

Sat June 9, 2018 **6 miles**

I ran on a hilly 3 mile course two times. It was out and back on Limber Road.

First 3 miles averaged 10:15/mile

Second 3 miles averaged 9:09/mile

Sum of all ascents for 6 miles: 556 feet

Sun June 10, 2018 **5.5 miles**

I walked and ran 5.5 miles on slightly hilly roads and averaged 11:50/mile.

At the beginning of each half mile I walked about 0.1 miles. So I walked about 1.1 miles and ran about 4.4 miles.

Mon June 11, 2018 **6 miles**

I ran ½ mile to the Wise Center and rested a few minutes.

On a treadmill I ran 2 miles at various paces between 10:00/mile and 7:41/mile. The average pace was 9:00/mile. I rested 5 minutes and then

ran 6 x ¼ mile at 8:00/mile pace with a ¼ mile jog before each run. The jogs were about 3:00.

Warm down: ½ mile in 5:30.

Tues June 12, 2018 **6.5 miles**

I ran with Mark Ams.

Warmed up: ½ mile jog

Run: Out and back on Limber Road 5.5 miles averaging 10:04/mile

Sum of ascents along the 5.5 miles: 540 feet

Warm down: ½ mile jog

Wed June 13, 2018 **6 miles**

I walked and ran on a hilly 3 mile course two times. It was out and back on Limber Road.

The average pace was 12:10/mile

Sum of all ascents for 6 miles: 556 feet

At the beginning of each half mile I walked about 0.11 miles. So I walked about 1.3 miles and ran about 4.7 miles.

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, 1:57, 1:48, 1:56, 1:46

Jogs before runs about 3:30

Fri June 15, 2018 **5.25 miles**

I ran 5.25 miles on hilly roads and averaged 10:24/mile

**41 miles in the last week**

Sat June 16, 2018 **6.1 miles**

Warm up: 2.5 miles at various paces including  $\frac{1}{4}$  mile of drills

Run on the high school track: 5K in 24:48 or 7:59/mile

Splits:

200m 1:00

3 x 1600m 7:57, 7:58, 7:53

Warm down:  $\frac{1}{2}$  mile jog

Sun June 17, 2018 **6.5 miles**

I ran 6.15 miles on very hilly roads in 1:06:30 or 10:48/mile.

The sum of the ascents along the course is 862 feet.

After a few minutes rest I jogged 0.35 miles to warm down.

Mon June 18, 2018 **5 miles**

I ran 5 miles on hilly roads and grass and averaged 10:57/mile.

Tues June 19, 2018 **no running**

Wed June 20, 2018 **6 miles**

I ran hilly roads out and back 6 miles on Limber Rd in 1:03:18 or 10:33/mile.

The sum of all the ascents is 530 feet.

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:  $\frac{1}{2}$  mile jog

Fri June 22, 2018 **4 miles**

I ran 4 miles out and back on a hilly course. The sum of the ascents is 267 feet.

Splits: 11:46, 10:40, 9:47, 8:54 Average pace: 10:17

**33.35 miles in the last week**

Sat June 23, 2018 **4 miles**

I ran with Kerstin and Mark on the high school track.

Warm up: 2.25 miles at various paces including a 200m run in 57s

Run: I ran 1 mile in 8:03, Kerstin and Mark ran 5K

Warm down:  $\frac{3}{4}$  mile jog

Sun June 24, 2018 **4 miles**

I ran the same run as 2 days ago.

The sum of the ascents is 267 feet.

Splits: 11:26, 10:08, 9:54, 9:37 Average pace: 10:16/mile

Mon June 25, 2018 **2 miles**

I ran out and back on Limber Rd 2miles on a hilly course.

The sum of the ascents is 220 feet.

Splits: 9:59, 8:24 Average pace: 9:12/mile

Tues June 26, 2018 **3 miles**

I ran 3 miles on hilly roads and grass and averaged 9:53/mile.

Wed June 27, 2013 **2 miles**

I ran 2 miles on a Wise Center treadmill. I ran at various paces with some as fast as 7:41/mile. Average pace: 8:57/mile.

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.

Fri June 29, 2013 **no running**

**18.75 miles** in the last week

Sat June 30, 2013 **8.5 miles**

After a 2 mile warm up including some fast short runs I ran the Ellwood City Ledger 10K race and I was 36<sup>th</sup> out of 142 runners. It was very hot and humid. I ran 52:35. For the first 5K my average pace was 8:02/mile and the second 5K it was 8:46/mile.

Sun July 1, 2018 **no running**

I worked a lot in my yard.

Mon July 2, 2018 **4 miles**

I ran on hilly roads and grass and averaged 9:57/mile.

Tues July 3, 2018 **4 miles**

I ran the same hilly course as yesterday and again averaged 9:57/mile.  
The run seemed easier today than yesterday.

Wed July 4, 2018 **4.5 miles**

Warmed up: a half mile run and 6 minutes rest

Run: 4 miles out and back on a hilly course. The sum of the ascents is 267 feet.

Splits: 9:18, 9:12, 8:41, 8:34 Average pace: 8:56

The last time I ran this course on June 22, 2018, I averaged 10:17/mile.

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

Fri July 6, 2018 **no running**

**24 miles in the last week**

Sat July 7, 2018 **5.5 miles**

After a 2 mile warm up I ran the Heritage Days 5K race in Greenville PA.

I ran fairly even pace the whole way and was 30<sup>th</sup> out of 109 runners.

Time: 24:22 Average pace: 7:51

**I am going to taper for the Presque Isle Half Marathon next weekend.**

**In the next 3 workouts I am going to practice various running and walking routines. I plan to run an ultra in the Fall.**

Sun July 8, 2018 **4 miles**

I walked and ran 4 miles on hilly roads (sum of ascents = 267 feet) and averaged 11:57/mile. I walked about 0.15 miles at the beginning of each mile for a total of 0.6 miles of walking. Walk/Run = 0.18

Mon July 9, 2018 **4 miles**

I walked and ran 4 miles on hilly roads (sum of ascents = 267 feet) and averaged 11:54/mile. I walked about 0.1 miles at the beginning of each **half mile** for a total of 0.8 miles of walking. Walk/Run = 0.25

I walked more today but overall time was faster.

Tues July 10, 2018 **4 miles**

I ran and walked 4 miles on hilly roads (sum of ascents = 267 feet) and averaged 11:57/mile. I walked 7 times for a total of 1 mile of walking. Walk/Run = 0.33

Wed July 11, 2018 **4.75 miles**

Warm up: ½ mile run to the Wise Center and rested a few minutes

Treadmill run: 1.5 miles averaging 9:00/mile with some as fast as 7:41/mile

After resting 5 minutes I ran ½ mile in 4:00 and 1 mile in 7:54 (the last ¼ mile was at 7:36/mile pace). I jogged ¼ mile before each of the two runs.

Warm down: ¾ mile jog

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

Fri July 13, 2018 **4 miles**

I did the same workout as on Tues July 11 and averaged 11:49.

Walk/run was about 0.33 again

**29.75 miles in the last week**

Sat July 14, 2018 **no running**

Sun July 15, 2018 **14.5 miles**

I ran the Presque Isle Half Marathon in Erie PA and came in 206/1067. My GPS measured the course at 13.21 miles with a time of 1:50:47. It was a hot and humid day and I drank a lot at every water stop and ate a gel at 5 miles and another at 10 miles.

Mile splits: 8:17, 8:15, 8:16, 8:17, 8:16, 8:23, 8:21, 8:17, 8:37, 8:28, 8:16, 8:24, 8:34

The last 0.21 mile was at 8:06/mile pace.

Mon July 16, 2018 **4 miles**

I ran 4 miles on hilly roads and grass and averaged 11:00/mile.

Tues July 17, 2018 **4 miles**

I walked and ran 4 miles on hilly roads (sum of ascents = 267 feet) and averaged 11:55/mile. I walked a total of 0.6 miles. Walk/Run = 0.18

Wed July 18, 2018 **5.25 miles**

1 mile in 10:34 and then a long rest.

4.25 miles on very hilly roads averaging 10:10/mile.

Sum of ascents along the course: 529 feet.

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

Fri July 20, 2018 **6.75 miles**

Warm up:

½ mile down to the Wise Center

1.5 miles on a treadmill averaging 9:00/mile at various paces some as fast as 7:41/mile

Run: 5 x ½ mile with ¼ mile (3:00) jog before each run

Times: 4:00, 4:00, 3:57, 3:54, 3:54

Warm down: jog ½ mile on the treadmill and ½ mile home

**38.5 miles in the last week**

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:  $\frac{1}{2}$  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:  $\frac{1}{4}$  mile jog on treadmill and  $\frac{1}{2}$  mile jog home

Tues July 24, 2018 **1 mile**

I ran  $\frac{1}{2}$  mile to the Wise Center and then used 18 weight machines for a full body workout. Warm down:  $\frac{1}{2}$  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:  $\frac{1}{8}$  mile,  $\frac{1}{4}$  mile,  $\frac{1}{2}$  mile,  $\frac{3}{4}$  mile,  $\frac{1}{2}$  mile,  $\frac{1}{4}$  mile,  $\frac{1}{4}$  mile

Times: 58 s    1:59    3:58    5:28    3:57    1:54    1:51

We jogged  $\frac{1}{8}$  mile after the first run and  $\frac{1}{4}$  mile after each of the others.