

Running Log as I Get Back in Shape  
I have missed 2 weeks of running. I needed the rest.  
From now on I will include the time of day I start my run.

Sat 10/1/16 Morning - **1 mile** walk in 16 minutes

Sun 10/2/16 Morning - **1 mile** walk in 16 minutes

Mon 10/3/16 Morning - **1 mile** walk in 16 minutes

Tues 10/4/16 Morning - **1 mile** walk in 17 minutes

Wed 10/5/16 11:22 AM - **2.5 miles**

I walked a mile, ran 3/4 of a mile and walked a mile. Times: 15:14, 7:54, 14:57.

Thur 10/6/16 3:52 PM - **3 miles**

I ran 3 miles in 32:05, ave pace = 10:42/mile

Fri 10/7/16 10:43 PM - **5 miles**

I walked and ran 5 miles in 1:04:04, 12:49/mi. I walked a ½ mile, ran a ½ mile and repeated.  
Then I walked an easy ½ mile.

**14.5 miles in the last week**

Sat 10/8/16 Morning - **1 mile**

1 mile walk and run in 13:45 on a hilly road

Sun 10/9/16 12:08 PM – **4 miles**

I ran 4 miles on hilly roads in 43:42. Splits: 10:28, 11:43, 11:20, 10:09

Mon 10/10/16 10:05 AM - **4 miles**

½ mile to gym downhill in 4:40

On treadmill: 2 mile run in 20:00, ½ mile walk in 7:00 and half mile run in 4:38.

Ran ½ mile home.

Tues 10/11/16 – **No running**

Wed 10/12/16 9:34 AM - **4.5 miles**

I ran and walked mainly on somewhat hilly roads except for one mile on the Allegheny track.

1 mile walk and run in 12:42. I walked ½ mile and ran ½ mile and then rested a minute.

I ran 1 mile to the track in 10:10 and rested a minute.

I ran 1 mile on the track in 8:59 going faster as I ran and then rested a minute.

I ran 1 mile home in 10:00 and jogged a half mile.

