

Sat 3/11/2017 **6 miles**

I ran 1 mile on the indoor track in 8:57 and then rested about 5 minutes.

On a treadmill I ran 6 x ½ mile all in 4:00. Before each half mile I jogged ¼ mile in about 3:00.

At the end I warmed down with a ½ mile in about 5:00.

My pulse at the beginning of each half mile was in the range 105 – 115 bpm.

My pulses at the end of the ½ miles were 137, 140, 142, 142, 142, 141.

Sun 3/12/2017 **no running**

We drove to New Alexandria PA

Mon 3/13/2017 **4 miles**

I ran 5 x 0.8 mile somewhat hilly loop in New Alexandria PA. The average pace was 9:56/mile. The first loop was at 10:55/mile and the last loop at 8:19/mile.

Tues 3/14/2017 **4 miles**

I ran about the same course as yesterday. The average pace was 9:52/mile. The last mile was in 8:28.

Wed 3/15/2017 **no running**

We drove back to Meadville.

Thur 3/16/2017 **5.25 miles**

I ran with Jim Fitch and Tiffany Hrach on the indoor track.

2 mile warm up including a ¼ mile of drills

We ran 1 mile in 8:42 with the last 1/8 mile in 1:00 and then a ½ mile jog.

We then ran 2 x ½ mile with a ¼ mile jog between and a ½ mile jog before and at the end.

Times on the ½ mile runs: 4:24 and 4:21.

Fri 3/17/2017 **4.5 miles**

On the indoor track I ran a mile in 9:19, did a ¼ mile of drills and rested 5 minutes.

On a treadmill I ran 2 miles in 17:29. Splits: 9:15, 8:14

I warmed down with a ¾ mile in about 7:30 on the treadmill and a ½ mile jog home.

**23.75 miles in the last week**

**Sat 3/18/2017 5 miles**

I ran 5 miles on hilly roads averaging 10:30/mile. It was cold with a slight drizzle and I wore three shirts and a rain jacket. The last mile was in 8:45.

**Sun 3/19/2017 9.25 miles**

I ran with Jim Fitch on the Ernst Trail.

We warmed up with 1.5 miles including a couple of short fast runs.

The we ran 10 x ½ mile with a ¼ mile jog between each run.

The ½ miles averaged 4:26 with the fastest one in 4:19 and the slowest in 4:34.

We warmed down with a ½ mile jog.

**Mon 3/20/2017 5 miles**

I ran 2.5 miles on a treadmill in 21:27 or 8:35/mile, The first mile was in 9:00 and it was at various paces as fast as 7:35/mile. The second mile was in 8:32 and the last ½ mile was in 3:55. I warmed down with a half mile in 6:00 and rested 3 minutes.

On the indoor track I walked and ran 2 miles in 10:54 + 10:50 = 21:44. I walked 0.16 miles at the beginning of each ½ mile. My walking pace was about 13:30/mile and my running pace about 9:40/mile.

**Tues 3/21/2017 10.5 miles**

I ran 2 x 5 mile loop. The loop is a slightly hilly course with a total ascent of 256 feet (as measured with Google Earth) spread out over the 5 miles. I ran the 10 miles in 1:31:01 or 9:06/mile. The last mile was in 7:55.

The first five miles averaged 9:27/mile and the second five averaged 8:45/mile.

I rested 6 minutes and jogged ½ mile.

**Wed 3/22/2017 4.5 miles**

I jogged ½ mile to the indoor track and rested a few minutes.

On the track I walked and ran 4 miles averaging about 12 minutes per mile. I walked about 0.17 miles at the beginning of each ½ mile.

**Thur 3/23/2017 5.6 miles**

I ran with Jim Fitch and Tiffany Hrach on the indoor track.

We warmed up with 1.5 miles including ¼ mile of drills.

Then we ran 10 x ¼ mile with a 1/8 mile jog between each run. The jogs took about 1:50.

The slowest ¼ mile was 2:09 and the fastest was 2:04. The average was 2:07. We warmed down with a ½ mile jog.

**Fri 3/24/2017 5.5 miles**

I ran the same hilly 4 mile course as I did 4 weeks ago (2/24/2017) only on that day I did not warm up. Today I warmed up by running 1 mile down and up hill in 9:54 and rested 3 minutes.

The total ascent along the 4 miles is 267 feet (measured using Google Earth). The time was 33:26 or 8:21/mile. The splits were 9:03, 8:41, 8:08, 7:35. Four weeks ago I averaged 8:53/mi.

I rested 3 minutes and jogged a ½ mile.

**45.35 miles in the last week**

**Sat 3/25/2017 15 miles**

I walked and ran 15 miles on hilly roads at an average pace of 12:00/mile. I walked about 0.18 miles at the beginning of each half mile. The total ascent was about 850 feet. I drank 7 ounces of water at 5 miles and again at 10 miles. I also ate a gel at 10 miles.

**Sun 3/26/2017 6.5 miles**

I ran 5 miles on slightly hilly roads averaging 9:53/mi. Then I rested 3 minutes and jogged a ½ mile. Later on in the day I jogged and walked 1 mile.

**Mon 3/27/2017 3.5 miles**

I ran 1 mile to the Allegheny outdoor track in 9:13 and rested 3 minutes. I then ran 4 x 200m with 200m jog after each run. The jogs were all in about 2:00. The times for the runs were

51.0, 52.3, 48.5, 47.0

I rested about 2:00 and ran 1 mile home in 9:01 and walked ½ mile in 6:48.

**Tues 3/28/2017 2 miles**

I walked and ran 2 miles on the Allegheny indoor track in about 24:00. I walked 1/8 mile, ran 1/8 mile and repeated to the end. The walking pace was about 14:40/mi and the running pace was about 9:20/mi.

**Wed 3/29/2017 4.5 miles**

I ran 4 miles on hilly roads in 39:19 or 9:49/mile. The last mile was in 8:47. I rested about 1:00 and walked a ½ mile in about 7:00.

**Thur 3/30/2017 5.75 miles**

I ran with Jim Fitch on the indoor track. We warmed up with 1.5 miles that included ¼ mile of drills. We then ran 3.5 miles in 32:30 which is 9:17/mile. The last half mile was in 4:30. The warm down was a ¼ mile walk and a ½ mile jog.

**Fri 3/31/2017 6 miles**

I ran on a treadmill. I warmed up with 2 miles in about 20 minutes including 2 x ¼ mile each in 2:00. Then I rested 5 minutes and ran 4 miles including a ¼ mile jog, a 5K run and a 0.65 mile jog. The 5K run was in 23:42 or 7:38/mile with the last 0.15 miles at 6:58/mi pace. The mile splits were 7:51, 7:40 and 7:26. My pulse at the end of the 5K was 160 bpm.

**43.25 miles in the last week**

**Running in the Netherlands**  
**While in the Netherlands, I take every 3 miles of bike riding**  
**as equivalent to approximately 1 mile of running.**

**Sat 4/1/2017 No running**

We flew to Amsterdam The Netherlands

**Sun 4/2/2017 2 miles**

I rode 5 miles on a bike.

**Mon 4/3/2017 4 miles**

I ran 4 miles not very fast.

**Tues 4/4/2017 5.8 miles**

In the morning I walked 2 miles. In the afternoon I ran 3.8 miles at various paces and averaged 9:53/mile.

**Wed 4/5/2017 4 miles**

I walked and ran 2 miles in about 24:00 and then rested a few minutes. Then I road a bike with no gears 4 miles in 22:30 and rested 20 minutes. Then I road 2 miles at various speeds. I assumed 6 miles of bike riding is equivalent to 2 miles of running.

**Thurs 4/6/2017 0 miles**

I have a cold that was bad today.

**Fri 4/7/2017 0 miles**

I didn't run again because of my cold.

**15.8 miles in the last week**

**Sat 4/8/2017 4 miles**

I am feeling somewhat better.

I ran 3 miles in about 30 minutes and walked 1 mile in about 14 minutes.

**Sun 4/9/2017 2 miles**

I rode 6 miles on a bike which I take equivalent to 2 miles of running

**Mon 4/10/2017 0 miles**

I am still sick and did not run.

**Tues 4/11/2017 2 miles**

I walked 2 miles in about 28 minutes. I am feeling better than yesterday.

**Wed 4/12/2017 4 miles**

I ran 3 miles averaging 8:57/mile and walked 1 mile in about 14 minutes.

**Thur 4/13/2017 5 miles**

I ran on level bike paths. I first ran 2 miles averaging 9:32/mile and including  $\frac{1}{4}$  mile in about 2:00 and then I rested 4:00. Then I ran 4 x  $\frac{1}{4}$  mile with a  $\frac{1}{4}$  mile jog after each run. The times were 1:54, 1:55, 1:54 and 1:51. The jogs were in about 3:00.

I rested 2:00 and ran and walked 1 mile in about 12:00.

**Fri 4/14/2017 4.5 miles**

I ran 4 miles on a bike path and averaged 8:38/mile with the last  $\frac{1}{2}$  mile in 4:03 and rested 8 minutes. Then I walked a  $\frac{1}{2}$  mile in 6:19.

**21.5 miles in the last week**

**Sat 4/15/2017 5 miles**

I ran 4 miles on bike paths averaging 8:24/mile with the last mile in 8:07 and then walked slowly for  $\frac{1}{4}$  mile. Then I walked a  $\frac{3}{4}$  mile at 12:32/mile pace.

**Sun 4/16/2017 5 miles**

I walked and ran 3 miles and averaged 11:20/mile. I walked about  $\frac{1}{4}$  mile at the beginning of each  $\frac{1}{2}$  mile and therefore walked and ran about the same amount. Later in the day I rode 6 miles on a bike which I take to be equivalent to 2 miles of running.

**Mon 4/17/2017 6 miles**

I ran 3 miles on bike and walking paths averaging 8:55/miles and rested 4:00. Then I walked 1 mile in 12:05. Later in the day I rode 6 miles on a bike which I take to be equivalent to 2 miles of running.

**Tues 4/18/2017 3 miles**

I walked and ran 3 miles averaging 11:30/mile on bike and walking paths. I ran  $\frac{1}{4}$  mile, walked  $\frac{1}{4}$  mile and repeated to the end. My running pace was about 10:00/mile and walking pace about 13:00/mile.