

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 $\frac{1}{2}$ 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 $\frac{1}{4}$ mile at 8:00/mile pace with a $\frac{1}{4}$ mile jog before each run. The jogs were about 3:00.

Warm down: $\frac{1}{2}$ mile in 5:30.

Tues June 12, 2018 **6.5 miles**

I ran with Mark Ams.

Warmed up: $\frac{1}{2}$ 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: $\frac{1}{2}$ 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.