Thur June 14, 2018 **5.75 miles**
I ran with 8 other runners on the Meadville High track.
Warm up: 2 miles in 19:54 and ½ mile jog
Run: 6 x 400 meters with 400 meter jogs before each run and ½ mile jog at the end
Times for 400 meter run: 1:59, 1:57, 157, 1:48, 1:56, 1:46
Jogs before runs about 3:30

Thurs June 21, 2018 **5.75 miles**
I ran with Mark, Kerstin and Gary on the high school track.
Warm up: 1mile walk in 14:06, 1.25 mile run in 11:55 and a few minute rest
Run:
1 x 200m in 54s and 200m jog
6 x 400m with 400m jogs between the runs
Times for the 400's: 1:50, 1:50, 1:47, 1:43, 1:44, 1:40 Average=1:46
400m jogs averaged about 3:20
Warm down: ½ mile jog

Thurs June 28, 2013 **3.75 miles**
I ran with 4 other runners on the high school track.
First I ran 1 mile in 9:45. Then I jogged about 2.75 miles while I timed other runners who were running an interval workout. I didn't want to run intervals because I plan to run a 10K race on Saturday.

Thurs July 5, 2018 **3 miles**
I ran with other runners on the high school track. We ran intervals.
I didn't run a lot because I plan on running a 5K on Saturday.
Warm up: 1 mile in about 10:00.
Run: 1 x 200 m in 53s and jog 200 m
4 x 400m with a 400m jog between each run.
Times for 400's: 1:54, 2:03, 1:59, 1:54

Thurs July 12, 2018 **3 miles**
I ran with Mark, Tim, Rod and Chance on the high school track.
Warm up: 1 mile in about 10:30
Run: 1 x 200 m in 58s and jogged 200m
4 x 400m with a 400m jog between the 400m runs
Times for the 400m runs: 1:50, 1:43, 1:58, 1:54

Thur July 19, 2018 **4 miles**
I ran with 5 other runners on the high school track.
Warm up: 1.5 miles at various paces.
Run: 2 x ½ mile and 2 x ¼ mile with a ¼ mile jog after each run.
Times: 3:49, 3:46, 1:57, 1:53

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.

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. 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

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

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

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.

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

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 (½ 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), faster than I have been running.
We jogged about 250 meters between runs. **Warmdown:** 3/4 mile jog

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 (½ 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: ½ mile jog

Wed Oct 31, 2018 **4.2 miles**
Warmup: 1 mile in 9:45
Run: Tim Dunn and I ran 4 x 1.5 cemetery loops in a very light rain. Each run was 765 meters. Between each interval we jogged about 250 meters in 3 minutes. We got faster with each of the runs. Tim ran 30-35 seconds faster than me on each of the runs. He started after I did and we finished together. It was great!
My times: 3:50, 3:46, 3:42, 3:37
My average pace for the last interval was 7:36/mile.
Warmdown: 0.8 mile jog

Thur Nov 8, 2018 **4 miles**
I ran with 5 other runners on the Geendale Cemetery 510 m loop.
Warmup: 1 mile
Run: 6 x 1 loop with a 250 m jog between each of the runs. The jogs took about 4:00.
Times: 2:35, 2:29, 2:30, 2:19, 2:39, 2:24
The average pace for the fastest run is 7:19/mile.

2019

Wed May 29, 2019 **4.75 miles**
I ran intervals on the high school track with our summer running group.
Warmup: 1.25 miles on my own at about 10:00/mile pace and about 0.75 miles with the group at various paces
Run: 1 x 200m, my time: 53s, a 200m jog
5 x 400m with 400m jog after each
My times for the 5 runs: 1:58, 1:57, 1:55, 1:53, 1:49

Wed June 5, 2019 **8 miles**
In the morning I ran on the high school track. My ankle is better than yesterday.
I jogged ¼ mile, ran 3 miles in 28:08, rested 4 minutes and jogged ½ mile.
Splits for 3 miles: 10:00, 9:21, 8:48 Average pace: 9:23
In the afternoon I ran on the high school track with our running group.
Warmup: 2 miles in 10:00 and 10:34 and rested about 4:00
Run: 1 x 200m and 4 x 600m with a 200m slow jog after each.
Times: 56s, 2:57, 2:59, 2:58, 2:54

Wed June 12, 2019 **6 miles**
I ran on the high school track with our running group.
Warmup: 2 miles in 21 minutes, ¼ mile of drills,
rest a 2 minutes, ½ mile in 4:48, rested 4 minutes
Run: 200m, 400m, 3 x 600m, 400m, 200m
Times: 58s, 2:02, 3:03, 3:02, 3:00, 1:59, 54s
Each of the 7 runs was followed by a slow 3.5 minute jog after each.

Wed June 19, 2019 **2.5 miles**
I ran on the high school track with our running group.
Warmup: 1 mile in about 11 minutes
Run: 3 x ¼ mile with a ¼ mile jog after each.
Times for runs: 1:57, 1:58, 1:47

Mon July 1, 2109 **5.6 miles**
I ran with our running group on the high school track. We had 11 runners.
Warmup: 2.75 miles at about 10:40/mile and rest a few minutes.
Run: 1 x 200m in 58s and a 200m jog
7 x 400m with a 300m jog in about 3:30 after each run.
Times for the 400's: 2:00, 1:58, 1:57, 1:56, 1:55, 1:49, 1:45
The runs got easier as I ran.

Mon July 8, 2019 **5 miles**
I ran with 11 other runners on the high school track.
Warmup: 1 mile in 9:37, rest 45s, 1 mile in 10:02, rest about 4 minutes
Run: 1 x 200m, 1 x 400m, 1 x 800m, 1 x 1200m, 1 x 200m,
Times: 55s, 1:52, 3:57, 6:00
We jogged 200m after the first and last runs and 400m after all the others.
Warm down: 400m jog.

Wed July 10, 2019 **7.25 miles**
I the morning I walked and ran 4 miles on the high school track. I walked about
110 yards at the beginning of each half mile and averaged 10:57/mile.
Walking pace: about 15:00/mile, Running pace about 10:20/mile
In the afternoon I ran 3.25 miles with our running group on the high school track
in near 90 degree temperatures. This run included 1 x 200m and 4 x 400m.
Times: 58s for the 200m and about 2:00 for the 400's.

Mon July 15, 2019 4 miles
I ran on the high school track with our running group.
Warmup: 1.25 miles at various paces and rest a few minutes
Run: 1 x 200m, 2 x 400, 1 x 1600m, 1 x 200m,
Times: 56s, 2:03, 1:59, 8:00 (splits: 2:06, 2:04, 2:00, 2:00), 56s
We jogged 200m after the first and last runs and 400m after all the others.

Wed July 17, 2019 **3 miles**
I ran 3 miles with our running group on the high school track.
This run included 1 x 200m and 4 x 400m.
Times: 55s for the 200m and 1:55, 1:55, 1:52 and 1:52 for the 400's.

Mon July 29, 2019 **4.3 miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
Warmup: 1.3 miles
Run: 1 x 200m (54s mainly downhill) and jog 300m
5 x 510m with about a 300m jog between the runs
My times: 2:34, 2:34, 2:29, 2:30, 2:21
Warm down: 510m jog

Sat Aug 3, 2019 **5.8 miles**
I ran with our running group in Greendale Cemetery.
Warmup: 1.3 miles
Run: 3 x 1.5 miles: The 1.5 mile course went up, down, up and down on the cemetery main road. There was a total ascent of 176 feet over the 1.5 miles. We rested about 4 minutes after the first and second run.
Times and paces: 15:11 (10:07/mi), 13:50 (9:13/mi), 13:04 (8:43/mi)

Mon Aug 5, 2019 **6.9 miles**
In the morning I ran 1 mile on a hill with a 250 foot ascent and no descent.
In the afternoon I ran with our running group on the Greendale Cemetery loop.
Warmup: 2.25 miles and rest about 8 minutes
Runs and my times:
1x255 m (½ loop = 255 m), 74s
1x510 m (1 loop = 510 m), 2:34
1x765 m (1.5 loops =765 m), 4:00
1x765 m, 3:41
1x510 m, 2:21
1x255 m, 62s
We jogged about 255m between the runs. **Warm down:** 700m

Mon Aug 12, 2019 **7 miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
Warmup: 3 miles at about 10:30/mile and rest 2 minutes.
Run: 1 x 200 meters and 7 x 510 meters with a 300 meter jog between the runs.
Times for runs: 55s, 2:41, 2:35, 2:31, 2:24, 2:22, 2:11.2(6:54/mile pace), 2:31
The times between the runs averaged about 3:40.
Warm down: 510 meters

Wed Aug 14, 2019 6 **miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
Warmup: 2 miles at about 11:00/mile and rest a few minutes.
Run: 1 x 200 meters and 7 x 510 meters with a 300 meter jog between the runs.
Times for runs: 52s, 2:35, 2:33, 2:32, 2:29, 2:27, 2:25, 2:15
The times between the runs averaged about 3:40.
Warm down: 510 meters

Wed Aug 21, 2019
I ran with 4 other runners on the 510 meter loop in Greendale Cemetery.
Warmup: 2 miles at about 11:00/mile and rest a few minutes
Run:
1 x 200m in 55s with a 200m jog after
2 x 510m in 2:34 and 2:35 with a 300m jog after each
2 x 1020m in 5:11 and 5:17 with a 510m jog after each
1 x 510m in 2:25 with a 510 m jog after

Sat Aug 24, 2019 **5.5 miles**
I ran with our running group in Greendale Cemetery. Six of us ran.
Warmup: 1 mile including ¼ mile up to top of Limber Rd in 2:44
Run: 3 x 1.5 miles: The 1.5 mile course went up, down, up and down on the
cemetery main road. There was a total ascent of 176 feet over the 1.5 miles.
We rested about 4 minutes after the first and second runs.
We did the same workout on August 3, three weeks ago.
Today's times: 14:33 (9:42/mile),   13:56 (9:17/mile), 12:59 (8:39/mi)
Aug 3rd times: 15:11 (10:07/mile), 13:50 (9:13/mile), 13:04 (8:43/mi)

Wed Sept 4, 2019 **6.5 miles**
I ran on the Greendale Cemetery loop with 4 other runners.
Warmup: 0.3 mile jog to the cemetery
2 miles on the 510 meter loop averaging about 10:25/mile
a few minute rest and then a 510 meter jog followed by a few minute rest
Run: 1 x 200m, Time: 57s, jog 200m
2 x 510m, Times: 2:43, 2:38, jog 300m after each
2 x 1020m, Times: (2:40+2:34) = 5:14, (2:31+2:26) = 4:57, jog 510m after each
1 x 510m, Time: 2:15.8, jog 510m
Running got easier for me as I ran. That's why my times got faster as I ran. That's
also why I need to take a long warmup before racing and running intervals.
Note: 1020m in 4:57 is 7:49/mile, 510m in 2:15.8 is 7:07/mile

Mon Sept 9, 2019 **3.75 miles**
I ran with 6 other runners on the high school track.
Warmup: 1.75 miles at various paces
Run: 1 x 200m in 57s followed by a 200m jog
4 x 400m run with a 200m jog between the runs
Times: 1:58, 1:57, 2:01, 1:52
The jogs were at about 12:00/mile.
Warm down: 400m jog

Wed Sept 11, 2019 5 **miles**
I ran with 5 other runners on the high school track.
Warmup: 3 miles at various paces including 2 x 200m in 57s and 62s
Run: 3200m in (8:00 + 8:05) = 16:05

Wed Sept 25, 2019 **9.1 miles**
In the morning I walked about 0.1 mile during each mile and averaged 12:18/mile for
6 miles on hilly roads.
In the afternoon I ran with 5 other runners on the high school track.
1.75 mile warmup at about 10:00/mile and rest a few minutes
1 x 200, 4 x 400, 1 x 200 with about a 350m jog after each run.
Times: 57s, 2:00, 1:58, 2:01, 1:59, 57s

Mon Sept 30, 2019 **5 miles**
I ran with 4 other runners on the high school track
Warmup: 2 miles in 10:15 + 9:34 = 19:49 and rest a few minutes
Run: 2 x 200m, 6 x 400m with a 200m jog after each.
Times: 58s, 1:02, 2:02, 2:00, 2:02, 1:54, 2:02, 1:59
Warm down: jog 600m