes and jogged a ½ mile.

45.35 miles in the last week

Sat 3/25/2017 15 miles

I walked and ran 15 miles on hilly roads at an average pace of 12:00/mile. I walked about 0.18 miles at the beginning of each half mile. The total ascent was about 850 feet. I drank 7 ounces of water at 5 miles and again at 10 miles. I also ate a gel at 10 miles.

Sun 3/26/2017 6.5 miles

I ran 5 miles on slightly hilly roads averaging 9:53/mi. Then I rested 3 minutes and jogged a ½ mile. Later on in the day I jogged and walked 1 mile.

Mon 3/27/2017 3.5 miles

I ran 1 mile to the Allegheny outdoor track in 9:13 and rested 3 minutes. I then ran 4 x 200m with 200m jog after each run. The jogs were all in about 2:00. The times for the runs were

51.0, 52.3, 48.5, 47.0

I rested about 2:00 and ran 1 mile home in 9:01 and walked ½ mile in 6:48.

Tues 3/28/2017 2 miles

I walked and ran 2 miles on the Allegheny indoor track in about 24:00. I walked 1/8 mile, ran 1/8 mile and repeated to the end. The walking pace was about 14:40/mi and the running pace was about 9:20/mi.

Wed 3/29/2017 4.5 miles

I ran 4 miles on hilly roads in 39:19 or 9:49/mile. The last mile was in 8:47. I rested about 1:00 and walked a ½ mile in about 7:00.

Thur 3/30/2017 5.75 miles

I ran with Jim Fitch on the indoor track. We warmed up with 1.5 miles that included ¼ mile of drills. We then ran 3.5 miles in 32:30 which is 9:17/mile. The last half mile was in 4:30. The warm down was a ¼ mile walk and a ½ mile jog.

Fri 3/31/2017 6 miles

I ran on a treadmill. I warmed up with 2 miles in about 20 minutes including 2 x ¼ mile each in 2:00. Then I rested 5 minutes and ran 4 miles including a ¼ mile jog, a 5K run and a 0.65 mile jog. The 5K run was in 23:42 or 7:38/mile with the last 0.15 miles at 6:58/mi pace. The mile splits were 7:51, 7:40 and 7:26. My pulse at the end of the 5K was 160 bpm.

43.25 miles in the last week

Running in the Netherlands
While in the Netherlands, I take every 3 miles of bike riding
as equivalent to approximately 1 mile of running.

Sat 4/1/2017 No running

We flew to Amsterdam The Netherlands

Sun 4/2/2017 2 miles

I rode 5 miles on a bike.

Mon 4/3/2017 4 miles

I ran 4 miles not very fast.

Tues 4/4/2017 5.8 miles

In the morning I walked 2 miles. In the afternoon I ran 3.8 miles at various paces and averaged 9:53/mile.

Wed 4/5/2017 4 miles

I walked and ran 2 miles in about 24:00 and then rested a few minutes. Then I road a bike with no gears 4 miles in 22:30 and rested 20 minutes. Then I road 2 miles at various speeds. I assumed 6 miles of bike riding is equivalent to 2 miles of running.

Thurs 4/6/2017 0 miles

I have a cold that was bad today.

Fri 4/7/2017 0 miles

I didn't run again because of my cold.

15.8 miles in the last week

Sat 4/8/2017 **4 miles**

I am feeling somewhat better.

I ran 3 miles in about 30 minutes and walked 1 mile in about 14 minutes.

Sun 4/9/2017 **2 miles**

I rode 6 miles on a bike which I take equivalent to 2 miles of running

Mon 4/10/2017 **0 miles**

I am still sick and did not run.

Tues 4/11/2017 **2 miles**

I walked 2 miles in about 28 minutes. I am feeling better than yesterday.

Wed 4/12/2017 **4 miles**

I ran 3 miles averaging 8:57/mile and walked 1 mile in about 14 minutes.

Thur 4/13/2017 **5 miles**

I ran on level bike paths. I first ran 2 miles averaging 9:32/mile and including $\frac{1}{4}$ mile in about 2:00 and then I rested 4:00. Then I ran 4 x $\frac{1}{4}$ mile with a $\frac{1}{4}$ mile jog after each run. The times were 1:54, 1:55, 1:54 and 1:51. The jogs were in about 3:00.

I rested 2:00 and ran and walked 1 mile in about 12:00.

Fri 4/14/2017 **4.5 miles**

I ran 4 miles on a bike path and averaged 8:38/mile with the last $\frac{1}{2}$ mile in 4:03 and rested 8 minutes.

Then I walked a $\frac{1}{2}$ mile in 6:19.

21.5 miles in the last week

Sat 4/15/2017 **5 miles**

I ran 4 miles on bike paths averaging 8:24/mile with the last mile in 8:07 and then walked slowly for $\frac{1}{4}$ mile. Then I walked a $\frac{3}{4}$ mile at 12:32/mile pace.

Sun 4/16/2017 **5 miles**

I walked and ran 3 miles and averaged 11:20/mile. I walked about $\frac{1}{4}$ mile at the beginning of each $\frac{1}{2}$ mile and therefore walked and ran about the same amount. Later in the day I rode 6 miles on a bike which I take to be equivalent to 2 miles of running.

Mon 4/17/2017 **6 miles**

I ran 3 miles on bike and walking paths averaging 8:55/miles and rested 4:00.

Then I walked 1 mile in 12:05. Later in the day I rode 6 miles on a bike which I take to be equivalent to 2 miles of running.

Tues 4/18/2017 **3 miles**

I walked and ran 3 miles averaging 11:30/mile on bike and walking paths. I ran $\frac{1}{4}$ mile, walked $\frac{1}{4}$ mile and repeated to the end. My running pace was about 10:00/mile and walking pace about 13:00/mile.

Wed-Fri 4/19-21/2017 **0 miles**

No running. My cold got bad again.

19 miles in the last week

Sat 4/22/2017 4 miles

I ran 3 miles on a bike path averaging 9:43/mile including a ½ mile in 4:13 and rested 4 minutes.

I walked a mile in 12:15.

Sun 4/23/2017 0 miles

Mon 4/24/2017 5.25 miles

I ran 4 miles on walking paths and bike paths and averaged 8:45/mile. The last ½ mile was in 3:59.

I walked slowly for ¼ mile and then walked 1 mile in 12:10. I felt a lot better than 2 days ago.

Tues 4/25/2017 0 miles

We drove flew back to the US from Amsterdam.

Wed 4/26/2017 4 miles

I ran and walked 4 miles on hilly roads in Meadville and averaged 10:57.

Thur 4/27/2017 5 miles

I ran and walked on slightly hilly roads. I ran a mile in 10:18 and rested 1 minute. Then I walked and ran 3 miles in 34:06 or 11:22/mile. I walked ¼ mile, ran ¼ mile and repeated until I completed the 3 miles. My walking pace averaged 13:00/mile and my running pace averaged 9:44/mile. I rested 1 minute and ran a mile in 7:45.

Fri 4/28/2017 4 miles

I ran ½ mile down to the indoor track in 4:22 and rested 3 minutes. Then I did ¼ mile of drills and ran ¾ miles in 6:33 on the indoor track. I rested 6 minutes and on a treadmill I ran 2 miles in 18:00 including ½ mile in 3:50. I warmed down with ½ mile in about 5:00.

22.25 miles in the last week

Sat 4/29/2017 4 miles

I ran and walked 4 miles on slightly hilly roads and averaged 11:44/mile.

Sun 4/30/2017 5 miles

I ran and walked 5 miles on the Ernst Trail with Jim Fitch and averaged 12:40/mile.

Mon 5/1/2107 4 miles

I ran on the indoor track.

2 miles in $8:54 + 8:30 = 17:24$ and rested 3 minutes

I ran and walked 2 miles. I ran $\frac{1}{4}$ mile, walked $\frac{1}{4}$ mile and repeated to the end of 2 miles. The running pace was about 10:50/mile, the walking pace about 14:50/mile and the overall pace about 12:50/mile.

I used 7 weight machines for the upper body.

Tues 5/2/2017 4 miles

I walked and ran 4 miles on the indoor track.

I walked 110 yards at the beginning of each $\frac{1}{2}$ mile. My walking pace averaged 14:08/mile, running pace 11:07/mile and overall pace 11:30/mile

Wed 5/3/2017 7 miles

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

Thur 5/4/2017 6 miles

I ran and walked 3 miles on the indoor track. At the end of each $\frac{1}{2}$ mile I walked 110 yards.

My running pace was about 10:00/mile, walking pace about 14:00/mile and overall pace 11:00/mile. After resting 8 minutes, I jogged and ran on a treadmill. I jogged $\frac{1}{4}$ mile, ran $\frac{1}{4}$ mile and repeated until I reached 2 miles. My jogging pace was about 10:00/mile, running pace was 8:00/mile and overall pace about 9:00/mile. I warmed down by walking a $\frac{1}{2}$ mile in 6:30 and then jogging $\frac{1}{2}$ mile home.

Fri 5/5/2017 4 miles

On a treadmill:

I warmed up with 2 miles: $9:59 + 8:45 = 16:44$ with a $\frac{1}{4}$ mile in 2:00 during the last $\frac{1}{2}$ mile. rested 3 minutes

I ran and then walked a total of 2 miles:

$\frac{1}{4}$ mile in about 2:30

1 mile in $4:00 + 3:45 = 7:45$

$\frac{1}{4}$ mile in about 2:30

$\frac{1}{2}$ mile walk in 6:25

35 miles in the last week

Sat 5/6/2017 5 miles

I ran and walked 5 miles on the Ernst Trail with Jim Fitch and averaged 12:35/mile.

Sun 5/7/2017 no running

Mon 5/8/2017 4.5 miles

I ran ½ mile to the gym.

On a treadmill:

2 miles in $9:58 + 8:46 = 18:44$. The last ½ mile included ¼ mile in 2:00.

5 minute rest

¼ mile in about 2:30

1 mile going faster as I ran with a pace of 6:58/mile near the end

Splits: $3:55.4 + 3:43.3 = 7:38.8$

¼ mile in about 2:30

I warmed down with a ½ mile jog home.

Tues 5/9/2017 5 miles

I ran ½ mile to the gym.

On a treadmill:

4 miles in $10:01 + 9:00 + 7:57 + 7:26 = 34:24$. The last half mile was in 3:39.

I continually went faster as I ran with the last 0.1 miles at 6:58/mile.

My pulse at the end of the 4 miles was 169 bpm.

I warmed down with a half mile jog home.

Wed 5/10/2017 5 miles

I ran and walked 5 miles on slightly hilly roads and averaged 11:29/mile.

Thurs 5/11/2017 no running

Fri 5/12/2107 3 miles

I ran 3 miles on hilly roads and averaged 10:21/mile.

22.5 miles in the last week

Sat 5/13/2017 **5 miles**

I ran 5 miles on hilly roads and averaged 9:29/mile.

Sun 5/14/2017 **3 miles**

I ran 3 miles on hilly roads and grass and averaged 9:35/mile.

Mon 5/15/2017 **10.5 miles**

I ran 10 miles on the high school track and averaged 9:26/mile.

I ran wide on the curves so every 4 laps equaled 1 mile.

The first 5 miles averaged 9:57/mile.

Miles 6 through 8 averaged 9:11/mile. I ran these 3 miles with John Ziegler.

Miles 9 and 10 were in 8:42 and 8:17.

I warmed down with a ½ mile jog.

Tues 5/16/2017 **4 miles**

I ran and walked 4 miles on hilly roads and averaged 11:25/mile.

Wed 5/17/2017 **5 miles**

I ran and walked 5 miles on hilly roads and averaged 11:15/mile. I walked about 0.1 miles during each half mile.

Thur 5/18/2017 **6 miles**

I ran 6 miles with Jim Fitch on hilly roads and averaged 10:22/mile.