Sat Oct 14, 2017 no running

Sun Oct 15, 2017 **26.2 miles**
I ran the Amsterdam Marathon. It was warm and very humid for the last 10 miles and I had to drink a lot. I think I was over trained for this run because I ran a good deal faster 5 weeks ago in the Erie Marathon. On the other hand, it was a very nice experience. There were about 11,400 runners in the marathon. I had 10 family members and friends out on the course and at the end cheering for me. Time: 4:26:12

Mon Oct 16, 2017 **3 miles**
A bakfiets is a bike that has a box in the front that is large enough to carry small children. Joe had his dog Figo in his bakfiets and I rode on a bike 1 mile to Amsterdamse Bos (Amsterdam's Woods). We all walked on trails and paths for 2.5 miles and had a great time. Then we rode 1 mile back.

Tues Oct 17, 2017 **3 miles**
I walked and ran 3 miles.

Wed Oct 18, 2017 **3.35 miles**
I ran 3 miles on walking paths. Splits: 9:17, 8:39, 8:41 average pace = 8:52/mile
I walked 0.35 miles at average pace of 15:18/mile.

Thur Oct 19, 2017 **4.5 miles**
jogged ¼ mile
I ran 4 miles on walking and bike paths in 35:41, out in 18:13 and back in 17:28.
jogged ¼ mile

Fri Oct 20, 2017 **5 miles**
jogged ½ mile
I did the same run as yesterday only faster.
I ran 4 miles on walking and bike paths in 34:36, out in 17:55 and back in 16:41.
jogged ½ mile

45.1miles in the last week

Sat Oct 21, 2017 **no running**
We flew from Amsterdam to Milan Italy and traveled to Lake Como.

Sun Oct 22, 2017 **6 miles**
First I walked about 3 miles near Lake Como in Argegno.
Later ran up a hill that went up about 550 feet in 1.5 miles then I turned around and ran down.

Mon Oct 23, 2017 **3.5 miles**
I walked about 3.5 miles on very hilly roads near Lake Como.

Tues Oct 24, 2017 **3 miles**
I walked and ran about 3 miles on hilly walking paths near Lake Como.

Wed Oct 25, 2017 **2.6 miles**
I ran and walked up and down a tough hill twice. The hill was 0.65 miles long and gained 406 feet.
Time up: 11:50
Time down: 7:58
Time up: 11:12
Time down: 7:51
This was a very good hill work out.

Thur Oct 26, 2017 **4 miles**
I walked about 2 miles in Bellagio and Varenna near Lake Como. Later I ran and walked about 2 miles in about 40 minutes. This included up and down a steep hill in Varenna. It was a 600 foot ascent on a cobblestone path with no level spots.

Fri Oct 27, 2017 **4.5 miles**
I ran and walked about 3 miles. This included up and down a steep hill in Varenna. It was a 600 foot ascent on a cobblestone path with no level spots. Later I walked about 1.5 miles.

23.6 miles in the last week

Sat Oct 28, 2017 **2.5 miles**
In Varenna I jogged ¼ mile to warm up and then ran 1 mile out and 1 mile back.
Splits: 8:40 and 8:23. Then I warmed down with a ¼ mile jog.
We traveled to Milan and flew back to Amsterdam.

Sun Oct 29, 2017 **6.75 miles**
In Amsterdam I warmed up with a ¼ mile jog and then ran out and back 6 miles on flat bike paths and roads. Splits: 8:40, 8:28, 8:15, 8:25, 8:26, 8:06. I warmed down with a ½ mile jog. Average pace = 8:23/mile

I am going to gradually increase the amount of interval training I am doing.

Mon Oct 30, 2017 **3 miles**
I ran 3 miles on bike paths in 28:33. The run included 2 x ½ mile with a ¼ mile jog between the halves. The times of the ½ miles were 3:54 and 3:56.

Tues Oct 31, 2017 **4 miles**
I ran 4 miles on flat roads and bike paths averaging 9:30/mile.

Wed Nov 1, 2017 **4.25 miles**
I ran 1.5 miles at about 9:30/mile and then rested 1 minute. On a long straight bike path, I ran 3 x ½ mile with ¼ mile jogs between the half miles. The ½ mile times were 3:54, 3:44 and 3:49. I jogged ¾ miles to warm down.

Thurs Nov 2, 2017 **4.75 miles**
I warmed up with a ½ mile jog and then ran 4 miles on flat bike paths. The average pace was 9:25/mile. I warmed down with a ¼ mile jog.

Fri Nov 3, 2017 **3 miles**
I rode a bike 5 miles and ran and walked 1.5 miles. The 5 miles of bike riding I take equivalent to about 1.5 miles of running.

28.25 miles in the last week

Sat Nov 4, 2017 **7.5 miles**
I warmed up with 1.5 miles that included about 10 short pickups.
Then I ran intervals on a long, straight, flat bike path.
I ran 6 x ½ mile with a ¼ mile jog after each ½ mile. The jogs took about 3:30. The
times for the ½ miles were: 3:56, 3:59, 3:57, 3:54, 3:53, 3:44
I rested 2 minutes and ran 2 x 0.2 miles with a 0.3 mile jog between the 0.2 mile runs.
The times for the 0.2 mile runs were 82.3s (6:51/mile) and 85.5s (7:07/mile). I
warmed down with a 0.55 mile jog.

Sun Nov 5, 2017 **4 miles**
I warmed up with ½ mile, ran 3 miles and warmed down with ½ mile. The average
pace for the 3 miles was 9:19/mile. I felt good after yesterday's tough workout.

Mon Nov 6, 2017 **4 miles**
I warmed up with ¼ mile, ran 3 miles and warmed down with ¾ mile. The average
pace for the 3 miles was 8:53/mile.
**After yesterday and today's runs I think I am ready for a good tempo run
tomorrow.**

Tues Nov 7, 2017 **9 miles**
I warmed up with a ½ mile jog and then ran out and back 6 miles on flat bike paths
and roads. Splits: 8:32, 8:31, 8:31, 8:20, 8:09, 7:58. I warmed down with a ½ mile
jog. The average pace for the 6 mile run = 8:20/mile.
Compare this 6 mile run with the one I had on Sun Oct 29 on the same course. Then
the splits were 8:40, 8:28, 8:15, 8:25, 8:26, 8:06. Today I felt more in control of the
pace and stronger. The interval training is already proving beneficial.
Later on in the day I ran and walked 2 miles.

Wed Nov 8, 2017 **2 miles**
I ran 1 mile at various paces. Later I road 3 miles on a bike at various speeds. I take
the 3 miles of bike riding to be equivalent to 1 mile of running.

Thur Nov 9, 2017 **4.5 miles**
I road 9 miles on a bike and ran about 1.5 miles. I take 9 miles of bike riding to be
equivalent to 3 miles of running.

Fri Nov 10, 2017 **4.75 miles**
I was going to run intervals but didn't feel up to it. I ran 4 miles averaging 9:47 and
then jogged 0.75 miles.

35.75 miles in the last week.

Sat Nov 11, 2017 **5 miles**
I ran 2 miles in 19:00 and rested 1 minute. Then I ran 4 x 0.2 miles with a 0.3 mile jog between the runs. The times for the 0.2 mile runs were 84s, 88s, 83s and 84s. The average pace for these was near to 7:00/mile. I warmed down with a 1.3 mile jog.

Sun Nov 12, 2017 **0.5 miles**
I ran a half mile before we flew from Amsterdam to Toronto. I have a cold.

Mon Nov 13, 2017 **no running**
We drove home from Toronto. My cold is a little better.

Tues Nov 14, 2017 **no running**
My cold is no better.

Wed Nov 15, 2017 **2 miles**
I ran and walked on a treadmill:
1 mile in 9:00, ¼ mile walk in 3:30, ½ mile in 4:15 and ¼ mile walk in 3:30
My cold is somewhat better.

Thur Nov 16, 2017 **4 miles**
I ran 1 mile on the indoor track in 4:43 + 4:12 = 8:55 and rested 5 minutes.
I then ran 3 miles on a treadmill with the following splits:
1 mile in 9:00, 1 mile in 8:38, ¼ mile jog in 2:44, ½ mile in 4:00 and ¼ mile jog in 2:44
My cold is a lot better.

Fri Nov 17, 2017 **5 miles**
I ran 5 miles on a treadmill in 34:58 or 9:00/mile.
The approximate splits were: mile 9:30, mile 9:00, mile 8:30, mile 9:00, (¼ + ½ + ¼) mile (2:30 + 4:00 + 2:30) = 9:00.

16.5 miles in the last week 16.5

Sat Nov 18, 2017 **2 miles**
I ran 2 miles on a treadmill in 18:30. Then I used 18 weight machines for a full body workout. The weights were fairly light and I did just one set on each machine.

Sun Nov 19, 2017 **4.5 miles**
I ran 3 miles on a treadmill in 26:59.
Approximate splits: 9:30, 9:00, 8:30
I rested 2 minutes and then ran a mile in 8:00 with a ¼ mile before and another after the mile at 10:00/mile pace.

Mon Nov 20, 2017 **2 miles**
I jogged ½ mile to the Wise Center and ran 1 mile on a treadmill in 9:30. Then I used 18 weight machines for a full body workout. The weights were fairly light and I did just one set on each machine. I jogged ½ mile home.

Tues Nov 21, 2017 **6.5 miles**
I ran on a treadmill. First I ran 1.5 miles while continually varying my pace between fast and slow. My faster paces were around 8:05/mile. My average pace was 9:00/mile. After resting 4 minutes I ran 6 x ½ mile with a ¼ mile jog before each run. The jogs were all about 3:00. The times for the ½ mile runs were: 4:00, 4:00, 3:56.8, 3:56.8, 3:53.8, 3:53.8. Average time = 3:56.9. I warmed down with a ½ mile in 5:13.

Wed Nov 22, 2017 **3 miles**
I ran 2 miles on hilly roads without a warm up. Splits: 8:56, 8:51
I warmed down with a mile in 10:10.

Thur Nov 23, 2017 **2 miles**
I jogged 2 miles on hilly roads 4 hours after our Thanksgiving dinner.

Fri Nov 24, 2017 **1 mile**
I did yard work for 2 hours and then ran 1 mile on slightly hilly roads in 9:50.

21 miles in the last week

Sat Nov 25, 2017 **5.5 miles**
The temperature was in the mid 40's and I wore sweat clothes to run on the high school track. When I run on a track I always run wide on the turns so that 4 laps is a mile. I ran five miles. Splits: 9:18, 9:17, 9:13, 9:06 and 8:17. The last ½ mile was in 4:00. I warmed down with a ½ mile jog.

Sun Nov 26, 2017 **2.25 miles**
The temperature was in the mid 30's and I wore sweat clothes to run on the high school track. I ran 2 miles in 19:39 going faster as I ran. Then I jogged ¼ mile.

Mon Nov 27, 2017 **5 miles**
I ran on a treadmill. First I warmed up by running 1.5 miles while continually varying my pace between fast and slow. My faster paces were around 7:50/mile. My average pace was 9:00/mile. After resting 5 minutes I ran a 3 mile tempo run with a ¼ mile jog before and another after the run. The jogs were in about 2:45. The splits for the run were: 8:10, 7:58 and 7:53. Time 24:01 or 8:00/mile

Tues Nov 28, 2017 **2 miles**
I ran 1.5 miles on hilly roads including 0.5 miles in 4:28. Then I used 18 weight machines for a full body workout. The weights were all about 40 pounds and I did one set of 13 reps on most machines. I jogged ½ mile home.

Wed Nov 29, 2017 **1 mile**
I was going to run interval ½ miles on a treadmill but when I was warming up I had tightness in my right calf. I stopped running after a half mile in 5:00 and massaged my leg. I started running again and still felt the tightness so I stopped after another half mile in 4:47. I didn't want to take a chance of making the tightness worse.

Thur Nov 30, 2017 **5.25 miles**
I warmed up 2 miles with Tiffany Hrach and Jim Fitch. We planned to run intervals on the indoor track.   I didn't run because my calf was still bothering me. I road a stationary bike at level 12. I know from past rides that 2.8 miles at level 12 is equivalent to about 1 mile of running. Also when the weight setting is 128 pounds the calculated calories used for 2.8 miles of bike riding is 104 which is about right for me. I set the weight setting at 128 pounds, and road 8.4 miles (equivalent to 3 miles of running) in 28:15. Calories used were 312. I road the last 2.8 miles fastest and brought my pulse up to 145 bpm. I warmed down with a ¼ mile slow jog. This was a good work out.

Fri Dec 1, 2017 **3 miles**
My calf is somewhat better. I ran 1 mile on a treadmill in 9:28, ran and walked 1 mile on the indoor track in 11:56 and did a 2.8 mile stationary bike ride at level 12 (equivalent to 1 mile of running) in 9:25.
24 miles in the last week

Sat Dec 2, 2017 **5miles**
I ran 1.5 miles on a treadmill at about 9:00/mile. I could feel my calf starting to tighten a little when I stopped. After resting 2 minutes I road a stationary bike at level 12 as I did yesterday. Riding the bike does not hurt my calf. I concluded today that the conversion between miles on the bike and miles running is not quite what I assumed yesterday. I did this by noting my perceived effort on the treadmill today (at 9:00/mile) was about the same as the perceived effort on the stationary bike. Therefore the conversion should produce a bike to run equivalence of 9:00/mile. I believe a conversion of 2.7 miles on the bike on level 12 is equivalent to 1 mile of running. This achieves the 9:00/mile value. Let's check this. On the stationary bike I road 8.1 miles in 27:04. Conversion to miles running is 8.1/2.7 = 3 miles. And 27:04/3 miles is very close to 9:00/mile. I also noted that I entered my weight as 128 pounds and the bike said I had used 298 calories while riding or close to 100 calories per mile of running.   I need to check if this conversion holds at other paces. I warmed down with a slow 50 calorie ride which I assume is close to an equivalent ½ mile running warm down. My calf is getting better.

Sun Dec 3, 2017 **5.5 miles**
I ran 1 mile on a treadmill in 8:59. I rested 2 minutes and rode 4.05 miles on a stationary bike in about 13:30. This converts (see yesterday's workout) to about 1.5 miles of running at 9:00/mile. **My pulse rose 128 bpm by the end of the ride.** I rested 2 minutes and ran 1 mile on a treadmill in 9:02. **My pulse rose to 142 bpm by the end of the run.** I rested 2 minutes and rode 4.05 miles on a stationary bike in about 13:10. This converts to about 1.5 miles of running at 8:47/mile.   **I tried to make my pulse rise to 142 bpm by the end of the ride and it did.** I noted an interesting thing. When I run and ride with the same perceived effort, my pulse is lower when I am riding. Also I think I take more breaths per minute when I am riding. If I do, is the higher breathing rate lowering my heart rate? I warmed down with a slow 50 calorie ride which I assume is close to an equivalent ½ mile running warm down. My calf was still somewhat tight by the end of the workout.

Mon Dec 4, 2017 **3.5 miles**
I rode 8.1 miles on a stationary bike set at level 12. The time for the ride was 29:30. This converts to an equivalent run of about 3 miles. I warmed down with a 50 calorie ride which is equivalent to about a ½ mile run.

Tues Dec 5, 2017 **3.5 miles**
 I did the same workout as yesterday. "Mile" splits: 9:03, 8:57, 8:15
final pulse = 145 bpm

Wed Dec 6, 2017 **no running**
We drove 400 miles to California, MD

Thur Dec 7, 2017 **3 miles**
I ran 3 miles on hilly roads in California MD, My average pace was 9:51. My calf is feeling a lot better.

Fri Dec 8, 2017 **5 miles**
I road a wide wheeled bike with no gears 10 miles on slightly hilly roads in 50:35. It felt equivalent to at least 5 miles of running at a good pace.
25.5 miles in the last week

Sat Dec 9, 2017 **no running**

Sun Dec 10, 2017 **5.6 miles**
I ran on slightly hilly roads. It was 40 degrees and I wore sweats. I warmed up with a mile in 9:30 and rested 5 minutes.
I ran 4 miles in 34:36 or 8:39/mile. Splits: 8:47, 8:46, 8:44, 8:19
warm down: 0.6 mile jog

Mon Dec 11, 2017 **4.5 miles**
I road a wide wheeled bike with no gears 9 miles on slightly hilly roads in 38:54. It felt equivalent to at least 4.5 miles of running at a fast pace.

Tues Dec 12, 2017 **9.4 miles**
In the morning I ran and walked 1.2 miles averaging 11:48/mile.
In the afternoon I ran and walked 8.2 miles averaging 11:36/mile. On average I walked 0.2 miles during each mile.

Wed Dec 13, 2017 **no running**

Thur Dec 14, 2017 **4 miles**
I ran on slightly hilly roads. It was 42 degrees and windy. I wore sweats.
1 mile mainly downhill with the wind in 8:30.
1 mile in about 11 minutes and rested 2 minutes.
1 mile mainly uphill against the wind in 8:15. It was a tough run.
1 mile in about 11 minutes.

Fri Dec 15, 2014 **no running**

23.4 miles in the last week

Sat Dec 16, 2014 **no running**
We drove 400 miles back to Meadville.

Sun Dec 17, 2014 **2 miles**
I ran slowly on 2 miles of snow packed slippery roads.

Mon Dec 18, 2017 **5.5 miles**
I ran 5 miles on a treadmill in 46:41 or 9:20 / mile.
Splits: 9:50, 9:31, 9:30, 9:29, (4:26 + 3:55) = 8:21
I warmed down with ½ mile in 5:15.

Tues Dec 19, 2017 **6.5 miles (Compare today's work out to Tues Nov 21, 2017)**
I ran on a treadmill. First I ran 1.5 miles while continually varying my pace
between fast and slow. My faster paces were around 8:00/mile. My average pace
was 9:00/mile. After resting 4 minutes I ran 6 x ½ mile with a ¼ mile jog before
each run. The jogs were all about 3:00. The times for the ½ mile runs were:
3:56.8, 3:56.8, 3:56.8, 3:56.8, 3:53.8, 3:45. Average time = 3:54.3.
I warmed down with a ½ mile in 5:15.

Wed Dec 20, 2017 **5.5 miles**
I ran ½ mile down to the Wise Center.
The I ran 4 miles on a treadmill in 33:57 or 8:29/mile and warmed down with ½
mile in 5:20.
Splits: 9:00, 8:45, 8:25, (4:05 + 3:42) = 7:47
I ran ½ mile home.

Thur Dec 21, 2017 **4.75 miles**
I ran with Jim, Sharon and Tiffany on the indoor track.
We warmed up with 1 mile, did ¼ mile of drills and walked 1/8 mile.
Then we ran ¼ mile, ½ mile, ¾ mile and 1 mile with ¼ mile jog between each. The
runs were all at about 9:30/mile pace. We did a 1/8 mile walk at the end.

Fri Dec 22, 2017 **5.25 miles**
½ mile to the Wise Center
I ran 1.5 miles averaging 8:45/mile on a treadmill at various paces with some paces
as fast as 7:41/mile. Then I rested 4 minutes. I ran 2.5 miles at a constant pace of
8:00/mile with a ¼ mile lead into the run and a ½ mile warm down.

29.5 miles in the last week

Sat Dec 23, 2017 **6.5 miles**
I ran on a treadmill at the Vernon YMCA. The Wise Center is closed for 10 days.
I ran 1.25 miles at about 9:00/mile pace and then rested 5 minutes.
Then I ran 5 x 0.75 miles with a ¼ mile jog before each run. The runs were all in 6:00 (8:00/mile pace). The jogs were all about 3:00. I warmed down with a ¼ mile jog.

Sun Dec 24, 2017 **3 miles**
I ran 3 miles on hilly roads averaging 10:32/mile. It was 33 degrees and I wore sweat clothes.