Sat Dec 30, 2017 **5.7 miles**
I ran on a treadmill at the Vernon YMCA.
I ran 2 miles at various paces some as fast as 7:41/mile. Time 17:58 or 8:59/mile.
After a 3 minute rest I ran a 5K with a 0.1 mile lead into the run. The splits for the
5K were 8:00, 8:00, (3:56 + 3:47) = 7:43, and 43 seconds for the last 0.1 miles.
Time for 5K: 24:26 or 7:53/mile. I warmed down with ½ mile in about 5:00.

Sun Dec 31, 2017 **7.1 miles**
I ran on a treadmill at the Vernon YMCA.
I ran 7.1 miles in 60:00 or 8:27/mile.
Approximate splits: 9:57, 9:30, 9:00, 8:15, 8:12 Time: 44:54 or 8:59/mile
I warmed down with ½ mile in about 5:00.

Mon Jan 1, 2018 **5 miles**
I ran 5 miles in 44:54 on a treadmill at the Vernon YMCA.
Splits: 9:57, 9:30, 9:00, 8:15, 8:12

Tues Jan 2, 2018 **no running**

Wed Jan 3, 2018 **6.5 miles**
I am running in the Wise Center again.
On a treadmill I warmed up with 2 miles at about 9:00/mile and rested 5 minutes.
I then ran 4 x ½ mile and 1 x 1 mile all at 8:00/mile pace. I warmed down with a
½ mile in about 5:00.

Thur Jan 4, 2018 **5.5 miles**
I ran with Tiffany and Jim on the Wise Center indoor track. We warmed up with
1.75 miles including ¼ mile of drills. Then we ran 5 x ½ mile with ¼ mile jogs
between the runs. The times for the ½ mile runs averaged 4:26/mile. We warmed
down with a ¼ mile run and walk.

Fri Jan 5, 2018 **5 miles**
I ran and walked 4 miles on the Wise Center indoor track. I ran 3/8 miles, walked
1/8 mile and repeated until I reached 4 miles. Time: 43:46 or 10:57/mile. My
running pace averaged about 9:50/mile and walking pace about 14:15/mile. After
resting 10 minutes I ran 1 mile on a treadmill in about 9:00. I ran at various paces.

34.8 miles in the last week

Sat Jan 6, 2018 **no running**

Sun Jan 7, 2018 **5.5 miles**
I ran on a treadmill at the Vernon YMCA.
I ran 5 miles in 44:46 or 8:57/mile. For the first 2 miles the incline was set at 1.5 and at 0 for the remainder of the run. Qualitatively, an incline setting of 1.5 made an actual pace of 9:00/mile feel like about an 8:15/mile effort. Having the incline at 1.5 caused me to land more toward the front of my feet and this made me feel like I was running more smoothly. I wasn't hitting hard on the treadmill and this was making less noise. It felt good. When I set the incline at 0, I continued to land more toward the front of my feet. I haven't been running in this way lately but I may try this for a while.
Mile splits: 10:00, 9:00, 9:00, 8:58, (4:01 + 3:47) = 7:48