

Running Log as I Get Back in Shape  
I have missed 2 weeks of running. I needed the rest.

Sat 10/1/16 Morning - **1 mile** walk in 16 minutes

Sun 10/2/16 Morning - **1 mile** walk in 16 minutes

Mon 10/3/16 Morning - **1 mile** walk in 16 minutes

Tues 10/4/16 Morning - **1 mile** walk in 17 minutes

Wed 10/5/16 11:22 AM - **2.5 miles**

I walked a mile, ran 3/4 of a mile and walked a mile. Times: 15:14, 7:54, 14:57.

Thur 10/6/16 3:52 PM - **3 miles**

I ran 3 miles in 32:05, ave pace = 10:42/mile

Fri 10/7/16 10:43 PM - **5 miles**

I walked and ran 5 miles in 1:04:04, 12:49/mi. I walked a ½ mile, ran a ½ mile and repeated. Then I walked an easy ½ mile.

**14.5 miles in the last week**

Sat 10/8/16 Morning - **1 mile**

1 mile walk and run in 13:45 on a hilly road

Sun 10/9/16 12:08 PM – **4 miles**

I ran 4 miles on hilly roads in 43:42. Splits: 10:28, 11:43, 11:20, 10:09

Mon 10/10/16 10:05 AM - **4 miles**

½ mile to gym downhill in 4:40

On treadmill: 2 mile run in 20:00, ½ mile walk in 7:00 and half mile run in 4:38.

Ran ½ mile home.

Tues 10/11/16 – **No running**

Wed 10/12/16 9:34 AM - **5.5 miles**

I ran and walked mainly on somewhat hilly roads except for one mile on the Allegheny track.

1 mile walk and run in 12:42. I walked ½ mile and ran ½ mile and then rested a minute.

I ran 1 mile to the track in 10:10 and rested a minute.

I ran 1 mile on the track in 8:59 going faster as I ran and then rested a minute.

I ran 1 mile home in 10:00 and jogged a half mile.

In the afternoon I walked 1 mile with Mary Jane in 18:00.

Thur 10/13/16 3:21 PM - **4.25 miles**

1 mile to the Allegheny track in 9:42 and rested 2 minutes.

On the track I ran 220 yards, jogged for 2 minutes and then ran 2 miles.

Splits for the 2 miles: 8:58 + 8:53 = 17:51

Without stopping I ran 1 mile home in 10:27.

Fri 10/14/16 - **No running**

**18.75 miles in the last week**

Sat 10/15/16 1:26 PM - **5 miles**

On hilly roads, I walked  $\frac{1}{2}$  mile and ran  $\frac{1}{2}$  mile during every mile.

time 1:04:22 or 12:52/mile

walking pace about 14:50/mile and running pace about 10:50/mile

Sun 10/16/16 11:25 PM - **4.8 miles**

1 mile mainly uphill in 11:32, total ascent 165 feet, rested 2 minutes

On mainly flat roads I ran 2 miles at 9:32/mile.

1 mile mainly downhill in 10:21 and walked 0.8 miles to warm down.

Mon 10/17/16 10:43 PM - **5 miles**

Compare this workout to the one 2 days ago.

On hilly roads, I walked  $\frac{1}{2}$  mile and ran  $\frac{1}{2}$  mile during every mile.

time 1:00:51 or 12:10/mile

My average walking pace was 14:35/mile and my average running pace was 9:46/mile.

Tues 10/18/16 11:41 AM - **4 miles**

1 mile to the Allegheny track in 9:29 and rested 2:30

I always run wide on the track so 4 laps is a mile.

I ran 2 miles on the track. I was planing on running 8:30/mi but that felt too easy.

Splits: 8:15+8:09=16:26 Compare to 10/13/16.

walked  $\frac{1}{2}$  lap and jogged 3.5 laps for a warm down

Wed 10/19/16 1:36 PM - **3 miles**

1 mile to the Allegheny track in 10:25 and rested 2:00

1 mile on the track without shoes in 8:53 and rested 1:00

$\frac{1}{2}$  mile with shoes in 4:10

$\frac{1}{2}$  mile walk in 8:10

Thur 10/20/16 11:50 AM - **5.25 miles**

I ran 5 miles on hilly roads averaging 9:28/mile with the last mile in 8:35.

walked  $\frac{1}{4}$  mile to warm down

Fri 10/21/16 11:11 AM - **1 mile**

I ran 1 mile on the indoor track without shoes in 8:48.

Then I used weight machines for about 15 minutes on legs and arms.

**28 miles in the last week**

Sat 10/22/16 11:10 AM - **4.5 miles**

On the indoor track:

¼ mile of drills

½ mile run without shoes in 4:22 and then rest a few minutes

On a treadmill:

3 mile run in 26:15 or 8:45/mile

¾ mile warm down

Sun 10/23/16 1:21 PM - **5 miles**

Compare this workout to Mon 10/17/16.

On hilly roads, I walked ½ mile and ran ½ mile during every mile.

time 59:56 or 11:59/mile

My average walking pace was 14:10/mile and my average running pace was 9:50/mile.

I walked 25s/mile faster today.

Mon 10/24/16 8:58 AM - **3.25 miles**

I ran one mile with no shoes on the indoor track in 8:37 and rested a few minutes.

On a treadmill I ran 2 miles in 18:15 or 9:08/mile.

I jogged ¼ mile.

Tues 10/25/16 11:32 AM - **5 miles**

1 mile on the indoor track in 8:34 and rested 4 minutes.

On a treadmill I ran 5x ½ mile with a ¼ mile jog before each ½ mile.

I jogged a ¼ mile to warm down.

All the ½ miles were in 4:00 and the ¼ mile jogs were about 3:00.

Wed 10/26/16 11:34 AM - **2 miles**

I walked and ran 2 miles in 23:14 or 11:37/mile.

The walk/run ratio was 3/7.

Thur 10/27/16 8:10 AM - **5 miles**

On indoor track:

½ mile in 4:38 and rested 1:00

½ mile in 4:50 running straightaways and jogging turns and rested 5:00

On treadmill:

¼ mile at various paces as fast as 7:10/mile and rested 3:00

0.05 miles before a 5K run to get treadmill up to speed

5K run in 24:15 or 7:49/mi, splits 7:53, 7:50, 7:47 and 44s for the last 0.1 mile

My heart rate at the end of the 5K was 161.

0.6 mile warm down

Fri 10/28/16 9:11 AM - **2 miles**

On indoor track 1 mile with no shoes in 9:29 going faster as I ran and rested 4 minutes.

On treadmill 1 mile in 9:29 going faster as I ran.

**26.75 miles in the last week**

Sat 10/29/16 12:44 PM - **5 miles**

I walked and ran 5 miles in 54:55 or 10:59/mile.

During each mile I walked  $\frac{1}{4}$  mile.

My walking pace was about 14:20/mile.

My running pace was about 9:55/mile.

Sun 10/30/16 5:53 PM - **2 miles**

On indoor track:

1 mile with no shoes in 9:29 and rested 1:15

1 mile with shoes in 9:25

I used 6 weight machines for my legs.

Mon 10/31/16 10:40 AM - **2 miles**

On indoor track:

1 mile with no shoes in 8:53 and rested 3:00

On treadmill:

1 mile in 8:51

Tues 11/1/16 9:30 AM - **8.75 miles**

Warm up:  $\frac{1}{2}$  mile to the indoor track and  $\frac{1}{2}$  mile with no shoes on the track at 10:00/mi  
rested 5:00

On a treadmill I ran 7 miles in 59:33 or 8:30/mile.

Mile splits:

9:00, 8:49, 8:34, 8:33, 8:23, 8:11, 8:02 The last half mile was in 4:00.

Heart rate at the end of 2.5, 3.5, 5.5 and 7 miles was 141, 144, 154, and 156 beats/min.

Warmed down with 0.75 jog.

Wed 11/2/16 10:38 AM - **2 miles**

I walked and ran 2 miles on slightly hilly roads in 24:50 or 12:25/mile. I walked a  $\frac{1}{2}$  mile and ran  $\frac{1}{2}$  mile during each mile.

My average walking pace was 14:50/mile.

My average running pace was 10:00/mile.

Thur 11/3/16 **4 miles**

On indoor track: 2 miles with no shoes, 10:00+9:30=19:30 and rested 5 minutes

2 miles walking and running in 23:49, i.e. walk  $\frac{1}{4}$  mile and run  $\frac{1}{4}$  mile and repeat.

Walk pace = about 14:30/mile and run pace = about 9:20/mile

Fri 11/4/16 **7 miles**

I ran on hilly roads: 5 miles at 9:30/mile, walk  $\frac{1}{2}$  mile in 6:58, 1.5 miles at 8:30/mile.

**30.75 miles in the last week.**

**Sat 11/5/16 4 miles**

½ mile to indoor track

2 miles on the track with no shoes: 8:59 + 8:24, the last ½ mile 4:03

rested 5 minutes

1 mile walk/run in 11:55. I walked ¼ mile, ran ¼ mile and repeated.

½ mile jog

**Sun 11/6/16 3 miles**

I walked and ran 3 miles in 34:10 or 11:22/mile. walked ¼, ran ¼ and repeated

avg walking pace = 13:41/mile

avg running pace = 9:01/mile

**Mon 11/7/16 6.5 miles**

6 miles jogging and running (1.5 on roads, 4.5 on outdoor track)

The 6 miles consisted of intervals of 3 x ¾ mile and 4 x ½ mile with a ¼ mile jog before each interval. After the 6 miles I walked a ½ mile.

avg pace for 3 x ¾ mile = 9:49/mile,

avg pace for 4 x ½ mile = 9:10/mile,

avg pace for jogs = 12:30/mile

**Tues 11/8/16 4 miles**

4 mile run/walk on hilly roads in 44:46 or 11:12/mile

I walked 7 times for a total of 13:30 of walking and 31:16 of running.

**Wed 11/9/16 4.5 miles**

1 mile with no shoes on the indoor track in 8:45 and then rested 10 minutes

On a treadmill: warm up ½ mile in 4:58

2 miles in 16:22 or 8:11/mile

Splits: 1 mile in 8:57, 1 mile in 7:25 (½ mile in 3:51 and ½ mile in 3:34)

The last ¼ mile just under 7:00/mile pace.

On treadmill: warm down, ½ mile in 4:58 and ½ mile walk in 7:29

**Thur 11/10/16 5 miles**

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

1 mile warm up

5 x ½ mile with ¼ mile jog between each interval. We took turns leading.

times on ½ miles: 4:41, 4:36, 4:37, 4:39, 4:33

½ mile walk/run warm down

**Fri 11/11/16 4 miles**

2 miles on the indoor track with no shoes. half mile spits: 4:40+4:30+4:07+3:50 = 17:07

rested 12 minutes

On treadmill: 2 x ½ mile and 1 x 0.3 miles with 0.25 mile jogs after each.

Times: 4:00, 3:51 and the 0.3 miles was at 6:53/ mile pace.

**31 miles in the last week**

**Sat 11/12/16 6 miles**

I walked and ran 2 miles on hilly roads in 21:48 or 10:54/mile. I walked 4 times one minute.

I rested 7 minutes and then ran 4 miles on hilly roads.

Splits: 10:48, 9:18, 9:50, 8:29 Time=38:25 or 9:36/mile

**Sun 11/13/16 3 miles**

I ran 3 miles out and back on hilly roads in 11:35+10:13+9:34=31:22 or 10:27/mile

**Mon 11/14/16 3 miles**

Same run as yesterday

Splits: 10:38+9:53+8:43=29:14 or 9:44/mile

**Tues 11/15/16 5 miles**

I walked and ran 5 miles on slightly hilly roads in 58:36 or 11:43/mile. I walked about 0.12 miles at the beginning of each ½ mile.

**Wed 11/16/16 5 miles (same workout as Thur 10/27/16)**

On indoor track:

½ mile with no shoes in 4:36 and rested 1:00

½ mile with shoes in 4:49 running straightaways and jogging turns and rested 5:30

On treadmill:

¼ mile at various paces as fast as 6:54/mile and rested 4:00

0.05 miles before a 5K run to get treadmill up to speed

5K run in 23:55 or 7:43/mi, splits 7:46, 7:42, 7:44 and 43s for the last 0.1 mile

My heart rate at the end of the 5K was 161.

0.6 mile warm down

**Thur 11/17/16 5 miles**

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

1 mile warm up including ¼ mile of drills

5 x ½ mile with ¼ mile jog between each interval. We took turns leading.

times on ½ miles: 4:37, 4:32, 4:26, 4:37, 4:25

½ mile walk/run warm down

**Fri 11/18/16 5 miles (Compare to 11/15/16)**

I walked and ran 5 miles on slightly hilly roads in 57:20 or 11:27/mile. I walked an average of 0.16 miles at the beginning of each ½ mile. I was faster today than on 11/15/16 even though I walked more today.

**32 miles in the last week**

**Sat 11/19/16 5.25 miles**

I ran out and back on a slightly hilly course.

$\frac{3}{4}$  mile warm up

8 x  $\frac{1}{4}$  mile run with  $\frac{1}{4}$  mile jogs between the runs

$\frac{3}{4}$  mile warm down

The warm up, jogs, and warm down were at an average pace of 11:45/mile.

The  $\frac{1}{4}$  mile runs were at an average pace of 7:40/mile.

Times for  $\frac{1}{4}$  mile runs: 1:54.1, 1:58.3, 1:56.4, 1:54.4, 1:56.4, 1:52.5, 1:52.4, 1:54.6

**Sun 11/20/16 4.25 miles**

$\frac{1}{2}$  mile warm up to the indoor track

On indoor track with no shoes:

2 miles in 9:15 + 8:39 = 17:54

1 mile jog in 10:18 and rested 3 minutes

With shoes on  $\frac{1}{4}$  mile in 1:48.7,  $\frac{1}{4}$  mile jog and  $\frac{1}{4}$  mile walk

**Mon 11/21/16 3.25 miles**

On the indoor track I ran a mile with no shoes: 4:35 + 4:06 = 8:41 and rested 10 minutes

On the indoor track with shoes 3 x  $\frac{1}{4}$  mile run with  $\frac{1}{4}$  mile jogs before each run

Times on  $\frac{1}{4}$  mile runs: 2:03, 1:57, 1:54

I rested 1 minute, walked  $\frac{1}{2}$  mile in 6:22 and warmed down with a  $\frac{1}{4}$  mile walk and jog.

**Tues 11/22/16 4.5 miles**

I continue to include walking in my workouts. I hope to do another 50 miler next year.

On the indoor track I ran a mile with no shoes in 9:57 and rested 3 minutes.

On a treadmill I walked and ran 3 miles in 36:00. I walked a  $\frac{1}{2}$  mile, ran a  $\frac{1}{2}$  mile and repeated until I reached 3 miles. My average walking pace was 14:15/mile and my average running pace was 9:45/mile. To warm down I walked a  $\frac{1}{2}$  mile in 8:00.

**Wed 11/23/16 4.75 miles**

On indoor track:

I ran 1.5 miles with no shoes. 9:56 + 4:38 = 14:35 and rested 4 minutes

I walked and ran 3 miles in 36:00. I walked  $\frac{1}{8}$  mile, ran  $\frac{3}{8}$  mile and repeated.

Walking pace about 15:20/mile, running pace about 10:50/mile.

Warmed down with a  $\frac{1}{4}$  mile walk in 4:00.

**Thur 11/24/16 4.25 miles**

I walked and ran 4 miles on hilly roads in 46:26 or 11:36/mile. I walked an average of  $\frac{1}{8}$  miles at the beginning of each  $\frac{1}{2}$  mile. Then I walked  $\frac{1}{4}$  mile in 4:00 to warm down.

**Fri 11/25/16 5.25 miles**

I walked and ran 5 miles on slightly hilly roads in 58:05 or 11:37/mile. I walked an average of 0.19 miles at the beginning of each  $\frac{1}{2}$  mile. Then I walked  $\frac{1}{4}$  mile in 4:00 to warm down.

**32.5 miles in the last week**

**Sat 11/26/16 6.5 miles**

I walked and ran 6 miles on slightly hilly roads in 69:04 or 11:31/mile. I walked  $\frac{1}{4}$  mile, ran  $\frac{1}{4}$  mile and repeated until I reached 6 miles. My average walking pace was 13:52/mile and my average running pace was 9:08/mile. Then I walked  $\frac{1}{2}$  mile in about 8:00 to warm down. This was a good workout!

**Sun 11/27/16 4.5 miles**

I ran 4 miles on hilly roads in 39:03 or 9:46/mile. Then I walked and jogged a  $\frac{1}{2}$  mile in about 7 minutes to warm down.

**Mon 11/28/16 3.75 miles**

I ran 1.5 miles with no shoes on the indoor track in 9:59+4:26=13:25 and rested about 10:00. I walked and ran 2 miles with shoes in 20:03. I walked about 50 yards at the beginning of each half mile. Then I walked a  $\frac{1}{4}$  mile in 3:44 to warm down.

**Tues 11/29/16 6 miles (The same 6 miles as Sun 4/17/16)**

I ran 6 miles on the 2 mile "hill course". The temperature was about 60 degrees.

Distance (miles)	Net elevation change (feet)	Split Times Today	Split Times 4/17/16
1	- 315	9:08	9:18
2	+315	12:08	12:53
3	+145	10:16	11:25
4	- 145	8:37	9:22
5	- 315	8:16	8:49
6	+315	10:58	11:52

time today: 59:23 or 9:54/mile

time on 4/17/16: 1:03:39 or 10:37/mile

I had no idea I could run so much faster today on this tough course!

**Wed 11/30/16 4.5 miles**

I ran 3.5 miles on the indoor track without shoes. The last  $\frac{1}{2}$  mile was in 3:54.

Splits: 10:00 + 9:54 + 9:56 + 3:54 = 33:43

I rested for 2 minutes and then jogged a mile to cool down.

**Thur 12/1/16 5 miles**

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

We warmed up with a 1.25 mile jog, did  $\frac{1}{4}$  miles of drills and rested a few minutes.

We ran 2.5 miles in 24:13 or 9:41/mile. We warmed down with a  $\frac{1}{2}$  mile walk and  $\frac{1}{2}$  mile jog.

**Fri 12/2/16 4.5 miles**

I ran 4 miles on the indoor track without shoes. The last  $\frac{1}{2}$  mile was in 3:56.

Splits: 10:01 + 9:52 + 9:43 + 4:29 + 3:56 = 38:00

I warmed down with a half mile in 5:52

Then I used 12 weight machines with relatively light weight for a full body workout.

**miles in the last week 34.75**



Sat 12/3/16 **8 miles**

½ mile warm up to the indoor track and rested 5 minutes

1 mile on the indoor track with no shoes in 9:01

rested 5 minutes

On a treadmill with shoes I ran 6 x ½ mile and 1 x ¾ mile with ¼ mile jog before each interval.

The ¼ mile jogs took about 3 minutes each.

Times for the ½ miles: 4:00, 4:00, 4:00, 3:54, 3:45, 3:42

Time for the ¾ mile: 5:25 or 7:14/mile pace.

Warmed down with a mile jog.

Sun 12/4/16 **3.5 miles**

I ran without shoes on the indoor track.

3 miles: 9:47 + 8:58 + 8:43 = 27:28

rested 2 minutes and warmed down with ½ mile in 5:17

Mon 12/5/16 **5.6 miles**

½ mile to the indoor track

On the indoor track with no shoes 1 mile in 4:30 + 3:59 = 8:29 and rested 6 minutes

On a treadmill:

0.4 miles at various paces as fast as 6:58/mile and rested 3 minutes

0.1 mile lead into a 3.1 mile run.

Splits (mile, mile, mile, 0.1 mile) for the 3.1 miles:

7:45 + 7:37 + 7:23 + 0:39 = 23:24

½ mile walk and jog warm down