

Running Log Starting Saturday May 21, 2016

Most workouts are in Meadville PA where I live.

Note: Before each workout, I massage my feet, legs, hips and back

I am going to start training for shorter races.

Sat 5/21/16: **2.3 miles**

I jogged 0.3 miles to the hilly cemetery loop and then 2 miles on the loop in 19:46 going faster as I ran. I feel better than I did two days ago.

Sun 5/22/16: **3 miles**

I ran 3 miles on the cemetery loop:  $9:47 + 9:19 + 9:10 = 28:16$

Mon 5/23/16: **5.3 miles**

I ran 1 mile to the college track in 9:13 and then rested 4 minutes.

I ran 8x220yds with a 220 jog before each. I ran wide so each lap was 440 yds. The average jog time was about 90 seconds.

Times on the 220's:

55.1, 53.4, 53.8, 52.1, 50.9, 50.3, 50.0, 47.2

I felt better as I ran.

Rested 4 minutes

I ran the 1.33 mile grassy, hill loop around the athletic fields in 12:29.

Rested 4 minutes

I ran 1 mile on the track in 9:52

This was a good workout. I feel good.