

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.