

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: ½ 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: ¼ mile jog on treadmill and ½ mile jog home

Tues July 24, 2018 **1 mile**

I ran ½ mile to the Wise Center and then used 18 weight machines for a full body workout. Warm down: ½ 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: 1/8 mile, ¼ mile, ½ mile, ¾ mile, ½ mile, ¼ mile, ¼ mile

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

We jogged 1/8 mile after the first run and ¼ mile after each of the others.

Fri July 27, 2018 **6miles**

I ran and walked 6 miles on hilly roads and averaged 11:41/mile.

Walk/run ratio: 0.25

Average pulse 100, Max pulse 120

36.5 miles in the last week

Sat July 28, 2018 **16.3 miles**

Run: 2 x 5 miles and 1 x 6 miles on a slightly hilly loop

After each of the 5 mile loops I rested for 1:15 while I ate a gel and drank water.

It was a relatively cool day and I only drank a total of 16 ounces. I should have had more than twice this but surprisingly I did not feel the effects of dehydration.

Paces on each of the loops: 9:25, 9:21, 9:00/mile

The last 2 miles were in 8:41 and 8:19.

Warm down: 0.3 mile jog

Sun July 29, 2018 **2.2 miles**

I ran 2 miles on a treadmill in St. Catharines Canada.

Splits: 9:58 and 8:30

Warm down: 0.2 miles

Mon July 30, 2018 **1 mile** near the Niagara River and Falls

Tues July 31 2018 **7.5 miles**

Warm up: 1 mile out and back on Limber Rd at various paces and rested 3 minutes.

Run: 6 miles on the very hilly 2 mile course. The sum of the ascents is 862 feet.

Time: 53:05 or 8:51/mile

Splits: 7:16, 10:45, 9:35, 8:02, 7:10, 10:16

This is the fastest I ever ran this tough course. See Dec 28, 2018 for a summary of previous times on this course.

Warm down: ½ mile jog