Sat Feb 24, 2018 **1 mile**
I ran 1 mile in Amsterdam after our arrival.

Sun Feb 25, 2018 **4.25 miles**
I jogged ½ mile to the Sportcentrum VU and rested a few minutes.
Then I ran 3 miles on a treadmill in 26:01 or 8:40/mile. Splits 9:27, 8:33, 8:01
Warm down: ¼ mile on treadmill in about 2:30 and ½ mile back

Mon Feb 26, 2018 **7.25 miles**
I ran ½ mile to the Sportcentrum VU, rested a view minutes and ran 4 miles on a
treadmill. Splits: 8:58, 8:46, 8:29, 8:30
I rested 5 minutes and then ran a mile in 7:08 with a ¼ mile jog lead into the mile.
Half mile splits: 3:39 and 3:29
I warmed down with a ½ mile jog on the treadmill and ½ mile back.

Tues Feb 27, 2018 **5.5 miles**
I ran ½ mile to the Sportcentrum VU, rested a view minutes and ran 4 miles on a
treadmill. Splits: 8:59, 8:29, 7:58, 8:29 Average pace: 8:29/mile
I warmed down with a ½ mile on the treadmill in about 5:00 and ½ mile back.

Wed Feb 28, 2018 **4 miles**
I ran ½ mile to the Sportcentrum VU, rested a view minutes and ran 3 miles on a
treadmill in 27:00. I warmed down with a ½ mile.

Thur March 1, 2018 **1 mile**
I ran 1 mile on walking and bike paths.

Fri March 2, 2018 **7.75 miles**
I ran ½ mile to the Sportcentrum VU, and rested a view minutes. On a treadmill I
warmed up with 2 miles in about 18 minutes at various paces, some as fast as
7:39/mile. I then ran 4 miles in 30:53.7 or 7:43/mile. I ran ¼ mile lead into the 4
mile run and ½ mile in about 5 minutes at the end. I warmed down with a ½ mile
jog outside.
Splits for the 4 mile run: 7:50.4, 7:47.9, 7:42.2 and 7:33.3. The last ¼ mile I
averaged 7:12/mile pace.

29.8 miles in the last week

Sat March 3, 2018 **6 miles**
I ran ½ mile to the Sportcentrum VU, used a few weight machines for my upper body and then ran 4 miles at about 9:00/mile on a treadmill. I warmed down with a ½ mile jog. Later in the day I ran a mile on walking and bike paths.

Sun March 4, 2018 **4.5 miles**
I walked about 1.5 miles with Oona and Figo. Later in the day I ran 3.1 miles with Joe on walking and bike paths. Time: 29:10

Mon March 5, 2018 **10.75 miles**
I warmed up with a 0.75 mile jog. Then I ran 10 miles in 1:37:04, averaging 9:42/mile. The first 5 miles I averaged 9:56/mile and the second 5 miles 9:28/mile.

Tues March 6, 2018 **6.5 miles**
I ran 5 miles on walking and bike paths. Then I warm down with a 1 mile jog and a ½ mile walk. Spits for the 5 mile run: 9:12, 8:49, 8:51, 8:40, 8:26. Average: 8:48

Wed March 7, 2018 **no running**

Thur March 8, 2018 **5 miles**
I jogged ½ mile to the Sportcentrum VU, rested a few minutes and ran 2 miles on a treadmill in 17:58 at various paces with some as fast as 7:25/mile. After a 4 minute rest I ran a mile in 6:59.7 with a ¼ mile lead into the mile and a ¾ mile after it in about 7:30. I rested a few minutes and jogged ½ mile back.

Fri March 9, 2018 **6.75 miles**
I ran and walked 5 miles and averaged 11:20/mile. Later in the day I walked and ran 1.75 miles.

39.75 miles in the last week

Sat March 10, 2018 **2 miles**
  2 miles of walking and running on walking and bike paths

Sun March 11, 2018 **2 miles**
  2 miles of walking and running on walking and bike paths

Mon March 12, 2018 **6 miles**
I rode 1 mile on a bike to Amsterdamse Bos. Then I walked and ran 5.5 miles with Joe and Figo (Joe's dog) in het bos. Figo probably did about 10 miles. I finished with a 1 mile ride back.

Tues March 13, 2018 **7.75 miles**
I jogged ½ mile to the Sportcentrum VU, rested a few minutes and ran 1.5 miles on a treadmill at various paces averaging 8:30/mile with some as fast as 7:10/mile. After resting about 4 minutes, I ran 5 miles with a lead in ¼ mile jog and a warm down of ½ mile in about 5 minutes. The 5 mile run was in 38:19 or 7:40/mile. Splits: 7:52, 7:44, 7:43, 7:38, (3:46 + 3:35) = 7:21

Wed March 14, 2018 **4 miles**
I ran and walked 2.5 miles and rode a bike 4.5 miles. I count 4.5 miles of bike riding as equivalent to1.5 miles of running and walking.

Thur March 15, 2018 **8 miles**
I ran and walked 6 miles on walking and bike paths and averaged 11:34/mile. I walked 11 times and walked a total of about ¾ miles during the 6 miles. I ran and walked an additional 2 miles during the day.
'
Fri March 16, 2018 **4.4 miles**
Warm up: 1 mile of walking and running.
I ran 3 miles on walking and bike trails averaging 8:59/mile.
Splits: 9:25, 9:05, 8:26
I warmed down with a 0.4 miles jog.

34.2 miles in the last week

Sat March 17, 2018 **5.5 miles**
I jogged 1.5 miles to the Sportcentrum VU, rested a few minutes and ran 1.5 miles on a treadmill averaging 8:30/mile at various paces with some as fast as 7:05/mile. After a 3 minute rest I ran 1.05 miles at 6:56.7/mile pace with a ¼ mile lead into the run and 0.7 miles after. I rested a few minutes and jogged ½ mile back.

Sun March 18, 2018 **no running**

Mon March 19, 2018 **9.25 miles**
I jogged ½ mile to the Sportcentrum VU, rested a few minutes and ran 1.5 miles on a treadmill averaging 8:30/mile at various paces with some as fast as 7:05/mile. After a 3 minute rest I ran 4.5 miles averaging 7:25.8/mile with a ¼ mile lead into the run and 0.5 miles after. I rested a few minutes and jogged ½ mile back.
Time for the 4.5 mile run: 33:26
Splits: 7:30, 7:30, 7:26 7:23, 3:37.
Later I jogged 1.5 miles outside.

Tues March 20, 2018 **8 miles**
I jogged ½ mile to the Sportcentrum VU, rested a few minutes and ran 1.5 miles on a treadmill averaging 8:30/mile at various paces with some as fast as 7:51/mile.
Tempo Running:
I ran 3 x ½ mile and 1 x 2.5 miles with a ¼ mile jog before each run and ¼ mile jog at the end. All four runs were at 7:58/mile and jogs were about 3:00. I jogged ¾ miles back.

Wed March 21, 2018 **no running** We flew back home.

Thurs March 22, 2018 **4 miles**
I ran 1.5 miles outdoors on hilly roads at about 9:30/mile. Then on a Wise Center treadmill I ran 2 miles in about 18:00. Warm down: ½ mile home

Fri March 23, 2018 **4 miles**
On treadmill: 2 mile run at about 9:00/mile and 2 mile walk/run averaging about 12:00/mile
30.75 miles in the last week

Sat March 24, 2018 **5 miles**
I ran and walked 5 miles on hilly roads and averaged 11:36/mile. I walked 6 times for a total of 0.75 miles of walking during the middle 3 miles. I was practicing a run/walk routine for a 50 mile run.

Sun March 25, 2018 **no running**
I have a sore throat and slight chest congestion.

Mon March 26, 2018 **4 miles**
I ran and walked 4 miles on the Wise Center indoor track and averaged about 11:00/mile. My cold is a little better.

Tues March 27, 2018 **4 miles**
I ran and walked on the Wise Center indoor track:
2 miles of walking and running averaging 11:25/mile and 1 minute rest
½ mile run in 4:04 and ¼ mile jog
1 mile in 9:07 and ¼ mile jog
My cold continues to get better.

Wed March 28, 2018 **4 miles**
I did the same workout as yesterday.
The 2 mile walk/run averaged 10:51.
½ mile run: 3:54
mile run: 8:17
I felt much better today, The effects of my cold are really decreasing.

Thur March 29, 2018 **3 miles**
I ran 3 miles on the Wise Center indoor track in about 29 minutes.

Fri March 30, 2018 **3 miles**
I ran 3 miles on a Wise Center treadmill in 28:29 minutes.

23 miles in the last week

Sat March 31, 2018 **no running**

Sun April 1, 2018 **2 miles**
I walked 2 miles on hilly roads in 28:15.

Mon April 2, 2018 **4 miles**
I ran 1 mile on the indoor track in 9:15 and rested 4 minutes.
Then I ran and walked 3 miles on a treadmill averaging 11:10/mile. My running pace was 10:00/mile and walking pace was 15:00/mile. I ran ¾ of a mile, walked ¼ mile and repeated until I covered 3 miles.

Tues April 3, 2018 **5.25 miles**
I ran 5 miles on a treadmill in the Wise Center and averaged 9:29/mile.
Approximate splits: 10:00, 9:45, 9:30, 9:15, 9:00
I jogged ¼ to warm down.

Wed April 4, 2018 **6 miles**
I ran 6 miles on a treadmill in the Wise Center and averaged 10:40/mile.
During the run I varied my pace by running ½ mile in 5:00, and ¼ mile in 3:00 and then repeating this 7 more times. My pulse rose to 137 bpm near the end of the run.

Thur April 5, 2018 **10.25 miles**
I ran 10 miles on a treadmill in the Wise Center and averaged 9:56/mile. The approximate mile splits were: 3 x (10:15, 10:00, 9:45) and the last mile was in 9:17. My pulse was 153 bpm at the end of the run. I warmed down with a ¼ mile jog.

Fri April 6, 2018 **3.25 miles**
2 miles on the indoor track. Splits: 9:02 + 8:25 = 17:27
¼ mile jog
½ mile: 3:50
½ mile jog

30.75 miles in the last week

Sat April 7, 2018 **5.75 miles**

I ran on a Wise Center treadmill.
Warm up: 1.5 miles averaging 9:00/mile at various paces with some as fast as 7:53/mile.
I rested 4:30 and then ran 5 x ½ mile with a ¼ mile jog before each run.
½ mile times: 4:00, 4:00, 3:57, 3:54, 3:49
My pulse was 160 bpm at the end of the last ½ mile.
Warm down: ½ mile in about 5 minutes

Sun April 8, 2018 **4.5 miles**
I ran and walked 4.5 miles on the Wise Center indoor track in 50:39 or 11:15/mi. I did this by running 1 mile in about 10:40, walking 1/8 mile in about 2:00 and then repeating 3 more times.

Mon April 9, 2018 **5 miles**
I ran on a Wise Center treadmill.
Warm up: 2 miles averaging 9:00/mile at various paces with some as fast as 7:30/mile.
I rested about 4:00 and then ran 2 x 1 mile with a ½ mile jog between and ¼ mile jog before and after.
mile times: 7:31, 7:50

Tues April 10, 2018 **5 miles**
I ran and walked 5 miles on the Wise Center indoor track in 54:59 or 11/mi.
I always run wide on the turns so that each lap is 1/8 of a mile. Today I walked ½ lap, ran 3.5 laps and repeated 9 more times until I reached 5 miles. Another way of saying this is I walked 1/8 of a mile during each mile. My walking pace was about 15:05/mile and running pace about 10:25/mile. I think this routine might be good for the part of a 50 miler when I am walking and running. In that case I would run and walk slower.

Wed April 11, 2018 **5 miles**
I ran with Jim Fitch and Tiffany Hrach on the Wise Center indoor track. We warmed up with 1.5 miles including ¼ mile of drills.
Then we ran ¼ mile, ½ mile, ¾ mile and 1 mile with ¼ mile jogs after each.
Times for the 4 runs: 2:12, 4:22, 6:47 and 8:41

Thur April 12, 2018 **no running**

Fri April 13, 2018 **5 miles**
I ran 1 mile to the Allegheny outdoor track, 3 miles on the track and 1 mile home. The average pace for the 5 miles was 9:50.

30.25 miles in the last week

Sat April 14,2018 **18 miles**
I ran a slightly hilly 6 mile loop 3 times with a 1 minute rest after the 1st and 2nd loops,
The average paces for the 3 loops were: 10:26, 10:26 and 9:47.
45 minutes before running I had a 300 calorie breakfast and 8 ounces to drink.
During the 2nd and 3rd loops I drank 40 ounces of Gatorade (260 calories) and 2 Salt Sticks.

Sun April 15, 2018 **no running**

Mon April 16, 2018 **4.5 miles**
I jogged down to the Wise Center, rested a few minutes and ran 4 miles on a treadmill in about 40:00.

Tues April 17, 2018 **no running**

Wed April 18, 2018 **5 miles**
I ran with Jim Fitch and Tiffany Hrach on the Wise Center indoor track.
Warm up: 1.25 miles including ¼ mile of drills.
Run: 5 x ½ mile with a ¼ mile jog after each run. Average time for ½ mile runs: 4:18

Thur April 19, 2018 **no running**

Fri April 20, 2018 **5 miles**
I ran 5 miles on the Wise Center indoor track.
Splits: 10:59, 10:53, 10:54, (4:57 + 4:31) = 9:28, 10:53

32.5 miles in the last week

Sat April 21, 2018 **no running**

Sun April 22, 2018 **5 miles**
I ran and walked 5 miles on hilly roads and averaged 10:48/mile.
I walked 3 times for a total of about 3 minutes of walking.

Mon April 23, 2018 **4 miles**
I ran and walked on the Allegheny outdoor track and averaged 11:20/mi.
Then I ran 1 mile on slightly hilly roads.

Tues April 24, 2018 **4 miles**
I ran ½ mile to the Wise Center and rested a few minutes.
On a treadmill:
1 mile in 8:57 at various paces some as fast as 7:47/mile.
½ mile in 5:25
½ mile in 4:00
1 mile in 10:52
Warm down: ½ mile jog home.

Wed April 25, 2018 **no running**

Thur April 26, 2018 **3.5 miles**
I ran ½ mile to the Wise Center and rested a few minutes.
On a treadmill: 3 miles in about 30:00 at various paces between
11:19/mile and 8:57/mile

Fri April 27, 2018 **3.5 miles**
I ran 3.5 miles on slightly hilly roads averaging 10:58/mile.

20 miles in the last week

Sat April 28, 2018 **5 miles**
I ran ½ mile down to the Wise Center and rested a few minutes.
On a treadmill:
2 miles in 10:04 + 8: 41 = 18:45 and rested about 4:00
2 x ¼ mile each in 2:00 with a ¼ mile jog before each run
½ mile jog
2 x ½ mile each in 4:00 with a ¼ mile jog between the 2 runs
¼ mile jog
All the jogs were at about 12:00/mile pace.

I was going to run the Buffalo 6 Hour Distance Classic on April 29. But because the windchill is supposed to be in the 20's for the first 3 hours I decided not to run it.

Sun April 29, 2018 **5.75 miles**
I ran ½ mile down to the Wise Center and rested a few minutes.
On a treadmill:
1.5 miles averaging 9:00/mile with some paces as fast as 7:41/mile and rested about 5:00
6 x ¼ mile each in 2:00 with a ¼ mile jog before each run and ¼ mile jog at the end
All jogs were at about 12/mile pace.
I jogged ½ mile home.

Mon April 30, 2018 **5 miles** on hilly roads and grass averaging 10:24/mile

Tues May 1, 2018 **no running**

Wed May 2, 2018 **5miles**
I ran on the Allegheny outdoor track with Tiffany Hrach.
Warm up: 1.25 miles including 1/8 mile in about 63s.
Run: ¼ mile, ½ mile, ¾ mile, 1 mile at an average pace of a little under 9:00/mi.
In between each run we jogged ¼ mile.
Warm down: ½ mile run/walk

Thur May 3, 2018 **5.5 miles**
I ran ½ mile down to the Wise Center and rested a few minutes.
On a treadmill:
1.5 miles averaging 9:00/mile with some paces as fast as 7:47/mile and rested about 5:00
6 x ¼ mile each in 2:00 with a ¼ mile jog before each run and ½ mile jog at the end

Fri May 4, 2018 **6 miles**
I ran on hilly roads to the Allegheny outdoor track in 10:19, 3 miles on the track at an average pace of 9:27 and back home 1 mile in 10:38.
32.25 miles in the last week

Sat May 5, 2018 **no running**

Sun May 6, 2018 **6.5 miles**
I ran 2.5 miles mainly uphill averaging 10:52/mile and rested 4 minutes.
Then I ran 6 x ¼ mile with a ¼ mile jog after each run on mainly level roads.
Times for runs: 1:56, 2:00, 1:59, 1:51, 1:55, 1:53 average pace = 7:46/mile
average jogging pace 11:20/mile
I rested 2 minutes and then jogged 1 mile home in 11:15.

Mon May 7, 2018 **4 miles**
I ran 4 miles with Olivia Hemlock on hilly roads and paths. We averaged about
10:25/mi

Tues May 8, 2018 **5 miles**
I ran 5 miles on a very hilly course and averaged 10:52/mile. The course included
about 2 miles of steep uphills that I ran at about 12:00/mile. I was trying to relax
and conserve energy as I will try to do during the first 5K of the Green Jewel 50K.
That 5K is all uphill.

Wed May 9, 2018 **5 miles**
I did the same workout as yesterday and averaged 10:58/mile.

Thur May 10, 2018 **3 miles**
I ran 3 miles on a very hilly course with the finish considerably higher than the
start. The course included 1.2 mile and 0.5 mile hills that I ran at about
13min/mile. The overall average pace was 11:50/mile.

Fri May 11, 2018 **5 miles**
In the morning I ran 4 miles on a very hilly course. The first and last miles were
mainly downhill. The second and third miles were mainly uphill with the sum of
all the ascents being 500 ft. The first 5K on the Green Jewel 50K goes steadily
upward with and elevation gain of about 500 ft. So the run I did today is good
prep for the beginning of the Green Jewel 50K.
Today's splits: first mile 9:00, 2 miles uphill 11:42/mile, last mile 9:23
Later in the day I jogged 1 mile.

28.5 miles in the last week

Sat May 12, 2018 **no running**

Sun May 13, 2018 **5.5 miles**
I warmed up with a mile at various paces and rested a few minutes.
Then I ran 4 miles on hilly roads and averaged 8:45/mile.
Splits: 9:26, 9:01, 8:44, 7:51
I rested a few minutes and jogged ½ mile.

Mon May 14, 2018 **20 miles**
I ran 4 x 5 miles with a 2 minute rest between each loop to eat and talk to Mary
Jane etc. I think having run a fast 5 miles yesterday made today's effort equivalent
to more than a 20 mile effort after tapering. The 5 mile course I used today is
somewhat hilly. The workout lasted about 3.75 hours.
Average pace for each 5 miles: 11:18, 11:18, 11:00, 9:54
Average pace for the 20 miles of running: 10:53
I ate about 450 calories for breakfast about 40 minutes before running and drank
48 ounces of Gatorade (320 calories) while running. The total of 770 calories is
what I need for a 3.75 hour workout.
This will be my last long run before the Green Jewel 50K in 19 days.

Tues May 15, 2018 **no running**

Wed May 16, 2018 **5 miles**
I ran with Tiffany, Jim and Sharon on the Wise Center Indoor track. We warmed up
with 1.38 miles including ¼ mile of drill. Then we ran 5 x ½ mile with a ¼ mile
jog between the runs. The average ½ mile time was 4:28. We walked 0.13 miles
to warm down.

Thur May 17, 2018 **6 miles**
½ mile jog to the Wise Center
On the indoor track: 1 mile in 4:45 + 4:07 = 8:52 and rested 4 minutes
On a treadmill:
1 mile in 8:58 at various paces, some as fast as 7:41/mile and rest 5 minutes
6 x ¼ mile in 2:00 with a ¼ mile jog before each run and a ½ mile jog at the end
I jogged ½ mile home.

Fri May 18, 2018 **4 miles** on very hilly roads averaging 11:40/mile.

40.5 miles in the last week

Sat May 19, 2018 **6.21 miles**
I ran 10K on a very hilly course and averaged 11:57/mile. The sum of all the ascents on the course is 830 ft.