

Sat Oct 13, 2018 **50 miles**

I ran and walked the hilly Canandaigua 50 mile. It was rather cool in the mid 40's, rainy and windy. Lots of time the wind was in our faces. I had about 2700 calories in my breakfast cereal, banana, energy bar, Gatorade and defizzed coke. I wanted to run under 10 hours which is 12:00/mile. At 25 miles my average pace was 11:40/mile. I realized I could not hold that pace so I started walking a lot more and enjoying the run a lot more too. My final time was 10:52:39. The race director, Gil Robs and his crew were very friendly and the run was well organized with course marshals at major intersections and clear course markings everywhere else. There were lots of people at the 12 aid stations helping the runners and cheering us on. It was a great run on my 76<sup>th</sup> birthday.

Sun Oct 14, 2018 **no running**

Mon Oct 15, 2018 **no running**

Tues Oct 16, 2018 **no running**

I pushed a lawnmower for an hour.

Wed Oct 17, 2018 **2 miles**

I ran 2 miles on a treadmill.

Splits: 10:00, 8:14

Thurs Oct 18, 2018 **3 miles**

I ran 3 miles at various paces between 10:00/mile and 12:00/mile.

Fri Oct 19, 2018 **no running**

**55 miles in the last week**

Sat Oct 20, 2018 **31.5 miles**

I ran in the Erie Personal Endurance Classic. Runners are timed while running as many 1.05 mile loops as they want. I ran 30 loops for a total of 31.5 miles. My time and overall mile pace were 6:05:08 and 11:35/mile. I passed the 50K point in about 5:59 and reached my goal of running 50K in under 6 hour. I ate and drank plenty of calories. I drank about 90 ounces of Gatorade and defizzed Coke which is almost 3 ounces per mile. This may not have been quite enough even though the day was cool. The race director Jim Lang was very friendly and helpful. Mike Viera helped me keep track of the number of loops I had completed while I was running. Thank you Mike.

Sun Oct 21, 2018 **no running**

Mon Oct 22, 2018 **4 miles**

I ran 1.75 miles downhill averaging 11:44/mile and then rested a half hour. I ran 1.25 miles **slightly** uphill averaging 10:43/mile. It was easier going uphill than down because my quads are tired from Saturday's run. I rested 3 minutes. I walked 1 mile up a steep hill in 17:15.

Tues Oct 23, 2018 **2 miles**

I ran 2 miles on a hilly course. Splits 10:33, 10:38

Wed Oct 24, 2018 **2miles**

I ran 2 miles at various paces on roads and trails.

Thurs Oct 25, 2018 **no running**

Fri Oct 26, 2018 **3 miles**

**Warmup:** I ran ½ mile at a good pace down to the Wise Center and rested a few minutes.

**Run:** I ran 2 miles in 19:28 on a treadmill. Splits: 10:30, 8:58

I ran faster as I went, starting at about 11:00/mile and ending at 8:00/mile.

**Warmdown:** I rested a few minutes and jogged ½ mile home

**42.5 miles in the last week**

Sat Oct 27, 2018 **3 miles**

I ran in the Wise Center.

**Warmup:** ½ mile on the indoor track in 4:37 and rest about 5 minutes

**Run:** I ran 2 miles on a treadmill in 18:37. Splits: 10:00, 8:37

I ran faster as I went, starting at about 10:30/mile and ending at 7:41/mile.

**Warmdown:** I rested about 5 minutes and ran ½ mile on the indoor track in 4:56.

Sun Oct 28, 2018 **no running**

I preped for a colonoscopy.

Mon Oct 29, 2018 **no running**

I had a colonoscopy.

Tues Oct 30, 2018 **3 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** ½ mile in 4:54 and rest a few minutes

**Run:** I ran 2 miles in 17:15. Splits: 8:55, 8:20

I ran faster as I went, starting at about 10:10/mile and ending at 7:41/mile.

**Warmdown:** ½ mile in 5:30

Wed Oct 31, 2018 **4.2 miles**

**Warmup:** 1 mile in 9:45

**Run:** Tim Dunn and I ran 4 x 1.5 cemetery loops in a very light rain. Each run was 765 meters. Between each interval we jogged about 250 meters in 3 minutes. We got faster with each of the runs. Tim ran 30-35 seconds faster than me on each of the runs. He started after I did and we finished together. It was great!

My times: 3:50, 3:46, 3:42, 3:37

My average pace for the last interval was 7:36/mile.

**Warmdown:** 0.8 mile jog

Thur Nov 1, 2018 **3 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** ½ mile in 5:00 and rest 4 minutes

**Run:** I ran 2 miles in 17:04. Splits: 8:55, (4:12+3:57) = 8:09

I ran faster as I went, starting at about 10:00/mile and ending at 7:41/mile.

**Warmdown:** ½ mile in 5:25

Fri Nov 2, 2018 **3.5 miles**

**Warmup:** ½ mile to the Wise Center and a few minute rest

**Run:** I ran 2 miles in 19:00 on a treadmill.

**Warmdown:** ½ mile in about 5:30 and ½ mile walk on the indoor track in about 7:50

**16.7 miles in the last week**

Sat Nov 3, 2018 **3.75 miles**

**Warmup:** ½ mile run to the Wise Center and a few minute rest

**Run:** I ran and walked 3 miles on the indoor track and averaged 10:35/mile.

I walked 125 yards at the beginning of each half mile. My walking pace was about 16:00/mile and my running pace about 9:45/mile. **Warmdown:** 1/4 mile walk in about 4:00

Sun Nov 4, 2018 **3.5 miles**

**Warmup:** ½ mile run to the Wise Center and a few minute rest

**Run:** 1 mile on a treadmill at various pace, time: 8:40 and a few minute rest

3 x 0.2 miles at 7:14/mile pace with a 0.3 mile jog before each run. The jogs were at about 11:00/mile. **Warmdown:** 0.5 mile jog

Mon Nov 5, 2018 **4.75 miles**

**Warmup:** ¾ mile jogging

**Run and walk:** 3 miles on the indoor track averaging 11:30/mile

I ran 3/8 mile, walked 1/8 mile and repeated until I reached 3 miles. My running pace was about 10:00/mile and my walking pace was about 16:00/mile.

**Warmdown:** I rested a few minutes and walked a mile in 16:10.

Tues Nov 6, 2018 **4 miles**

**Warmup:** ½ mile run to the Wise Center and rest a few minutes

**Run:** 2 miles on a treadmill Splits: 9:29, 9:00 and rest a few minutes

4 x 0.15 miles at 7:14/mile pace with a 0.1 mile jog before each run. The 0.15 mile runs each took 65 seconds. The jogs before each 0.15 mile run took about 70 seconds.

**Warmdown:** 0.5 mile jog

Wed Nov 7, 2018 **2 miles**

I road a stationary recumbent bike on level 12. My final pulse was 114.

Calories: 200, Distance: 5.2 miles, Time: about 19:00

I am taking this to be equivalent to 2 miles of running.

Thur Nov 8, 2018 **4 miles**

I ran with 5 other runners on the Geendale Cemetery 510 m loop.

**Warmup:** 1 mile

**Run:** 6 x 1 loop with a 250 m jog between each of the runs. The jogs took about 4:00.

Times: 2:35, 2:29, 2:30, 2:19, 2:39, 2:24

The average pace for the fastest run is 7:19/mile.

Fri Nov 9, 2018 **3.5 miles**

1 mile on the Wise Center indoor track in 8:53 running faster as I went. Last ¼ mile at 7:50/mile pace. Then I rested a few minutes. I road a stationary recumbent bike on level 12.

Final pulse: 130, Ave Speed: 16.9 mi/hr, Calories: 200, Distance: 5.3 miles, Time: 18:50

I am taking this as equivalent to 2 miles of running. I rested and then walked ½ mile in 16:20

**25.5 miles in the last week**

Sat Nov 10, 2018 **4.25 miles**

**Warmup:** 1.5 miles on a Wise Center treadmill. I ran faster as I went.

Time: 13:27, Splits 9:29, 3:58 (for the last ½ mile). Then I rested 4 minutes.

**Run:** 5 x 0.16 miles at 7:09/mile pace with a 0.09 mile jog before each run. The 0.16 mile runs each took 68.6 seconds. The jogs before each 0.16 mile run took about 85 seconds.

**Warmdown:** I rested about 4 minutes, ran a mile in about 9:30 and jogged ½ mile home.

**Compare this workout to the ones on Sun Nov 4, 2018 and Tues Nov 6, 2018. I felt better running faster today than previously. I plan to continue running these intervals faster and longer, and increasingly more of them.**

Sun Nov 11, 2018 **no running**

Mon Nov 12, 2018 **4 miles**

**Warmup:** ½ mile to the Wise Center and rest a few minutes.

1.5 miles on a treadmill starting at about 10:00/mile, ending at 7:41/mile averaging 8:52/mile

**Run:** 5 x 0.18 miles at 7:09/mile pace with a 0.12 mile jog before each run. The 0.18 mile runs each took 77.1 seconds. The jogs before each 0.18 mile run took about 88 seconds.

**Warmdown:** ½ mile in 4:58

Tues Nov 13, 2018 **2 miles**

I ran and walked 2 miles on the Wise Center indoor track.

I ran 3/8 mile in about 3:30, walked 1/8 mile in about 1:45 and repeated 3 more times for a total of 2 miles in 20:59. Running pace: 9:20/mile, Walking pace 14:00/mile

Wed Nov 14, 2018 **5 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** 2.1 miles starting at about 10:00/mile, ending at 7:30/mile averaging 8:58/mile

**Run:** 6 x 0.2 miles at 7:09/mile pace with a 0.2 mile jog before each run. The 0.2 mile runs each took 85.7 seconds. The jogs before each 0.2 mile run took about 2:18.

**Warmdown:** ½ mile in about 5:30

Thur Nov 15, 2018 **2.25 miles**

On the Wise Center indoor track: 1 mile splits 4:55 + 4:35 = 9:30, rest 5 minutes

On a recumbant stationary bike:

50 calorie ride in 4:10 (final pulse: 137), 25 calorie slow ride

25 calorie ride in 1:58, 25 calorie slow ride

I take the bike riding to be equivalent to 1.25 miles of running.

Fri Nov 16, 2018 **3.5 miles**

**Run:** 3 miles on a treadmill in about 27 minutes. Approximate Splits: 9:30, 9:00, 8:30

**Warm down:** ½ mile in 5:00..

**21 miles in the last week**

Sat Nov 17, 2018 **5 miles**

I ran in Greendale Cemetery with 5 other runners. The temperature was about 35 degrees.

Greendale Cemetery is on the side of a hill with one end 0.75 miles away from the other. The elevation change is about 200 feet.

**Warmup:** 0.5 mile jog

**Run:** We ran 3 times from the top of the cemetery to the bottom and back up again, ie 1.5 miles for each run. Between each time down and up we rested a few minutes.

Times and average paces for the runs: 16:45 (11:10/mile), 15:22 (10:15/mile), 14:03 (9:22/mile)

Sun Nov 18, 2018 **3.5 miles**

I ran a mile on the Wise Center indoor track in 8:46. Splits: 4:36, 4:10

I rested for 6 minutes and ran 1.5 miles on a treadmill including a ½ mile in 3:47.

I rested a few minutes and walked a mile on the indoor track with Mary Jane in about 17:00.

Mon Nov 19, 2018 **6.5 miles**

**Warmup:** ½ mile to the Wise Center, rest 5 minutes and ½ mile on a treadmill in about 4:45

**Run:** 5 miles on a treadmill starting at about 9:10/mile and ending at 7:14/mile

Time and average pace for 5 miles: 41:35, 8:19/mile

Splits: 9:00, 8:44, 8:21, 7:58, 7:31

**Warm down:** ½ mile jog home

Tues Nov 20, 2018 **1.75 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** 2 miles at various paces, some as fast as 7:41/mile. Ave. pace: 9:00/mile, rest 5:00

**Run:** ¼ mile jog, lead into a mile run in 7:32. Splits: 3:50, 3:42

**Warm down:** ½ mile jog

Wed Nov 21, 2018 **no running**

Thur Nov 22, 2018 **no running**

Fri Nov 23, 2018 **3.7 miles**

I ran in Greendale Cemetery. The Cemetery is on the side of a hill with one end 0.75 miles away from the other. The elevation change is about 200 feet.

**Warmup:** 0.35 mile jog and rest 3 minutes

**Run:** 2 times from the top of the cemetery to the bottom and back up again, ie 1.5 miles for each run. Between the 2 runs I rested a few minutes.

Times and average paces for the runs: 16:33 (11:02/mile), 14:19 (9:33/mile)

**Warm down:** rest 3 minutes and jog 0.35 miles

**20.45 miles in the last week**

Sat Nov 24, 2018 **3 miles**

**Warmup:** 0.3 mile jog

**Run:** 2 miles on the somewhat hilly cemetery loop in cold damp weather, Splits: 9:57, 9:21

**Warm down:** 0.7 mile jog

Sun Nov 25, 2018 **4.5 miles**

I ran 4.5 miles with Olivia Hemlock on very hilly roads and averaged 10:26/mile.

Mon Nov 26, 2018 **3.5 miles**

**Warmup:** 0.5 mile jog to Wise Center and rest a few minutes

**Run:** On a treadmill 2.25 miles at various paces some as fast as 7:09/mile.

Time: 20:09, Average pace: 8:57/mile

**Warm down:** 0.75 miles averaging about 10:15/mile

Tues Nov 27, 2018 **5.75 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** 2 miles, splits: 8:58 and 8:15. The second mile I went faster as I ran and ended at 7:41/mile pace. 5 minute rest

**Run:** 8 x 0.2 miles at 7:09/mile pace with a 0.2 mile jog before each run. The 0.2 mile runs each took 85.7 seconds. The jogs before each 0.2 mile run took about 2:15.

**Warm down:** 0.3 miles in 3 minutes and 0.25 mile jog outdoors.

Wed Nov 28, 2018 **5 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** 2 miles, splits: 8:59 and 8:05. The second mile I went faster as I ran and ended at 6:59/mile pace. 4 minute rest

**Run:** 6 x 0.2 miles at 6:59/mile pace with a 0.2 mile jog before each run. The 0.2 mile runs each took 83.7 seconds. The jogs before each 0.2 mile run took about 2:22.

**Warm down:** 0.6 miles in 6 minutes

Thur Nov 29, 2018 **4 miles**

**Run:** 3 miles in 26:59 on a treadmill at the Wise Center, Approximate splits: 9:30, 9:00, 8:30

**Warm down:** ½ mile in about 5:00 and ½ mile jog home

Fri Nov 30, 2018 **no running**

**25.75 miles in the last week**

Sat Dec 1, 2018 **4 miles**

**Warmup:** 2 miles on a treadmill, splits: 8:59, 8:39 with last  $\frac{1}{4}$  mile in 2:00, rested 5 minutes

**Run:** 4 x 0.17 miles at 6:49/mile pace with a 0.23 mile jog before each run. The 0.17 mile runs each took 69.5 seconds. The jogs before each 0.17 mile run took about 2:50.

**Warmdown:** 0.4 miles in about 4 minutes

Sun Dec 2, 2018 **4 miles**

I walked and ran 4 miles on the Ernst Trail and averaged 11:55/mile. I walked about 0.1 miles at the beginning of each  $\frac{1}{2}$  mile. Walk/Run Ratio: 0.25

Mon Dec 3, 2018 **4.5 miles**

**Warmup:** 2 miles on a Wise Center treadmill, splits: 8:58, 8:27 with last  $\frac{1}{4}$  mile in 1:55 and rested 5 minutes

**Run:** 4 x 0.17 miles at 6:49/mile pace with a 0.23 mile jog before each run. The 0.17 mile runs each took 69.5 seconds. The jogs before each 0.17 mile run took about 2:40.

pulse at the end of first run: 143, pulse at the end of fourth run: 153

**Warmdown:** 0.4 miles in about 4 minutes and  $\frac{1}{2}$  mile jog home.

Tues Dec 4, 2018 **4.5 miles**

**Warmup:**  $\frac{1}{2}$  mile jog to the Wise Center

0.1 mile lead into 2 miles on a treadmill and rest 5 minutes, Splits for 2 mile 8:47, 8:27

**Run:** 0.1 mile lead into a 1 mile run

time for 1 mile: 7:22

$\frac{1}{4}$  mile splits: 1:52.5, 1:51.1, 1:49.8, 1:48.4

pulse at the end of the mile: 157 **Warm down:** 0.4 mile on treadmill and 0.5 mile jog home

Wed Dec 5, 2018 **4.75 miles**

I ran on the indoor track in the Wise Center.

**Run:** 3 x  $\frac{1}{2}$  mile and 1 x 1 mile with a  $\frac{1}{4}$  mile jog between.

Times: 4:27, 4:01, 4:24,  $(4:16 + 3:58) = 8:14$

**Warm down:**  $\frac{1}{2}$  mile jog on the track, rest 3 minutes, 1 mile on a treadmill in 8:59

Thur Dec 6, 2018 **7.1 miles**

I ran on a treadmill in the Wise Center.

**Warmup:** 2 miles, splits: 9:28, 8:28, 8 minute rest

**Run:** a 0.1 mile lead into a 5 mile run in 39:59, splits: 8:06, 8:00, 8:00, 8:00, 7:53

**Warm down:** a 4 minute rest and  $\frac{1}{4}$  mile jog on the indoor track

Fri Dec 7, 2018 **3 miles**

I ran on the Wise Center indoor track. I always run wide on the track so each lap is  $\frac{1}{8}$  mile

**Warmup:** 1 mile going faster with each lap, time: 9:29 and rest 3 minutes

**Run:** 8 x  $\frac{1}{8}$  mile with  $\frac{1}{8}$  mile jog after each,

average time for runs: 57.8, last run: 51.3, average time for jogs: about 90s.

**31.85 miles in the last week**



Sat Dec 8, 2018 **no running**

Sun Dec 9, 2018 **9.5 miles**

**Warm up:** ½ mile to the Wise Center in about 5 minutes, 1 mile on the indoor track in 8:53 and a 7 minute rest

**Run:** On a treadmill, 10 x ½ mile with a ¼ mile jog before each run.

Times for the runs: The first 6 in 4:00, the next 3 in 3:56.8 and the last one in 3:53.8

Pulses at the end of each run 147, 148, 150, 151, 150, 150, 151, 151, 151, 152

Times for the ¼ mile jogs before each run about 3 minutes.

**Warm down:** ½ mile in about 6 minutes

**Note:** The easiest run was the 6<sup>th</sup> one.

Mon Dec 10, 2018 **3.5 miles**

**Warmup:** ½ mile to Wise Center

**Run/walk:** On indoor track, run 3/8 mile, walk 1/8 mile and repeat until 3 miles completed. Average pace: about 11:20/mile

Tues Dec 11, 2018 **3.5 miles**

I ran and walked 3.5 miles on the Wise Center indoor track and averaged 10:57/mile.

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**Using heart rate (HR) to evaluate level of fitness.  
(In my case I call this a “142 beats per minute test”).**

**A runner's level of fitness varies with time. I use my heart rate to help evaluate my level of fitness. Lately while running on a treadmill and wearing a heart rate monitor, I do the following.**

- 1. Warm up with a mile at about 9:00 – 9:30/mile pace and rest a few minutes.**
- 2. Start running at about 8:35/mile pace and then adjust pace so that HR is  $HR_0 = 142 \pm 1$  bpm.**
- 3. Use a watch to record mile splits and stop running when the split exceeds  $T_{max} = 8:45$**
- 4. The more miles I am able to run without reaching 8:45/mile, the better my fitness.**

**If another runner wants to perform the test mentioned above they will need to establish values for  $HR_0$  and  $T_{max}$  in the following way.**

- 1. On a treadmill, the runner should warm up, rest a few minutes and then run at a pace near their average half marathon pace (this pace can be estimated). Their HR after running a mile is  $HR_0$ .**
- 2. Next continue running but now adjust pace up and down in order to keep HR near  $HR_0$ . Record mile splits on a watch. The split for the 3rd mile is  $T_{max}$ .**

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**Continued**

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**Notes: During subsequent tests, if more miles are run before the last mile split reaches Tmax or the mile splits are less than previously, then the runner's fitness has presumably improved. Also, the same values of HR0 and Tmax should always be used unless the level of fitness changes a great deal.**

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Wed Dec 12, 2018 **5 miles**

**I performed a 142 bpm test on a Wise Center treadmill.**

**Warmup:** 1 mile in 9:27 and rested 6 minutes.

**Run:** 4 miles continually adjusting pace so that my HR stayed near HR0=142 bpm.

Mile Splits: 8:39, 8:38, 8:44, 8:46

I stopped running after 4 miles because the fourth mile split was greater than Tmax=8:45.

Thur Dec 13, 2018 **6.5 miles**

**Warmup:** ½ mile to Wise Center and rested a few minutes

On a treadmill I ran 2 miles at various paces some as fast as 7:41/mile and rested 8:00.

2 mile splits: 9:00, 8:26

**Run:** ¼ mile lead into a 3 mile run in 23:35 or 7:51.7/mile

I ran the first 2.5 miles at 7:54/mile pace and then faster for the last ½ mile.

Pulse at the end of each mile: 153, 156, 158

**Warm down:** ¼ mile in about 2:30

Fri Dec 14, 2018 **3.5 miles**

3 miles on a treadmill at various paces averaging 9:00/mile and ½ mile jog home

**31.5 miles in the last week**

Sat Dec 15, 2018 **4 miles**

**Warmup:** 1 mile on the Wise Center indoor track going faster as I ran, time 8:54 and rested 10 minutes, 1 mile on a treadmill in 8:27 at various paces some as fast as 7:41/mile and rested 4:00

**Run:** 1.5 miles on a treadmill including:

¼ mile at about 10:00/mile

¾ miles at 7:30/mile

¼ mile at about 10:00/mile

**Warm down:** ½ mile jog home

Sun Dec 16, 2018 **5.5 miles**

**Warmup:** ½ mile to the Wise Center and rest a few minutes.

1 mile on a treadmill in 9:07 and rest a few minutes.

**Run:** I did a 142 bpm test. After about a half mile I held my heart rate near 142 bpm by continually adjusting my pace. Mile splits: 8:32, 8:34, 8:35, 8:35. Pulses at the end of each mile: 143, 142, 142, 142. Mile splits were a good deal lower today compared to last Wednesday.

Mon Dec 17, 2018 **4.5 miles**

**Warmup:** 1 mile on a Wise Center treadmill in 9:03 running faster as I ran.

Rested about 8 minutes.

**Run:** 2 x 0.75 miles at 7:30/mile pace, pulses at the end of each run were 152 and 153

I jogged a ½ mile before each run and ½ mile after the second one.

**Warm down:** ½ mile jog home

Tues Dec 18, 2018 **5 miles**

**Warmup:** 1.5 miles on a Wise Center treadmill at various paces some as fast as 7:41/mile and averaging 8:45/mile, a 10 minute rest

**Run:** 3 x ½ mile and 1 x 1 mile. I lead into the first run with a ¼ mile in 2:30 and I ran a ¼ mile after each run in about 3:00. Time and pulse at the end of each run:

4:00 (138 bpm), 3:57 (142 bpm), 3:51 (147 bpm), 7:30 (154 bpm)

Wed Dec 19, 2018 **5 miles**

**Warmup:** 1 mile on a Wise Center treadmill in 9:00 going faster as I ran and ending at 7:41/mile, then a 4 minute rest

**Run:** I did a 142 bpm test. After about a half mile I held my heart rate near 142 bpm by continually adjusting my pace. Mile splits: 8:20, 8:20, 8:26, 8:31. Pulses at the end of each mile: 142, 142, 142, 141. My mile splits were again lower today compared to last Wednesday and last Sunday. The interval training I started 1.5 months ago is paying off.

Thurs Dec 20, 2018 **2.5 miles** on very hilly roads averaging about 11:00/mile

Fri Dec 21, 2018 **4.5 miles**

**Warmup:** 2 miles on a Wise Center treadmill, splits: 9:00, 8:40 and rest 4 minutes

**Run:** 1 x 1 mile and 1 x ½ mile with ¼ mile jogs before the mile and after the ½ mile and ½ mile jog between the 2 runs. mile time: 7:52, ½ mile time: 3:40

**31 miles in the last week**

Sat Dec 22, 2018 **4 miles**

I ran on a YMCA treadmill

**Warmup:** 2 miles averaging about 9:00/mile and a 4:00 rest

**Run:** 1 x ½ mile and 2 x ¼ mile with ¼ mile jogs before each run and a ¼ mile jog at the end

½ mile time 4:00, ¼ mile times: 2:00, 2:00

Sun Dec 23, 2018 **4.5 miles**

I ran on a YMCA treadmill.

**Warmup:** 2 miles, splits: 8:58, 8:26, and a 4:00 rest

**Run:** 2 x ¼ mile and 1 x ½ mile with ¼ mile jogs before each run and a ½ mile jog at the end

¼ mile times: 2:00, 2:00 and ½ mile time: 3:50, The jogs were at about 12:00/mile pace

Mon Dec 24, 2018 **5.5 miles**

I ran 5 miles on a YMCA treadmill.

Splits and pulses at the end of each mile:

8:58 (138), 8:34 (140), 8:30 (142), 8:33 (142), 8:00 (153)

**Warm down:** rest about 4:00 and ½ mile in about 5:00

Tues Dec 25, 2018 **no running** We flew to Amsterdam

Wed Dec 26, 2018 **2 miles** walking and running in Amsterdam at various paces

Thurs Dec 27, 2018 **5.25 miles**

**Warmup:** ½ mile to the Sportcentrum VU and a few minute rest

**Run:** 4 miles on a treadmill going faster as I ran, splits: 8:55, 8:45, 8:28, 7:45

Pulse at the end of the 4 mile run: 157 bpm

**Warm down:** ¼ mile in about 2:30 on treadmill, rest a few minutes and ½ mile jog outside

Fri Dec 28, 2018 **1.5 miles** walking and running in Amsterdam at various paces

**Miles in the last week: 22.75**

Sat Dec 29, 2018 **5.7 miles**

**Warmup:** 0.5 miles to the Sportcentrum VU and rest a few minutes

1.5 miles on a treadmill, splits 8:58, 4:17 and rest about 5:00

**Run:** 0.1 mile lead into a 3.1 mile run, time for 3.1 miles: 23:48 or 7:40.6/mile

Splits: 7:54, 7:44, 7:30, 0:40 Pulse at the end of 3.1 miles: **164 bpm**

**Warm down:** 0.1 mile on treadmill, rest a few minutes and 0.5 mile outside

**The six weeks of fast running including interval training and the last easy week has had a definite effect. Today my heart rate was able to reach 164 bpm which is considerably higher than it has been recently. Also, I ran much more easily than I have in a long time.**

Sun Dec 30, 2018 **5.65 miles**

**Warmup:** 1 mile jog on roads and 1 mile on a Sportcentrum treadmill in 8:50, rest about 4:00

**Run:** After a 0.15 mile lead in, I did a 3 mile 142 bpm test.

Splits and pulses at the end of each mile: 8:14 (142), 8:24 (142), 8:21 (142)

Compare splits to those on Dec 19, 2018. On average they are slightly lower today.

Mon Dec 31, 2018 **no running - I ran 1596 miles in 2018**

Tues Jan 1, 2018 **4.5 miles**

**Warmup:** ¼ mile

**Run:** 4 miles on bike paths, Time: 35:26 (8:51/mile), Splits: 8:52, 8:23, 9:05, 9:06

**Warm down:** ¼ mile

Wed Jan 2, 2019 **6 miles**

**Warmup:** ½ mile to the Sportcentrum VU and rested a few minutes, 1 mile on a treadmill at various paces in 8:47 including some as fast as 7:47/mile, rested a few minutes

**Run:** 3 x 1 mile with a ¼ mile jog before each run and a ¼ mile jog at the end

1 mile times and pulses at the end of each mile:

7:58 (137 bpm), 7:43 (144 bpm), 7:20 (154 bpm)

**Warm down:** ½ mile outside

Fri Jan 4, 2018 **4 miles**

**Warmup:** ½ mi to the Sportcentrum VU, rested a few minutes, 1 mile on treadmill in 8:44 and rested about 3:00

**Run:** ¼ mile lead into a 2 mile run, Time 15:17, Splits: 7:50, 7:27

My pulse stayed at 161 or 162 for the whole second mile.

**Warm down:** ½ mile jog outside

**Workouts lately seem easy. I want to check the calibration of the treadmill.**

**I assumed the treadmill belt length to be 3.32 meters as found online, and set the treadmill for 12.5 km/hour. At this setting it made 36 cycles in 34.1 seconds. Therefore one cycle took  $34.1/36 = 0.947$  seconds. So the speed of the treadmill at this setting is  $3.32/0.947 = 3.506$  m/s. Converting this speed to km/hr we have:  $(3.506 \text{ m/s}) \cdot (.001 \text{ km/m}) \cdot (3600 \text{ s/hr}) = 12.6 \text{ km/hr}$  (this is very close to the treadmill setting. Therefore it is calibrated correctly)**

**25.85 miles in the last week**

Sat Jan 5, 2019 **4.25 miles**

**Warmup:** ½ mile to the Sportcentrum VU, 1 mile on a treadmill in 8:45, rest about 3:00

**Run:** 0.05 mile lead into a 2 mile 142 bpm test,  
mile times and pulses at the end of each mile: 8:11 (142), 8:24 (142)

Compare test to one on Dec 30

**Warm down:** 0.2 mile on treadmill and ½ mile outside

Sun Jan 6, 2019 **no running**

Mon Jan 7, 2019 **5.1 miles**

**Warmup:** ½ mile on a bike path and 0.1 mile on a treadmill

**Run:** 4 miles on a Sportcentrum treadmill,  
Time: Splits and pulses: 8:55 (137 bpm), 8:27 (143 bpm), 8:32 (142 bpm), 7:34 (164 bpm)  
I ended the last mile a good deal under 7:00/mile pace and my pulse rose to 164 bpm.

**Warm down:** ½ mile on a bike path

Tues Jan 8, 2019 **3 miles**

I ran 1 mile and walked 2 miles on bike and walking paths in Amsterdam.

Wed Jan 9, 2019 **5.15 miles**

**Warmup:** ½ miles to the Sportcentrum VU, rest about 5:00 and a 0.1 mile lead into a 1 mile on a treadmill, time for 1 mile: 8:50, about a 3 minute rest

**Run:** 0.1 mile lead into a 4 mile 142 bpm test,  
mile times and pulses at the end of each mile: 8:06 (143), 8:16 (141), 8:23 (142), 8:30 (142)  
This is the best recent result for a 142 bpm test. Compare today's splits to ones on Dec 12

**Warm down:** ½ mile outside

Thur Jan 10, 2019 **3 miles**

I ran 1 mile and walked 2 miles on bike and walking paths in Amsterdam.

Fri Jan 11, 2019 **9.15 miles**

**Warm up:** ½ mile to the Sportcentrum VU, and rest a few minutes,  
a 0.1 mile lead into 1 mile on a treadmill, time for mile 8:33, a 3 minute rest

**Run:** On a treadmill, (¼ mile jogs before each run took about 3:00)

3 x ½ mile with a ¼ mile jog before each run, Average time of 3 runs: 4:00

3 x ½ mile with a ¼ mile jog before each run, Average time of 3 runs: 3:55

1 x 2 mile with a ¼ mile jog before the 2 mile run, Mile splits for the 2 mile: 7:47, 7:26

Pulses at the end of each run 142, 142, 143, 147, 149, 151, 162,

Times for the ¼ mile jogs before each run about 3 minutes.

**Warm down:** ½ mile in about 6 minutes

**Note:** I felt much better than for the similar workout on Dec 9, 2018, probably because my heart is now able to beat at a higher rate as I have been training to have it do.

**29.65 miles in the last week**

Sat Jan 12, 2019 **1 mile**

I ran 1 mile on a bike path in Amsterdam in 9:25

Sun Jan 13, 2019 **4.5 miles**

**Warmup:** no warmup

**Run:** I ran 4 miles in 34:04 on bike paths. Mile splits: 8:42, 8:45, 8:33, 8:23

Pulse at the end of the run: 151

**Warm down:** ½ mile jog

Mon Jan 14, 2019 **3 miles**

I ran 1 mile and walked 2 miles on bike and walking paths in Amsterdam.

Tues Jan 15, 2019 **7 miles**

**Warmup:** 1 mile on bike paths, rest about 7:00 and a 0.3 mile lead into a 142 bpm test

**Run:** 5 mile 142 bpm test,  
mile times and pulses at the end of each mile: 8:14 (142), 8:26 (142), 8:27 (142),  
8:25 (142), 8:30 (142)

**Warm down:** 0.2 miles on the treadmill and ½ mile outside

Wed Jan 16, 2019 **5.1 miles**

**Warmup:** ½ mile to the Sportcentrum VU and 0.1 miles on a treadmill

**Run:** I ran 4 miles in 33:31 on a treadmill. Mile splits and pulses at the end of each mile:

8:45 (130), 8:30 (138), 8:15 (146), 8:01 (151)

**Warm down:** ½ mile jog outside

Thur Jan 17, 2018 **no running**

Fri Jan 18, 2019 **5.15 miles**

**Warmup:** ½ mile to the Sportcentrum VU and 0.15 miles on a treadmill

**Run:** I ran 4 miles in 33:35 on a treadmill. Mile splits and pulses at the end of each mile:

8:46 (133), 8:31 (141), 8:14 (147), 8:04 (151)

**Warm down:** ½ mile jog outside

This workout was essentially the same as 2 days ago.

**25.75 miles in the last week**

Sat Jan 19, 2019 **3.9 miles**

**Warmup:** ½ mile to the Sportcentrum VU and rest a few minutes

1.5 miles on a treadmill averaging about 8:45/mile and rest about 4 minutes

**Run:** 0.15 mile lead into a 1 mile run in 7:13, ¼ mile splits: 1:50, 1:50, 1:48, 1:45

I ran the last 0.2 miles under 7:00/mile pace. Pulse at the end of run: 158 bpm

**Warmdown:** rest a few minutes and jog ¾ mile outside

Sun Jan 20, 2019 **no running**

We flew from Amsterdam to Pittsburgh.

Mon Jan 21, 2019 **no running**

We flew from Pittsburgh to Palm Springs California.

Tues Jan 22, 2019 **4.5 miles**

I ran on a ½ mile road loop in Palm Springs.

**Warmup:** ¼ mile run and rest a few minutes

**Run:** 5 x ½ mile with a four minute rest after each run

Times for the ½ mile runs: 4:40, 4:07, 4:00, 4:04, 3:43

**Warm down:** 1.75 mile jog

Wed Jan 23, 2019 **6 miles**

**Warmup:** 3 mile jog on roads in Palm Springs and rest about 8 minutes

This seemed to be a good warm up even though it did not include any fast running.

**Run:** 2 miles on the same ½ mile loop as yesterday Time: 15:57 or 7:59/mile

½ mile splits: 4:11, 4:05, 4:00, 3:41

**Warm down:** 1 mile in about 11:00

Thur Jan 24, 2019 **3.5 miles**

I ran on the same ½ mile loop that I have been using.

**Warmup:** I walked and ran 2 miles averaging 11:20/mile. At the beginning of each ½ mile I walked about 0.1 miles. I rested about 4:00

**Run:** 2 x ½ mile with a ¼ mile jog between. ½ mile times: 3:59, 4:20

**Warm down:** ¼ mile jog

Fri Jan 25, 2019 **5.85 miles** on the same ½ mile loop

**Warmup:** 2 miles on the ½ mile loop, Splits: 9:05, 8:24 and rest about 4:00

**Run:** 9 x 0.17 with a 0.23 mile jog after each run, jogs at about 12:00/mile

Times for the 0.17 mile runs: 68s, 70s, 72s, 70s, 68s, 66s, 70s, 69s, 65.6, Average: 68.6

Average pace for the 9 runs: 6:44/mile, pace for last run: 6:26/mile.

**Warm down:** 0.25 jog

**Miles in the last week: 23.75**



Sat Jan 26, 2019 **5.5 miles** on the same ½ mile loop

**Run:** 5 miles in 41:55 Average pace 8:23/mile

Mile splits: 8:40, 8:36, 8:26, 8:15, 7:58

**Warm down:** ½ mile in about 6:00

Sun Jan 27, 2019 **6 miles A similar workout to 2 days ago**

**Warmup:** 2 miles on the ½ mile loop, Splits: 9:04, 8:27 and rest about 4:00

**Run:** 9 x 0.17 with a 0.23 mile jog after each run, jogs at about 12:00/mile

Times for the 0.17 mile runs: 65s, 72s, 68s, 69s, 66s, 70s, 72s, 66s, 63.8

Average: 67.6

Average pace for the 9 runs: 6:38/mile, pace for last run: 6:15/mile.

**Warm down:** 0.6 jog

Mon Jan 28, 2019 **no running, We flew home.**

Tues Jan 29, 2019 **3 miles**

I ran 3 miles on a Wise Center treadmill in 27:01. Splits: 9:28, 8:53, 8:40

Wed Jan 30, 2019 **no running**

The windchill was below zero and the Wise Center was closed.

Thur Jan 31, 2019 **no running**

The windchill was below zero and the Wise Center was closed.

Fri Feb 1, 2019 **4.5 miles**

**Run:** I ran 4 miles on a Wise Center treadmill in 33:48 or 8:27/mile.

Splits: 8:58, 8:28, 8:02, 8:20

Pulse after 3 miles: 154, Pulse after 4 miles 152

**Warm down:** A few minutes rest and a ½ mile jog on the indoor track

**Miles in the last week: 19**

Sat Feb 2, 2019 **4.6 miles**

**Run and walk:** on the Wise Center indoor track, I ran 3/8 mile, walked 1/8 mile and repeated until I reached 4 miles in 42:46.

Mile splits: 10:59, 10:48, 10:35, 10:24

**Warm down:** 0.6 mile walk

Sun Feb 3, 2019 **2 miles**

I ran 2 miles on hilly roads in about 22 minutes.

Mon Feb 4, 2019 **5 miles**

**Warmup:** ½ mile run to the Wise Center

**Run:** 4 miles on a treadmill in 36:00, each mile was close to 9:00

**Warm down:** ½ mile home

Tues Feb 5, 2019 **5 miles**

**Warmup:** ½ mile run to the Wise Center

**Run and walk:** 4.5 miles on the indoor track in 50:18 or 11:11/mile

I walked about 75 yards during each half mile.

Wed Feb 6, 2019 **5.05 miles**

**Warmup:** 2 miles on a Wise Center treadmill in 18:01, Final pulse:135, rest 3:00

**Run:** 7 x 0.15 miles with a ¼ mile jog before each run, each 0.15 mile run took 63 seconds which corresponds to 6:59/mile pace. These runs felt relatively easy.

Pulse after first run:150, pulse after seventh one: 157

The ¼ mile jogs took about 3:00

**Warm down:** ¼ mile jog

Thur Feb 7, 2019 **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:11/mile.

I walked about 0.05 miles during each half mile.

Fri Feb 8, 2019 **no running**

**In the last week 26.65 miles**

Sat Feb 9, 2019 **4.2 miles**

**Warmup:** I ran 2 miles on a Wise Center treadmill. Splits: 8:59, 8:41, 9 minutes rest

**Run:** 0.2 mile lead into a 1 mile run. Time for the mile: 7:36

I started running at 7:47/mile pace and ended at 6:40/mile pace. Ending pulse: 160

**Warm down:** 1 mile in 9:51 going faster as I ran

Sun Feb 10, 2019 **no running**

I injured my right knee slightly picking up something while in an awkward position.

Mon Feb 11, 2019 **4 miles**

My right knee is still somewhat sore.

**Warmup:** I massaged my right leg

**Workout:** I did a 200 calorie ride on a Wise Center recumbent exercise bike set at level 12 with my weight entered as 128 pounds. Then I rested a few minutes, ran and walked 1.25 miles on the indoor track, rested a few minutes, and did a 75 calorie ride. **I take a 100 calorie ride to be equivalent to a mile run. Riding the bike may help my knee.**

Tues Feb 12, 2019 **4 miles**

When massaging my right leg, I found that the component of the quadriceps called the vastus medialis above my right knee was very tight. I also read that this could cause the knee pain that I have been experiencing. I continued to massage that particular muscle, and felt more and more discomfort in it. From similar experiences with other muscles I know that this kind of massage is necessary to loosen the muscle.

**Run:** On a Wise Center treadmill I cautiously ran 4 miles starting at 10:00/mile and ending at 9:00/mile and averaging about 9:30/mile. My knee felt okay.

Wed Feb 13, 2019 **4.25 miles**

My right knee continues to improve. I am still massaging the vastus medialis muscle.

**Warmup:** 1 mile on a Wise Center treadmill in about 9:00 and rested 4 minutes

**Run:** 4 x ½ mile in 4:13.5 with a ¼ mile jog before each run. Jogs were in about 3:00.

**Warm down:** ¼ mile jog

Thur Feb 14, 2019 **no running**

Fri Feb 15, 2019 **5.3 miles**

**Warmup:** 1 mile jog on a hilly road.

**Run:** 4 x ½ mile uphill (6% grade) with ½ mile down the same hill after each run

**Uphill times and final pulses:** 5:37 (146), 5:26 (151), 5:02 (161), 4:52 (164)

**Average uphill pace:** 10:28/mile **Average down hill pace:** 9:50/mile

**Warm down:** 0.3 mile jog

**In the last week: 21.75 miles**

Sat Feb 16, 2019 **5.25 miles**

**Warmup:** ½ mile to the Wise Center and rest a few minutes

1.5 miles on a treadmill averaging 9:00/mile

**Run:** 5 x ½ mile on a treadmill with ¼ mile jogs before each run

Times and pulses at the end of each run:

4:00 (147), 3:56.8 (153), 3:53.8 (158), 3:50.8 (160), 3:45 (163)

The ¼ mile jogs took about 3 minutes. **Warm down:** ¼ mile jog

Sun Feb 17, 2019 **5.05 miles**

**Warmup:** ½ mile to the Wise Center and rest a few minutes

**Run on the indoor track:** 2 miles, Splits: 9:36, 9:07 and rest 6 minutes

**Run on a treadmill:** a 0.05 jog lead into a 2 mile run, Splits: 8:49, 7:55

I started the second mile running at 8:08/mile and ended at 7:24/mile.

My pulse rose to 157 bpm. **Warm down:** ½ mile at about 10:00/mile

Mon Feb 18, 2019 **no running**

Tues Feb 19, 2019 **5.9 miles** on a Wise Center treadmill.

**Warmup:** 1.5 miles averaging 9:00/mile and a 4 minute rest

**Run:** I ran a 4 mile 142 bpm test. (See Tues Dec 11, 2018)

After a 0.1mile lead in, I ran 4 miles while keeping my heart rate at 142 bpm.

Mile splits and pulses at the end of each mile:

8:15 (142), 8:30 (142), 8:33 (142), 8:38 (143)

Today my splits were slightly slower than in Amsterdam on Dec 30 and Jan 9, Jan 15.

Also ½ mile pulses 3 days ago were higher than in Amsterdam on Dec 18,

Treadmill calibrations were different or the fast runs I have been doing has tired my some.

Wed Feb 20, 2019 **4.85 miles**

**Run:** On a Wise Center treadmill: 4 mile run, Average pace: 8:32/mi

Splits: 8:56, 8:44, 8:30, (4:09+3:49) = 7:58

Pace at end of run 7:14/mi, Pulse at end of 4 mile run 158 bpm

**Warm down:** ½ mile on the treadmill in about 5 min and 0.35 mile jog outside

Thur Feb 21, 2019 **4.25 miles**, I ran 4 miles with Tiffany Hrach on the Wise Center indoor track including 4 x ½ mile with a ¼ mile jog after each run. Times for runs: 4:29, 4:33, 4:23, 4:23, Times for jogs about 3:00. We walked ¼ mile to warm down.

Fri Feb 22, 2019 **5.1 miles** on a Wise Center Treadmill (Compare to Feb 6, 2019)

**Warmup:** 1.5 miles in 13:29 Final pulse:128, rest 4:00

**Run:** 7 x 0.15 miles and 1 x 0.3 miles with a ¼ mile jog before each run, each 0.15 mile run took 62 seconds and the 0.3 miles took 2:04, i.e. all at 6:54/mile pace.

Pulse after first run:147, pulse after seventh run: 152, pulse after 0.3 mile run: 154 bpm

The ¼ mile jogs took about 3:00 **Warm down:** ¼ miles in about 3:00.

**In the last week: 30.4 miles**

Sat Feb 23, 2019 **7.25 miles**

I ran on a treadmill in the Wise Center.

**Run:** A 0.1 mile lead into a 5.1 mile run, Time for 5.1 miles: 45:33 or 8:18/mile

Splits for 5.1 miles: 8:59, 8:40, 8:20, 7:58, 7:40, 0:45

Last 5K in 24:43 or 7:58/mile, Final pulse: 160 bpm

**Warm down:** 0.3 miles on the treadmill, 1.25 miles on the indoor track with Tiffany and Veronica and 0.5 miles home

Sun Feb 24, 2019 **2.5 miles**

I did a 100 calorie ride on a Wise Center recumbent bike on level 12. Time: 8:51

I went fast in the beginning and at the end and could feel the ride took a good deal out of my legs. I take the ride as equivalent to 1 mile of running. After a few minutes rest I ran 1.25 miles on the indoor track at about 10:00/mile and then walked ¼ mile.

Mon Feb 25, 2019 **4.5 miles**

**Run:** 4 miles on a Wise Center treadmill going faster as I ran. Average pace 8:20/mile

**Warmdown:** ½ mile in about 5 minutes

Tues Feb 26, 2019 **4 miles**

**Run/walk:** I walked about 0.15 miles at the beginning of each mile and covered 4 miles at close to 11:00/mile. Walking pace: 15:00/mile, Running pace: 10:20/mile

Wed Feb 27, 2019 **6.1 miles** on a Wise Center Treadmill

**Warmup:** 1.6 miles including 1.5 miles at 8:50/mile, rest 4:00

**Run:** 8 x 0.2 miles with a 0.3 mile jog before each run, each 0.2 mile run took 83 s, or 6:54/mile pace. Pulse after first run: 149, pulse after 8th run: 156, The 0.3 mile jogs were at about 12:00/mile pace

**Warm down:** ½ mile in about 5:00.

Thur Feb 28, 2019 **4.75 miles**, I ran 4.5 miles with Tiffany Hrach on the Wise Center indoor track including 5 x ½ mile with a ¼ mile jog after each run. Times for runs: 4:30, 4:28, 4:31, 4:28, 4:22, Times for jogs about 3:00. We walked ¼ mile to warm down.

Fri March 1, 2019 **no running**

**In the last week: 29 miles**

Sat March 2, 2019 **4.05 miles**

**Run:** 1.3 miles on a treadmill including 1 mile in 8:59 and  $\frac{1}{4}$  mile in 2:00, a few minute rest and 1 mile run on the indoor track in  $(4:40 + 4:03) = 8:43$  and a  $\frac{3}{4}$  mile walk with Mary Jane

**On a recumbent stationary bike:** a 100 calorie ride on level 12 in 9:43

Sun March 3, 2019 **5.5 miles**

**Run:** On a Wise Center treadmill 5 miles in 44:18 or 8:52/mile,

Splits: 9:29, 9:01, 8:55, 8:30, 8:23, Final pulse: 148 bpm

My pulse was unexpectedly high during the run and I felt more tired than usual. Also I think I may be starting a cold.

**Warmdown:**  $\frac{1}{2}$  mile in about 5:00

Mon March 4, 2019 **no running**, I have a cold with chest congestion.

Tues March 5, 2019 **no running**, My cold is somewhat better.

Wed March 6, 2019 **no running**,

Thur March 7, 2019 **4.1 miles**

On the Wise Center indoor track: 1 mile in  $(4:55 + 4:35) = 9:30$ , rest a few minutes

$\frac{1}{4}$  mile in 1:59 and jog  $\frac{1}{4}$  mile.

On a treadmill: 0.1 mile lead into a 2 mile run, Splits 8:55, 8:19

$\frac{1}{2}$  mile in about 5:00

Fri March 8, 2019 **4.5 miles**

I was going to run 5 miles as I did last Sunday but I stopped at 4 miles because I felt noticeably more tired than I did last Sunday. The cold I have had since then has taken some energy out of me.

**Run:** On a Wise Center treadmill 4 miles in 35:48 or 8:57/mile,

Splits: 9:31, 8:59, 8:54, 8:22 Final pulse: 147 bpm

**Warmdown:** rested a few minutes and  $\frac{1}{2}$  mile in about 5:00

**I the past week: 18.15 miles**

Sat March 9, 2019 **7.5 miles**

**On a Wise Center Treadmill:**

1 mile in 8:58 and rest 3 minutes

4 x ½ mile with a ¼ mile jog before each run. Jogs were in about 3:00.

Times and pulses at the end of ½ miles:

4:00 (145), 4:00 (148), 4:00 (152), 3:49 (156)

1 mile in about 10 minutes and rest a few minutes

**On the indoor track:** 1 mile of walking and running

**Outside:** 1.5 miles including ½ mile uphill in just under 5:00

I felt a lot better than yesterday. The effects of my cold are getting less.

Sun March 10, 2019 **5 miles**

I ran 5 miles on a Wise Center treadmill.

Time: 47:30, Every mile was about 9:30.

Pulses at the end of each mile: 121, 125, 129, 131, 133 bpm

Mon March 11, 2019 **5.5 miles**

**Warmup:** ½ mile jog to the Wise Center, 1 mile on a treadmill in 9:00, 4:00 rest

**Run:** After a 0.1 mile lead in, I did a 142 bpm test.

I held my pulse near 142 bpm and ran 3 miles.

Mile times and pulses: 8:10 (142), 8:32 (142), 8:43 (142)

My times were slower today than for previous 142 bpm tests.

**Warmdown:** 0.4 miles treadmill warm down in 4:00 and ½ mile jog home

**On Feb 12 I found a component of my right quadriceps was very tight and most likely causing the slight discomfort in my right knee. Over a week or so, I used massage to deal with that tightness and my knee got better. Since then, my hard workouts have caused the slight discomfort to returned without the tightness in my leg muscle. In the past when I have had similar problems I found that riding a bike helps. I will use a recumbant stationary bike for a few days to see what happens.**

Tues March 12, 2019 **3 miles**

On a recumbent bike in the Wise Center:

200 calorie ride with the weight setting at 127 pounds and the level at 12

Time for 200 calories: 19:25, Final heart rate: 110 bpm

After a 4:00 rest I did a 100 calorie ride.

Time for 100 calories: 8:56, Final heart rate: 128

I take 300 calories expended while riding as equivalent to 3 miles of running.

Wed March 13, 2019 **5.25 miles**

**Warmup:** ½ mile run down to the Wise Center and rest a few minutes

**On recumbent bike:** 300 calorie ride, weight set at 127 lbs and level at 12.

Time for 300 calories: 27:58

After a 4:00 rest I did a 100 calorie ride.

Time for 100 calories: 8:03, Final heart rate: 162

I take 400 calories expended while riding as equivalent to 4 miles of running.

**Warm down:** 25 calorie ride, rest a few minutes and ½ mile jog home

Thur March 14, 2019 **3 miles** on a Wise Center recumbent bike (127 lbs, level 12)

**Warm up:** 100 calorie ride in 9:50

**On bike:** 4 x 25 calorie ride with a 25 calorie slow ride after each. The slow rides were all in about 2:40.

Times and pulses after the 4 fast rides: 2:17(128), 1:57(133), 2:03(143), 1:58(149) I take 300 calories expended while riding as equivalent to 3 miles of running.

Fri March 15, 2019 **6 miles**

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

I walked about 0.1 miles and ran about 0.4 miles during each ½ mile.

**In the past week: 35.25 miles**



Sat March 16, 2019 **no running**

Sun March 17, 2019 **5 miles**

I ran 5 miles on hilly roads and averaged 10:06/mile.

Mon March 18, 2019 **6 miles**

**Warmup:** ½ mile down to the Wise Center and a few minutes rest.

**Run on a treadmill:** 0.1 mile lead into a 5 mile run,  
5 mile run in 42:08 or 8:26/mile, Splits: 8:49, 8:41, 8:27, 8:15, 7:55

**Warm down:** 0.4 miles in about 4:00

Tues March 19, 2019 **5 miles**

**Warmup:** 2 miles on a Wise Center treadmill in 18:00, final pulse: 140  
rest 15 minutes

**On a recumbent stationary bike,** weight setting: 128 lbs, level: 12  
300 calorie ride in 26:57, I take this ride equivalent to a 3 mile run.  
Splits and pulses for each 100 calories: 9:30 (132), 8:56 (137), 8:31 (147)

Wed March 20, 2019 **2.5 miles**

**On a Wise Center recumbent bike,** weight setting: 128 lbs, level: 12  
200 calorie ride in 18:02, I take this ride equivalent to a 2 mile run.  
Splits for each 100 calories: 9:30, 8:32, Pulse at the end 144

**Warm down:** ½ mile fast uphill walk home

Thur March 21, 2019 **4.5 miles**

**Warmup:** ½ mile down hill to the Wise Center in about 4:10, rest some

**Run:** 1.5 miles on a treadmill and rest a few minutes

½ mile splits: 4:28, 4:00, 5:30, Pulse after a mile: 144 bpm,

**On a recumbent stationary bike,** weight setting: 128 lbs, level: 12

1 x 100 calorie ride, 25 calorie splits: 1:53, ≈ 2:30, 1:41, ≈ 2:30

Pulse after the 2 fast sections: 152 and 163 bpm

1 x 100 calorie ride in about 10:00, Pulse at the end 130 bpm

**Warm down:** rest a few minutes and ½ mile jog uphill home

Fri March 22, 2019 **4 miles**

**Run:** I ran 4 miles on a Wise Center treadmill in 35:31 or 8:53/mile .

Mile splits and pulses: 8:59, 8:59 (139), 8:02 (160), 9:31 (142)

The third mile included a ½ mile in 3:52.

**In the past week: 27 miles**

Sat March 23, 2019 **6 miles**

I ran on hilly Limber Rd. Average pace: 10:46/mile

Sun March 23, 2019 **6.5 miles**

I ran 6.5 miles on hilly roads. Average pace: 10:31/mile

Mon March 25, 2019 **4 miles**

**Run and walk:** 4 miles on the Wise Center indoor track

I walked 110 yards at the beginning of each half mile.

Average pace: about 11:00/mile, Running pace: about 10:30/mile,

Walking pace: about 14:50/mile

Tues March 26, 2019 **no running**

Wed March 27, 2019 **5.5 miles**

**Run:** With no warmup I ran 5 miles on a Wise Center treadmill. My pulse was higher than expected throughout the run. This might be because I had no warmup or maybe it was because I was using heavier shoes today.

Mile splits and pulses: 9:00 (140), 8:44 (151), 8:27 (160), 8:12 (164), 7:59 (165)

Average pace: 8:28/mile

**Warm down:** ½ mile in about 5:00

Thurs March 28, 2019 **2.5 miles**

**Run and walk:** 2.5 miles on the Wise Center indoor track

I walked 55 yards at the beginning of each half mile.

Average pace: about 10:45/mile, Running pace: about 10:30/mile,

Walking pace: about 14:50/mile

Fri March 29, 2019 **3.5 miles**

**Run:** With no warmup I ran 3 miles on a Wise Center treadmill.

Mile splits and pulses: 8:57, 8:42 (148), 8:08 (155)

Average pace: 8:36/mile

**Warm down:** ½ mile in about 5:00

**In the past week: 28 miles**

Sat March 30, 2019 **no running**

Sun March 31, 2019 **5.25 miles**

**Run:** I ran 5 miles on hilly roads in California MD.

Mile splits: 8:46, 8:43, 8:24, 8:21, 8:22 Average pace: 8:31/mile

Sum of ascents along the course is about 203 feet as measured using Google Earth. This was a tough run.

**Warm down:** seven minutes of walking

Mon May 1, 2019 **4 miles** I am feeling tired from yesterday's run.

**Run and walk:** I walked about 0.13 miles at the beginning of each ½ mile and covered 4 miles averaging 12:00/mile.

Tues May 2, 2019 **5 miles**

**Run and walk:** I walked about 0.13 miles at the beginning of each ½ mile and covered 5 miles averaging 11:30/mile.

Wed May 3, 2019 **5 miles**

**Run:** I ran the same 5 mile course as I did 3 days ago only today I took it easy and averaged 10:30/mile. I have been feeling tired lately.

Thur May 4, 2019 **4.15 miles**

I ran 1 mile in about 10:30 and rested 7 minutes. Then I ran 3.15 miles averaging 10:15/mile on slightly hilly roads.

Fri May 5, 2019 **3 miles**

I ran 3 x 1 mile on slightly hill roads with a 2 minute rest between them.  
Approximate times: 9:45, 9:25, 9:35

**In the past week: 26.4 miles**

Sat April 6, 2019 **5 miles**

After the 5 mile hilly run 6 days ago on Sunday, I was unexpectedly tired. Today was the first day I felt noticeably better. I ran 5 miles on a hilly road course and averaged 9:28/mile.

Sun April 7, 2019 **5 miles**

**Run:** I ran 5 miles on the same hilly roads as last Sunday. Today I did not push as hard as one week ago and I felt better.

**Mile splits last week:** 8:46, 8:43, 8:24, 8:21, 8:22 Average pace: 8:31/mile

**Mile splits today:** 9:12, 9:24, 9:11, 9:03, 8:42 Average pace: 9:06/mile

Sum of ascents along the course is about 203 feet as measured using Google Earth.

Mon April 8, 2019 **4.7 miles**

**Run:** 4 miles on a hilly road course and averaged 8:40/mile

**Warm down:** rested 3 minutes and jogged 0.7 miles at 9:48/mile

Tues April 9, 2019 **no running**

Wed April 10, 2019 **5.5 miles**

**Run:** With no warmup I ran 5 miles on a Wise Center treadmill.

Mile: 8:58, 8:29, 8:27, 8:20, 8:09

Average pace: 8:29/mile

**Warm down:** ½ mile in about 5:00

Thur April 11, 2019 **5 miles**

**Run and walk:** I walked about 1 minute at the beginning of each ½ mile and covered 5 miles averaging 11:25/mile.

Fri April 12, 2019 **5 mile**

I ran 1 mile to the Allegheny outdoor track, 3 miles on the track, and home.

Average pace: 10:27

**In the past week: 30.2 miles**

Sat April 13, 2019 **18 miles**

I ran 18 miles on slightly hilly to hilly roads. It was a nice day in the low 60's. The run consisted of 3 x 5 miles and 1 x 3 miles. I stopped to drink Gatorade after each of the 5 mile loops. Stops took about 1:20.

**Average paces for each segment:**

10:50/mile, 10:43/mile, 10:02/mile, 9:36/mile

I drank 30 ounces of Gatorade and ate a gel at the 12 mile mark.

I lost 2 pounds while running.

Sun April 14, 2019 **2 miles**

I did a 200 calorie ride on a Wise Center recumbent bike on level 12.

Time: about 20 minutes. Average pulse 101 bpm. I take a 200 calorie ride as equivalent to 2 miles of running.

Mon April 15, 2019 **3 miles**

I ran 3 miles on a Wise Center treadmill at about 10:30/mile.

Tues April 16, 2019 **4 miles**

**Warmup:** ½ mile jog to the Wise Center

**Run:** 2 miles on a treadmill at 10:30/mile

**Stationary recumbant bike:** 100 calorie ride in about 10:00, level 12

**Warm down:** ½ mile jog home

Wed April 17, 2019 **3 miles**

I ran 3 miles out and back on hilly Limber Rd and averaged 10:57/mile.

Thurs April 18, 2019 **3 miles**

1/3 mile jog

2.3 miles on a 535 m hilly loop in Greendale Cemetery averaging 10:40/mile

Sum of ascents on the 2.33 mile run: 160 feet

1/3 mile jog

Fri April 19, 2019 **4 miles**

1 mile to the Allegheny track, 2 miles on the track and 1 mile home

Average pace 10:32/mile

**In the past week: 37 miles**

Sat April 20, 2019 **5 miles**

I ran 5 miles on slightly hilly roads at about 11:00/mile

Sun April 21, 2019 **2 miles**

I started my workout in the middle of a  $\frac{1}{2}$  mile hill. I jogged  $\frac{1}{4}$  mile to the bottom, ran  $\frac{1}{2}$  mile up the hill and jogged  $\frac{1}{4}$  mile down to where I had started. After a 4 minute rest I repeated what I had done, but this time I ran the whole way.

Splits:  $\frac{1}{4}$  mile at about 11:00/mile,  $\frac{1}{2}$  mile in 5:52,  $\frac{1}{4}$  mile at about 11:00/mile  
 $\frac{1}{4}$  mile at about 9:00/mile,  $\frac{1}{2}$  mile in 5:02,  $\frac{1}{4}$  mile at about 9:00/mile

Ascent on  $\frac{1}{2}$  mile hill as measured with Google Maps: 170 ft

Mon April 22, 2019 **3.5 miles**

**Run:** 3 miles on a Wise Center treadmill in 27:41 or 9:14/mile

Splits: 9:59, 9:01,  $(4:27 + 4:14) = 8:41$

**Warm down:**  $\frac{1}{2}$  mile in about 6:00

Tues April 23, 2019 **no running**

Wed April 24, 2019 **4 miles**

**Warmup:**  $\frac{1}{2}$  mile jog to the Wise Center

**Run:** 3 miles on a Wise Center treadmill in 26:58

Approximate Splits and pulses: 9:20, 9:00 (141 bpm), 8:40 (140 bpm)

**Warm down:**  $\frac{1}{2}$  mile in 5:15

Thur April 25, 2019 **no running**

Fri April 26, 2019 **3 miles**

**Run:** 2 miles on a Wise Center treadmill averaging about 9:30/mile

**Warm down:**  $\frac{1}{2}$  mile in 5:15 on treadmill

$\frac{1}{2}$  mile walk on indoor track in about 7:15

**In the past week: 17.5 miles**

Sat April 27, 2019 **no running**

I am going to run the Buffalo Runners 6 Hour Distance Classic tomorrow.

Sun April 28, 2019 **32.5 miles**

I ran the Buffalo Runners 6 Hour Distance Classic on a cool, breezy day. The event was held on a 3.242 mile course which I ran 10 times in 6:07:01 with an average pace of 11:20/mile. I averaged about 10:50/mile for the first half of the run and 11:50 /mile for the second half. My distance at 6 hours was 31.77 miles, an age group course record. I picked up my pace for the last lap. I enjoyed the run and the friendly runners, race officials and volunteers. Mary Jane gave me great support as usual. On the next page is the fueling schedule Mary Jane used to supply me with what I needed.

Mon April 29, 2019 **no running**

Tues April 30, 2019 **3.5 miles**

I ran 3 miles slowly on the Allegheny College indoor track and then walked and ran ½ mile home.

Wed May 1, 2019 **4 miles**

Without eating breakfast I ran 4 miles at fat burning pace on hilly roads and grass.

Thur May 2, 2019 **4.5 miles**

I ran 1 mile and had to walk for ½ mile because my right calf started to cramp. After massaging calf I ran 3 miles. Running was at fat burning pace.

Fri May 3, 2019 **4.5 miles**

I again ran at a fat burning pace and actually got a little dizzy at the end.

**In the past week: 49 miles**

6 hour run Buffalo NY April 28, 2019

The run is on a 3.24 mile course on Amherst Bike Path

Lap	Time(Watch)	Time(Clock)			
0	0:00	8:00 AM			
1	0:36	8:36	Salt Stick	Gatorade	
2	1:12	9:12		Gatorade	gel
3	1:48	9:48	Salt Stick	Gatorade	
4	2:24	10:24		Gatorade	gel
5	3:00	11:00	Salt Stick	Gatorade	
6	3:36	11:36		Gatorade	gel
7	4:12	12:12	Salt Stick	Gatorade	gel
8	4:48	12:48		Coke	
9	5:24	1:24	Salt Stick	Coke	
10	6:00	2:00			

I will carry a few additional gels.

Each bottle of Gatorade and Coke will contain about 13 ounces.

The total ounces will be  $13 \times 9 = 117$  and ounces per mile =  $117/32.4 = 3.6/\text{mile}$  On a cool day this is good for me. Gatorade has 6.67 calories/ounce, Coke 12.5 calories/ounce.

Total calories consumed during the 5.4 hours after the first lap will be:

For each of 7 Gatorade bottles:

$13 \text{ ounces} \times 6.67 \text{ cal/ounces} = 87 \text{ cal/bottle}$

**For all 7 bottles Gatorade:  $7 \times 87 = 609$  calories**

For each of 2 Coke bottles:

$13 \text{ ounces} \times 12.5 \text{ cal/ounce} = 162 \text{ cal/bottle}$

**For 2 bottles of Coke:  $2 \times 162 = 324$  calories**

**For 4 gels: 400 calories**

**Total =  $609 + 324 + 400 = 1333$  after the first lap i.e. during 5.4 hours.**

Calories/hour =  $1333/5.4 = 247 \text{ cal}$  This is how many calories the body can absorb per hour.



Sat May 4, 2019 **5.5 miles**

**On a stationary recumbent bike set at level 12:** I did a 500 calorie ride in 49:30. Final heart rate 117 bpm, Average heart rate about 108 bpm.

**Warm down:** ½ mile jog and walk home uphill.

Sun May 5, 2019 **no running**

**On May 2, my right calf cramped while running. Since then the calf has been sore. I have been massaging it every day and this seems to help.**

Mon May 6, 2019 **6 miles**

**Run:** I ran 5 miles averaging 10:00/mile. The first 4 miles were on hilly roads and the last mile was on the Allegheny College track. My right calf was still a little sore.

**Warm down:** I jogged 1 mile home.

Tues May 7, 2019 **6 miles**

**Run:** I ran the same 5 mile course that I did yesterday and averaged 9:33/mile. My calf was somewhat better.

**Warm down:** I jogged 1 mile home.

**Splits for the 5 mile run:**

Yesterday: 10:45 (up hill), 9:50, 9:23, 9:51, 10:10

Today: 10:17 (up hill), 9:39, 9:24, 9:32, 8:53

Wed May 8, 2019 **5.5 miles**

**Ride:** I did a 500 calorie ride on a stationary recumbent bike on level 12. 100 calorie splits: 11:10, 11:02, 11:00, 10:20, 9:40.

The pulse at the end was 115 bpm

I count this ride as equivalent to a 5 mile run.

**Warm down:** I walked and jogged ½ mile home.