

Tues June 22, 2004, 4.5 miles on the high school track including: 1 mile jog,  $\frac{1}{4}$  mile of drills, 2 x 3200m with  $\frac{1}{2}$  mile slow jog between, and  $\frac{3}{4}$  mile jog at the end.  
Splits on the 3200's were  $(93+95+92+91) = 6:11$  and  $(90+91+93.5+95) = 6:10.1$

Fri June 25, 2004, 4 miles out and back on Limber Rd (a hilly course)  
Out in 7:47+7:09, Back in 7:45+6:56. Time was 29:37 or about 7:24/mile  
It was raining a little.

Total for the week (6/19/04-6/25/04): 26.5 miles

Mon June 28, 2004, 5 miles on the high school track including: 1 mile jog,  $\frac{1}{4}$  mile of drills, 6 x 800m with relatively long rests and short jogs between. (The average time between 800's was about 4:30). Jogged  $\frac{1}{2}$  mile at the end.  
Times on 800's: 2:59.8, 2:57.0, 2:58.9, 2:57.1, 2:59.8, and 2:57.0

Tues June 29, 2004, 4.5 miles in two workouts. In the morning I ran 3 miles on the roads and hilly course in 29:30. In the afternoon I ran 1 mile on a treadmill in 8:00, did one cycle of weight machines plus some light free weights, and  $\frac{1}{2}$  mile on treadmill in 4:00.

Thurs July 1, 2004, 5.75 miles on the high school track with other runners:  
1-mile jog,  $\frac{1}{4}$  mile of drills, stretching, and 8 x 400m with 400m jogs between.  
The average time between each interval was 2:50. Warmed down.  
Times for the 400's: 83.9, 85.9, 89.3, 85, 83, 89.0, 77.6, 78.3

Fri July 2, 2004, 3.5 miles in two workouts. In the morning I ran 2 miles on the roads and hilly course in 21 minutes. In the afternoon I ran 1 mile on a treadmill in 7:55, did one cycle of weight machines plus some light free weights, and  $\frac{1}{2}$  mile on treadmill in 3:58.

Total for the week (6/25/04-7/2/04): 30.75 miles

Tues July 6, 2004, 6.6 miles on the high school track. This was basically the same workout as on Mon June 28, 2004 except during the time between 800's I jogged more distance today. 1 mile jog,  $\frac{1}{4}$  mile of drills, 6 x 800m with relatively long rests and long jogs between. Jogged  $\frac{1}{2}$  mile at the end.  
Times on 800's and jogs after:

1. 2:59.1 followed by 800m jog in 5:40
2. 2:57.7 followed by 300m jog in 2:40
3. 2:53.4 followed by 800m jog in 5:47
4. 2:58.1 followed by 300m jog in 2:42
5. 2:58.2 followed by 800m jog in 5:50
6.  $(92.5+85.4) = 2:57.7$  followed by 800m jog

Wed July 7, 2004, 4.5 miles in two workouts. In the morning I ran 3 miles on the roads and hilly course in 29:18 minutes, running faster in the last mile. In the afternoon I ran 1

mile on a treadmill in 7:58, one cycle of weight machines plus some light free weights, and ½ mile on treadmill in 3:55.

Fri. July 9, 2004, 5 miles mainly on the 510m cemetery loop which goes down and up hill. Warm up a mile, 6 x 500m with 520m jog after each. Jog 500m.  
Times on the 500's:

Total for the week (7/3/04-7/9/04): 30 miles

During the week of 7/10/04-7/16/04 I was traveling, hiking etc. in Washington and Oregon. I ran every day.

Sun July 11, 2004, 9.6 miles out and back in Washington near Puget Sound. Out in 40:20 and back in 39:00. Ran with Harry Davis.

Total for the week (7/10/04-7/16/04): 19.9 miles

Sat. July 17, 2004 7.2 miles including Nike 10k race in Beaverton, OR. The time was 41:56. It was very hot.  
Splits: 6:12, 6:35, 6:43.1, 6:50.4, 7:13.3, 6:56.4, 1:26

Wed. July 21, 2004, 5 miles in two workouts. In the morning I ran 3 miles on the roads and hilly course in 25:52 minutes. In the afternoon I ran 1 mile on a treadmill in 7:54, did one cycle of weight machines plus some light free weights, and 1 mile on treadmill in 7:54.

Total for the week (7/17/04-7/23/04): 27.2 miles

I am in a recovery mode.

Total for the week (7/24/04-7/30/04): 30 miles

Sat July 31, 2004, 4 miles out and back on Limber Rd (a hilly course)  
Out in 7:55.5+7:16.3, Back in 7:44.9+6:50.2. Time was 29:47 or about 7:27/mile  
It was raining and sometimes very hard.

Mon Aug 2, 2004, 4.25 miles on the high school track with other runners. 1 mile in 7:30, drills and 4x800m with 400m jogs between. Times on 800's: 3:04.6, 3:06.5, 2:58.9, 3:01.6. The jogs took about 2:50. I warmed down a little.

Fri Aug 6, 2004, 5 miles on the high school track. 1.2 mile jog, drills, 4800m (12 laps) in 21:26.5 and 0.6 mile warm down. 1600m splits during 4800m: 7:21.0+7:14.3+6:51.2

Total for the week (7/31/04-8/6/04): 25.75 miles

Sat Aug 7, 2004, 4 miles on the high school track. 1.25 miles of jogging and drills, ½ mile of jogging and pickups, 4x400m with 400m jogs between. Times on 400's: 86.9, 94.1, 93.9, 93.5. The jogs took about 2:45. Jogged ½ mile at the end. During the first 400 my left hamstring tightened so I ran slower than I originally planned on the rest of the 400's. Deep heat and the "stick" seemed to help my leg over the next few days.

I went into recovery mode again.

Total for the week (8/7/04-8/13/04): 15 miles ( I am still running every day)

Total for the week (8/14/04-8/21/04): 19.75 miles

Sat Aug 21, 2004, 5.75 miles in DC including 4 miles on Rock Creek Park bike trail in 30:37

Sun Aug 22, 2004, 5.5 miles in DC including 4 miles on Rock Creek Park bike trail in 29:21

Tues Aug 24, 2004, 4 miles (actually 6.4km) in high school track in 29:32.  
1600m splits: 7:55+7:25+6:43+7:29

Thurs Aug 26, I have a sore throat and back pain.

Total for the week (8/21/04-8/27/04): 19.75 miles

Mon Aug 30, 2004, 3.25 miles on the high school track including 3x1mile with 2:30 rest between each. The times were 7:33, 6:26, and 7:06. **I am running wide on the track so each lap is 440 yds.**

Total for the week (8/28/04-9/3/04): 14.5 miles plus 8 miles on a bike and some weight training.

Tues Sept. 7, 2004, 7.3 miles including 7 miles on the high school track in 58:05. I am finally starting to feel better. Running on the soft track and treadmill is helping my legs recover.

Total for the week (9/4/04-9/10/04): 21.5 miles plus 6 miles on a bike and some weight training.

Sat Sept. 11, 2004, 5.5 miles on the high school track including ½ mile in 4:00, rest a couple of minutes and 5 miles continuous running in 38:28 or about 7:42/mile. I was going to run 7 miles put the upper part of the front of my left leg cramped so I stopped.

Sun Sept. 12, 2004, 9.5 miles. In morning I jogged ¼ mile and ran 8 miles on the track in 1:01:45 going fast as I ran (7:43/mile). In the afternoon I jogged 1.25 miles.

Total for the week (9/11/04-9/17/04): 31.5 miles plus some weight training.

Sat Sept. 18, 2004, 6.5 miles on the track including  $\frac{1}{4}$  mile jog, 6 miles continuous running and  $\frac{1}{4}$  mile jog.

Splits:  $8:09+7:56+7:35+7:26+7:10+7:57=46:12$

I think I am ready for tomorrows workout.

Sun Sept. 19, 2004, 13.5 miles on the track including  $\frac{1}{4}$  mile jog, 13.13 miles continuous running and  $\frac{1}{8}$  mile jog.

Splits:  $7:59+7:49+7:37+7:26+7:13+$

$7:50+7:34+7:27+7:14+$

$7:43+7:31+7:19+7:09+0:52 = 1:38:44/13.13\text{miles}$

I feel good. I drank water with gel mixed in during the first lap of the 6<sup>th</sup> and 10<sup>th</sup> miles.  
(2 gel packs in 16 ounces H<sub>2</sub>O)

Total for the week (9/18/04-9/24/04): 32.5 miles plus some weight training.