

Sat July 21, 2018 **5 miles**

I ran and walked 5 miles on hilly roads and averaged 11:45/mile.

Walk/run ratio about 0.33

Sun July 22, 2018 **5 miles**

I ran and walked 5 miles on hilly roads and averaged 11:52/mile.

Walk/run ratio about 0.25

Mon July 23, 2018 **7.25 miles**

Warm up: ½ mile to Wise Center and rest a few minutes

Run: 6 miles on a treadmill in 50:17 or 8:23/mile

Splits: 9:00, 8:45, 8:30, 8:13, 8:00, 7:49

Warm down: ¼ mile jog on treadmill and ½ mile jog home

Tues July 24, 2018 **1 mile**

I ran ½ mile to the Wise Center and then used 18 weight machines for a full body workout. Warm down: ½ mile jog home.

Wed July 25, 2018 **6miles**

I ran and walked 6 miles on hilly roads and averaged 11:57/mile.

Walk/run ratio: 0.27

Thur July 26, 2018 **6.25 miles**

I ran on the high school track with 4 other runners.

Warm up: 1 mile in 9:31, rest 2 minutes, 1 mile in 10:25, rest 3 minutes

Run: 1/8 mile(58s), ¼ mile(1:59), ½ mile(3:58),

¾ mile(5:58), ½ mile(3:57), ¼ mile(1:54), ¼ mile(1:51)

We jogged 1/8 mile after the first run and ¼ mile after each of the others.

Fri July 27, 2018 **6miles**

I ran and walked 6 miles on hilly roads and averaged 11:41/mile.

Walk/run ratio: 0.25

Average pulse 100, Max pulse 120

36.5 miles in the last week

Sat July 28, 2018 **16.3 miles**

Run: 2 x 5 miles and 1 x 6 miles on a slightly hilly loop

After each of the 5 mile loops I rested for 1:15 while I ate a gel and drank water.

It was a relatively cool day and I only drank a total of 16 ounces. I should have had more than twice this but surprisingly I did not feel the effects of dehydration.

Paces on each of the loops: 9:25, 9:21, 9:00/mile

The last 2 miles were in 8:41 and 8:19.

Warm down: 0.3 mile jog

Sun July 29, 2018 **2.2 miles**

I ran 2 miles on a treadmill in St. Catharines Canada.

Splits: 9:58 and 8:30

Warm down: 0.2 miles

Mon July 30, 2018 **1 mile** near the Niagara River and Falls

Tues July 31, 2018 **7.5 miles**

Warm up: 1 mile out and back on Limber Rd at various paces and rested 3 minutes.

Run: 6 miles on the very hilly 2 mile course. The sum of the ascents is 862 feet.

Time: 53:05 or 8:51/mile

Splits: 7:16, 10:45, 9:35, 8:02, 7:10, 10:16

This is the fastest I ever ran this tough course. See Dec 28, 2018 for a summary of previous times on this course.

Warm down: ½ mile jog

Wed Aug 1, 2018 **no running**

Thur Aug 2, 2018 **7 miles**

Warm up:

½ mile down to the Wise Center and rest a few minutes

On a treadmill: 1.5 miles averaging 9:00/mile with some paces as fast as 7:41/mile
4 minute rest

Run: ¼ mile(1:58), ½ mile(3:57), ¾ mile(5:55),
½ mile(3:57), ¼ mile(1:55), ½ mile(3:45)

I jogged ¼ mile before each run in about 3 minutes.

Warm down: ½ mile jog on the treadmill and ½ mile jog home.

Fri Aug 3, 2018, **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:33/mile.

walk/run ratio: 0.19

39 miles in the last week

Sat Aug 4, 2018 **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:21.
walk/run ratio: 0.16

Sun Aug 5, 2018 **no running**

Mon Aug 6, 2018 **6.5 miles**

I ran ½ mile down to the Wise Center in about 4:15 and rested a few minutes.

On treadmill: 2 miles averaging 9:00/mile at various paces some as fast as 7:41/mile

Rest about 5 minutes

mile lead into 1.5 mile run (½ mile splits: 3:56, 3:54, 3:56)

Warm down: 0.4 mile jog on treadmill and ½ mile jog home

Later in the day I ran and walked 1.5 mile.

Tues Aug 7, 2018 **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:24/mile.
walk/run ratio: 0.25

Wed Aug 8, 2018 **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:16/mile. During the last mile I ran a cemetery loop (510 m) in 2:27

walk/run ratio: 0.25

Thur Aug 9, 2018 **4.6 miles**

I ran with 6 other runners on the 510 m Greendale Cemetery loop.

Warm up: 1.3 miles

Run: 6 x cemetery loop (510 m) with 300 m jog after each. The jogs took about 3:30.

Times for 510 m runs: 2:30, 2:28, 2:25, 2:23, 2:22, 2:14 (7:03/mile pace for the last one)

Average time: 2:24 which is 7:34/mile pace.

Total ascent along the loop: 22 feet

Warm down: 0.3 miles

Fri Aug 10, 2018 **no running**

26.1 miles in the last week

Sat Aug 11, 2018 **6 miles**

I ran and walked 6 miles on a very hilly road course and averaged 11:53/mile. On the uphill I walked and ran equal distances. On the down hills I just ran.

walk/run ratio: 0.33

sum of ascents: about 860 feet

Sun Aug 12, 2018 **3.3 miles**

I ran on a hilly 3 mile course. It was out and back on Limber Road.

Mile splits: 9:56, 8:38, 8:16

Average pace: 8:57/mile

Sum of ascents: 228 feet

Warm down: 0.3 miles

Mon Aug 13, 2018 **no running**

Tues Aug 14, 2018 **4 miles**

Warm up: ½ mile to the Wise Center

Run: 0.1 mile lead into a 3 mile run

Splits for 3 mile: 8:42, 9:00, 9:01

Warm down: 0.4 mile jog home

Wed Aug 15, 2018 **6 miles**

I ran and walked a hilly 6 mile course out and back on Limber Rd.

I ran the first and sixth miles and walked ¼ mile during the middle 4 miles.

Sum of ascents: 530 feet

Average pace: 11:29/mile

Walk/run ratio: 0.2

Thur Aug 16, 2018 **5 miles**

I ran with 5 other runners on the Greendale Cemetery 510 meter loop.

Warm up: 1.25 miles at various paces

Run: 5 x 800 meters with 300 m jogs between the runs.

Time between runs: about 4:20

Times for runs: 4:00, 3:51, 3:51, 3:48, 3:53

Warm down: 600 m jog

Fri Aug 17, 2018 **6 miles** Same workout as 2 days ago (Wed Aug 15)

I ran and walked faster today.

Sum of ascents: 530 feet

Average pace: 10:55/mile

Walk/run ratio: 0.2

30.3 miles in the last week

Sat Aug 18, 2018 **4 miles**

I ran 3.5 miles on hilly roads and averaged 10:25/mile.

This run included 3 x the 1 mile “Jackson Park loop.”

Sum of ascents along the 1 mile loop: 120 feet

Sum of ascents for today's 3.5 mile run = $3 \times 120 + 60 = 420$ feet.

In the afternoon I ran a half mile.

Sun Aug 19, 2018 **4 miles**

I ran 4 miles on the very hilly “2 mile hill” and averaged 10:15/mile.

Sum of ascents: 529 feet

Mon Aug 20, 2018 **no running**

Tues Aug 21, 2018 **4 miles**

I ran on a treadmill.

Warmup: 1.5 miles at various paces averaging 9:00/mile

some paces as fast as 8:00/mile

rested 6 minutes

Run: 0.1 mile lead into a 2 mile run

2 mile splits: 8:21, 8:03

Warmdown: 0.4 mile jog

Wed Aug 22, 2018 **5 miles**

I ran 5 miles on hilly roads and averaged 10:50/mile

Thurs Aug 23, 2018 **1 mile jog**

I feel like I need a rest.

Fri Aug 24, 2018 **no running**

Still resting

18 miles in the last week

Sat Aug 25, 2018 **no running**

Sun Aug 26, 2018 **4 miles**

I ran a hilly 4 miles out and back on Limber Rd averaging about 11:00/mile.

The temperature was about 80 degrees and humid.

Sum of ascents along the 4 miles was 342 feet according to Google Earth.

Mon Aug 27, 2018 **7 miles**

Warm up: ½ mile to the Wise Center and rest a few minutes

Run: 6 miles on a treadmill at various paces averaging 10:00/mile

The run included 4 half mile segments at 9:31/mile.

Warm down: ½ mile jog home

Tues Aug 28, 2018 **9 miles**

In the morning: I ran 6 miles including 4.7 miles with Jim Fitch. We ran just before the Sun came up and averaged about 10:25/mile for the hilly 4.7 mile course.

In the afternoon: It was 90 degrees and the feels like temperature was 95 degrees. Before walking I had water with a salt stick. I walked 3 miles on hilly roads, drank water along the way and averaged 16:23/mile.

Wed Aug 29, 2018 **6 miles**

Warmup: ¾ mile walk and 1.5 mile run on hilly roads

Run on treadmill: ¼ mile lead into a 2 mile run

2 mile run in 8:23 + 8:06 = 16:29

Warmdown: ½ mile jog and ½ mile walk

Later in the day I walked ½ mile.

Thurs Aug 30, 2018 **5.5 miles**

I ran with 3 other runners on the 510 meter Greendale Cemetery loop.

Warmup: 2 miles at various paces

Run: 1 x 200 m, 1 x 510 m, 2 x 800 m, 1 x 510 m, 1 x 200 m

The two 200 m runs were uphill all the way.

We jogged about 300 m between each run. These jogs took about 3:50.

Times for the runs: 60 s, 2:28, 3:48, 3:48, 2:26, 52 s

Warmdown: 0.6 mile jog

Fri Aug 31, 2018 **no running**

31.5 miles in the last week

Sat Sept 1, 2018 14.5 miles

I ran the French Creek Half Marathon on the Ernst Trail in Meadville PA and came in 16/91. My GPS measured the course at 13.22 miles with a time of 1:50:49. It was a humid day. I drank at every water stop and ate a gel at 5 miles and another at 10 miles. Mile splits: 8:26, 8:24, 8:27, 8:27, 8:23 8:20, 8:05, 8:34, 8:05, 8:32, 8:20, 8:26, 8:33 The last 0.22 miles were at 7:44/mile pace.

Sun Sept 2, 2018 4 miles

I ran 4 miles on hilly roads and averaged 10:45/mile.

Mon Sept 3, 2018 10 miles

I ran and walked 10 miles on hilly roads mainly on Limber Rd and averaged 11:53/mile. I am practicing a walking and running routine for the 50 miler I am doing in about 6 weeks. I ran the first 2 miles averaging 10:48/mile and I ran and walked the next 8 miles averaging about 12:10/mile. It was a hot day. The temperature at the end was 88 degrees and the feels like temperature was 94 degrees. I drank water twice but I should have had at least 20 -30 more ounces of fluids.

Tues Sept 4, 2018 5 miles

I ran and walked 5 miles on hilly roads on Limber Rd and averaged 11:53/mile. I ran the first mile in 10:51/mile and I ran and walked the next 4 miles averaging about 12:10/mile.

Wed Sept 5, 2018 no running

Thur Sept 6, 2018 5.6 miles

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

Warm up: 1 mile by myself and one mile with the other runners.

Run: 6 x cemetery loop (510 m). The 300 m jogs between runs were about 3:30.

Times for 510 m runs for most of us: 2:24, 2:22, 2:23, 2:14, 2:29, 2:17

Average time: 2:22 which is 7:28/mile pace. The fastest one at 7:03/mile pace.

Total ascent along the loop: 22 feet

Warm down: 0.6 miles

Four weeks ago Rod Brest and I averaged 2:24 for the 6 runs.

Fri Sept 7, 2018 6 miles

I ran and walked 5 miles on hilly roads on Limber Rd and averaged 11:38/mile. I ran the first mile in 10:48/mile and I ran and walked the next 4 miles averaging about 12:00/mile. Later in the day I walked 1 mile out and back on a hilly road.

45.1 miles in the last week

Sat Sept 8, 2018 **10.15 miles**

I ran and walked 10.15 miles on hilly roads mainly on Limber Rd and averaged 10:53/mile. I walked for 2 minutes at the beginning of miles 3, 5, 7 and 9. This is a routine I may use for the first 10 miles of the 50 miler in 5 weeks.

Sun Sept 9, 2018 **2 miles**

On a treadmill: I ran and walked 2 miles. During both miles I ran 0.85 miles at about 10:50/mile pace and then walked 0.15 miles at about 15:50/mile. Overall pace was 11:31/mile.

Mon Sept 10, 2018 **4 miles**

Warmup: ½ mile to the Wise Center

Run/walk: I ran and walked 3 miles on a treadmill. During each miles I ran 0.85 miles at 9:50/mile pace and then walked 0.15 miles at 15:00/mile. Overall pace was 10:35/mile.

Warmdown: ½ mile home

Tues Sept 11, 2018 **4.5 miles**

Warmup: I ran 1 mile on the indoor track in 9:27 and rested 5 minutes.

Run: 3 miles on a treadmill, Splits: 9:50, 9:50, (4:28 + 3:56) = 8:24

Warmdown: ½ mile in 5:56

Wed Sept 12, 2018 **4.2 miles**

Warmup: 2 miles of walking and jogging

Run: 2 cemetery loops (1020 meters)

Splits: 2:24.5, 2:24.8, Pace: 7:36/mile

Warmdown: 1 mile jog and ½ mile walk

Thur Sept 13, 2018 **4.7 miles**

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

Warmup: 1.5 miles at various paces and rested a few minutes.

Runs and times: 2x255 m (½ loop = 255 m), 1:11, 1:11

3x510 m (1 loop = 510 m), 2:25, 2:24, 2:22

1x1020 m (2 loops), 2:23 + 2:21 = 4:44

Average pace per 510 meters: 2:23 which is about the same as last week when we ran 6x510 m. We jogged about 250 meters between runs.

Warmdown: ½ mile jog

Fri Sept 14, 2018 **3.15 miles** on hilly Limber Rd, averaging 10:40/mile

32.7 miles in the last week

Sat Sept 15, 2018 **3 miles** Jogging

Sun Sept 16, 2018 **3 miles**

I ran 3 miles on hilly roads and grass.

Splits: 9:44, 9:46, 9:27 Average pace: 9:39

Mon Sept 17, 2018 **25 miles - A long run in preparation for the Can 50 Mile Run.**

I ran and walked 5 x 5 mile loop. The 5 mile loop is somewhat hilly. I stopped about two minutes between the loops while I ate gels and Salt Sticks, drank water and picked up more water to take with me.

The total time including the 8 minutes while I was stopped was 4:56:20.

The times and average paces for each of the 5 mile loops were: 55:53 (11:11/mile), 58:31 (11:42/mile), 59:32 (11:54/mile), 59:18 (11:52/mile), and 54:35 (10:55/mile)

I had 580 calories for breakfast and ate 6 gels for a total of 1180 calories.

The formula I use to calculate the number of required calories gives:

calories = $300 \times (H - 1.3) = 300 \times 3.7 = 1110$, where $H = 5$ the number of hours I ran.

So I had enough calories.

I also had 3 Salt Sticks and drank 80 ounces of water.

That is 3.2 ounces per mile which apparently was okay because I only lost a pound while running. The temperature felt cool for half the run and rose to 71 degrees.

Tues Sept 18, 2018 **4.6 miles**

In the morning: I ran 3 miles out and back on hilly Limber Rd averaging 10:40/mile.

In the evening: I walked 1.6 miles on roads and sidewalks and averaged 16:15/mile.

Wed Sept 19, 2018 **1.5 miles**

I walked 1.5 miles half on roads and half on a path in the woods.

Thur Sept 20, 2018 **5.5 miles**

I ran with 5 other runners on the 510 m cemetery loop. Times below are my times.

Warmup: 2 miles at various paces and rested a few minutes.

Runs and times: 1x255 m ($\frac{1}{2}$ loop = 255 m), 69 s (7:15/mile)

1x510 m (1 loop = 510 m), 2:25 (7:36/mile)

1x765 m (1.5 loops = 765 m), 3:33 (7:27/mile)

1x765 m, 3:23 (7:06/mile)

1x510 m, 2:13 (7:00/mile)

1x255 m, 60.5 s (6:21/mile)

Average pace per 510 meters: 2:17 (7:12/mile) which is faster than I have been running. We jogged about 250 meters between runs.

Warmdown: $\frac{3}{4}$ mile jog

Fri Sept 21, 2018 **5 miles**

I walked and ran on a slightly hilly 5 mile loop and averaged 11:35. Walked total of 0.66 miles and ran 4.33 miles. Walk to Run Ratio = 0.15

47.6 miles in the last week

Sat Sept 22, 2018 **no running**

Sun Sept 23, 2018 **4 miles**

I ran 4 miles on hilly roads and averaged 9:43/mile.

Mon Sept 24, 2018 **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:48/mile.

I took 6 short walks totaling about 0.45 miles.

Tues Sept 25, 2018 **4 miles**

I ran 4 miles out and back on hilly Limber Rd 10:01/mile.

Sum of ascents along the course = 342 feet as measured from Google Maps.

Splits: 11:08 (mainly uphill), 8:55 (down), 10:44 (up), 9:16 (down)

Wed Sept 26, 2018 **2 miles** on hilly roads averaging 9:52/mile

Thur Sept 27, 2018 **5.2 miles**

I ran with Mark and Chance on the Greendale cemetery loop.

Warmup: 2 miles at various paces and rested a few minutes.

Runs and times: 2x255 m ($\frac{1}{2}$ loop = 255 m), 1:11, 1:09

3x510 m (1 loop = 510 m), 2:25, 2:22, 2:21

1x1020 m (2 loops), 2:20 + 2:20 = 4:40

Average pace per 510 meters: 2:21

We jogged about 250 meters between runs.

Warmdown: $\frac{1}{2}$ mile jog

Fri Sept 28, 2018 **no running**

20.2 miles in the last week

Sat Sept 29, 2018 **7.35 miles**

I ran on a 0.95 mile loop in New Alexandria PA.

I ran 2.85 miles in 25:25 or 8:55/mile It was a slightly hilly course.

0.95 mile splits: 9:11, 8:19, 7:55

2 hours later I leisurely walked 2 miles

2 hours later I walked 2.5 miles with 2 miles at about 15:45/mile

Sun Sept 30, 2018 **no running**

Mon Oct 1, 2018 **5.5 miles in California Maryland**

I ran and walked 5.5 miles and averaged 11:53/mile.

I walked about 0.11 miles at the beginning of each ½ mile. So I walked about 1.2 miles and ran about 4.3 miles.

walk/run ratio: 0.28

Tues Oct 2, 2018 **3.56 miles in California MD**

I ran 3.06 miles on a more hilly course than I ran 3 days ago and averaged 8:21/mile.

Miles splits: 8:32, 8:24, 8:10, and 28 s for the last 0.06 miles

Warmdown: ½ mile in 5:24

Wed Oct 3, 2018 **no running**

Thurs Oct 4, 2018 **5.25 miles in California MD**

I ran 5 miles on a hilly course and averaged 10:50/mile.

Warmdown: ¼ mile fast walk

Fri Oct 5, 2018 **no running**

21.7 miles in the last week

I continue to work on a walk run routine that I will use in the Canandaigua 50 miler next weekend.

Sat Oct 6, 2018 5.5 miles

I ran and walked 5.5 miles and averaged about 12:00/mile. I walked 10 times for a total of about 1.11 miles of walking.

Walk/Run ratio: 0.25

Sun Oct 7, 2018 4 miles

I walked and ran 4 miles and averaged 12:00/mile.

I walked 10 times for a total of about 1 mile of walking.

Walk/Run ratio: 0.33

Mon Oct 8, 2018 no running

Tues Oct 9, 2018 2.5 miles

I ran 2.5 miles averaging 9:22/mile on slightly hilly roads.

Wed Oct 10, 2018 3 miles

I walked and ran 2.5 miles averaging 12:06 on slightly hilly roads.

I walked 5 times for a total of about 0.5 miles of walking.

Walk/Run ratio: 0.25

Then I walked ½ mile.