

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(58s), ¼ mile(1:59), ½ mile(3:58),

¾ mile(5:58), ½ mile(3:57), ¼ mile(1:54), ¼ mile(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

Wed Aug 1, 2018 **no running**

Thur Aug 2, 2018 **7 miles**

Warm up:

½ mile down to the Wise Center and rest a few minutes

On a treadmill: 1.5 miles averaging 9:00/mile with some paces as fast as 7:41/mile

4 minute rest

Run: ¼ mile(1:58), ½ mile(3:57), ¾ mile(5:55),

½ mile(3:57), ¼ mile(1:55), ½ mile(3:45)

I jogged ¼ mile before each run in about 3 minutes.

Warm down: ½ mile jog on the treadmill and ½ mile jog home.

Fri Aug 3, 2018, **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:33/mile.

walk/run ratio: 0.19

39 miles in the last week

Sat Aug 4, 2018 **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:21.
walk/run ratio: 0.16

Sun Aug 5, 2018 **no running**

Mon Aug 6, 2018 **6.5 miles**

I ran ½ mile down to the Wise Center in about 4:15 and rested a few minutes.

On treadmill: 2 miles averaging 9:00/mile at various paces some as fast as 7:41/mile

Rest about 5 minutes

mile lead into 1.5 mile run (½ mile splits: 3:56, 3:54, 3:56)

Warm down: 0.4 mile jog on treadmill and ½ mile jog home

Later in the day I ran and walked 1.5 mile.

Tues Aug 7, 2018 **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:24/mile.

walk/run ratio: 0.25

Wed Aug 8, 2018 **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:16/mile. During the last mile I ran a cemetery loop (510 m) in 2:27

walk/run ratio: 0.25

Thur Aug 9, 2018 **4.6 miles**

I ran with 6 other runners on the 510 m Greendale Cemetery loop.

Warm up: 1.3 miles

Run: 6 x cemetery loop (510 m) with 300 m jog after each. The jogs took about 3:30.

Times for 510 m runs: 2:30, 2:28, 2:25, 2:23, 2:22, 2:14 (7:03/mile pace for the last one)

Average time: 2:24 which is 7:34/mile pace.

Total ascent along the loop: 22 feet

Warm down: 0.3 miles

Fri Aug 10, 2018 **no running**

26.1 miles in the last week

Sat Aug 11, 2018 **6 miles**

I ran and walked 6 miles on a very hilly road course and averaged 11:53/mile. On the uphill I walked and ran equal distances. On the down hills I just ran.

walk/run ratio: 0.33

sum of ascents: about 860 feet

Sun Aug 12, 2018 **3.3 miles**

I ran on a hilly 3 mile course. It was out and back on Limber Road.

Mile splits: 9:56, 8:38, 8:16

Average pace: 8:57/mile

Sum of ascents: 228 feet

Warm down: 0.3 miles

Mon Aug 13, 2018 **no running**

Tues Aug 14, 2018 **4 miles**

Warm up: ½ mile to the Wise Center

Run: 0.1 mile lead into a 3 mile run

Splits for 3 mile: 8:42, 9:00, 9:01

Warm down: 0.4 mile jog home

Wed Aug 15, 2018 **6 miles**

I ran and walked a hilly 6 mile course out and back on Limber Rd.

I ran the first and sixth miles and walked ¼ mile during the middle 4 miles.

Sum of ascents: 530 feet

Average pace: 11:29/mile

Walk/run ratio: 0.2

Thur Aug 16, 2018 **5 miles**

I ran with 5 other runners on the Greendale Cemetery 510 meter loop.

Warm up: 1.25 miles at various paces

Run: 5 x 800 meters with 300 m jogs between the runs.

Time between runs: about 4:20

Times for runs: 4:00, 3:51, 3:51, 3:48, 3:53

Warm down: 600 m jog

Fri Aug 17, 2018 **6 miles** Same workout as 2 days ago (Wed Aug 15)

I ran and walked faster today.

Sum of ascents: 530 feet

Average pace: 10:55/mile

Walk/run ratio: 0.2

30.3 miles in the last week

Sat Aug 18, 2018 **4 miles**

I ran 3.5 miles on hilly roads and averaged 10:25/mile.

This run included 3 x the 1 mile “Jackson Park loop.”

Sum of ascents along the 1 mile loop: 120 feet

Sum of ascents for today's 3.5 mile run = $3 \times 120 + 60 = 420$ feet.

In the afternoon I ran a half mile.

Sun Aug 19, 2018 **4 miles**

I ran 4 miles on the very hilly “2 mile hill” and averaged 10:15/mile.

Sum of ascents: 529 feet

Mon Aug 20, 2018 **no running**

Tues Aug 21, 2018 **4 miles**

I ran on a treadmill.

Warmup: 1.5 miles at various paces averaging 9:00/mile

some paces as fast as 8:00/mile

rested 6 minutes

Run: 0.1 mile lead into a 2 mile run

2 mile splits: 8:21, 8:03

Warmdown: 0.4 mile jog

Wed Aug 22, 2018 **5 miles**

I ran 5 miles on hilly roads and averaged 10:50/mile

Thurs Aug 23, 2018 **1 mile jog**

I feel like I need a rest.

Fri Aug 24, 2018 **no running**

Still resting

18 miles in the last week

Sat Aug 25, 2018 **no running**

Sun Aug 26, 2018 **4 miles**

I ran a hilly 4 miles out and back on Limber Rd averaging about 11:00/mile.

The temperature was about 80 degrees and humid.

Sum of ascents along the 4 miles was 342 feet according to Google Earth.

Mon Aug 27, 2018 **7 miles**

Warm up: ½ mile to the Wise Center and rest a few minutes

Run: 6 miles on a treadmill at various paces averaging 10:00/mile

The run included 4 half mile segments at 9:31/mile.

Warm down: ½ mile jog home

Tues Aug 28, 2018 **9 miles**

In the morning: I ran 6 miles including 4.7 miles with Jim Fitch. We ran just before the Sun came up and averaged about 10:25/mile for the hilly 4.7 mile course.

In the afternoon: It was 90 degrees and the feels like temperature was 95 degrees. Before walking I had water with a salt stick. I walked 3 miles on hilly roads, drank water along the way and averaged 16:23/mile.

Wed Aug 29, 2018 **6 miles**

Warmup: ¾ mile walk and 1.5 mile run on hilly roads

Run on treadmill: ¼ mile lead into a 2 mile run

2 mile run in 8:23 + 8:06 = 16:29

Warmdown: ½ mile jog and ½ mile walk

Later in the day I walked ½ mile.

Thurs Aug 30, 2018 **5.5 miles**

I ran with 3 other runners on the 510 meter Greendale Cemetery loop.

Warmup: 2 miles at various paces

Run: 1 x 200 m, 1 x 510 m, 2 x 800 m, 1 x 510 m, 1 x 200 m

The two 200 m runs were uphill all the way.

We jogged about 300 m between each run. These jogs took about 3:50.

Times for the runs: 60 s, 2:28, 3:48, 3:48, 2:26, 52 s

Warmdown: 0.6 mile jog

Fri Aug 31, 2018 **no running**

31.5 miles in the last week

Sat Sept 1, 2018 14.5 miles

I ran the French Creek Half Marathon on the Ernst Trail in Meadville PA and came in 16/91. My GPS measured the course at 13.22 miles with a time of 1:50:49. It was a humid day. I drank at every water stop and ate a gel at 5 miles and another at 10 miles. Mile splits: 8:26, 8:24, 8:27, 8:27, 8:23 8:20, 8:05, 8:34, 8:05, 8:32, 8:20, 8:26, 8:33. The last 0.22 miles were at 7:44/mile pace.

Sun Sept 2, 2018 4 miles

I ran 4 miles on hilly roads and averaged 10:45/mile.

Mon Sept 3, 2018 10 miles

I ran and walked 10 miles on hilly roads mainly on Limber Rd and averaged 11:53/mile. I am practicing a walking and running routine for the 50 miler I am doing in about 6 weeks. I ran the first 2 miles averaging 10:48/mile and I ran and walked the next 8 miles averaging about 12:10/mile. It was a hot day. The temperature at the end was 88 degrees and the feels like temperature was 94 degrees. I drank water twice but I should have had at least 20 -30 more ounces of fluids.

Tues Sept 4, 2018 5 miles

I ran and walked 5 miles on hilly roads on Limber Rd and averaged 11:53/mile. I ran the first mile in 10:51/mile and I ran and walked the next 4 miles averaging about 12:10/mile.

Wed Sept 5, 2018 no running

Thur Sept 6, 2018 5.6 miles

I ran with 4 other runners on the 510 m Greendale Cemetery loop.

Warm up: 1 mile by myself and one mile with the other runners.

Run: 6 x cemetery loop (510 m). The 300 m jogs between runs were about 3:30.

Times for 510 m runs for most of us: 2:24, 2:22, 2:23, 2:14, 2:29, 2:17

Average time: 2:22 which is 7:28/mile pace. The fastest one at 7:03/mile pace.

Total ascent along the loop: 22 feet

Warm down: 0.6 miles

Four weeks ago Rod Brest and I averaged 2:24 for the 6 runs.

Fri Sept 7, 2018 6 miles

I ran and walked 5 miles on hilly roads on Limber Rd and averaged 11:38/mile. I ran the first mile in 10:48/mile and I ran and walked the next 4 miles averaging about 12:00/mile. Later in the day I walked 1 mile out and back on a hilly road.

45.1 miles in the last week

Sat Sept 8, 2018 **10.15 miles**

I ran and walked 10.15 miles on hilly roads mainly on Limber Rd and averaged 10:53/mile. I walked for 2 minutes at the beginning of miles 3, 5, 7 and 9. This is a routine I may use for the first 10 miles of the 50 miler in 5 weeks.

Sun Sept 9, 2018 **2 miles**

On a treadmill: I ran and walked 2 miles. During both miles I ran 0.85 miles at about 10:50/mile pace and then walked 0.15 miles at about 15:50/mile. Overall pace was 11:31/mile.

Mon Sept 10, 2018 **4 miles**

Warmup: ½ mile to the Wise Center

Run/walk: I ran and walked 3 miles on a treadmill. During each miles I ran 0.85 miles at 9:50/mile pace and then walked 0.15 miles at 15:00/mile. Overall pace was 10:35/mile.

Warmdown: ½ mile home

Tues Sept 11, 2018 **4.5 miles**

Warmup: I ran 1 mile on the indoor track in 9:27 and rested 5 minutes.

Run: 3 miles on a treadmill, Splits: 9:50, 9:50, (4:28 + 3:56) = 8:24

Warmdown: ½ mile in 5:56

Wed Sept 12, 2018 **4.2 miles**

Warmup: 2 miles of walking and jogging

Run: 2 cemetery loops (1020 meters)

Splits: 2:24.5, 2:24.8, Pace: 7:36/mile

Warmdown: 1 mile jog and ½ mile walk

Thur Sept 13, 2018 **4.7 miles**

I ran with 4 other runners on the Greendale cemetery loop.

Warmup: 1.5 miles at various paces and rested a few minutes.

Runs and times: 2x255 m (½ loop = 255 m), 1:11, 1:11

3x510 m (1 loop = 510 m), 2:25, 2:24, 2:22

1x1020 m (2 loops), 2:23 + 2:21 = 4:44

Average pace per 510 meters: 2:23 which is about the same as last week when we ran 6x510 m. We jogged about 250 meters between runs.

Warmdown: ½ mile jog

Fri Sept 14, 2018 **3.15 miles** on hilly Limber Rd, averaging 10:40/mile

32.7 miles in the last week

Sat Sept 15, 2018 **3 miles** Jogging

Sun Sept 16, 2018 **3 miles**

I ran 3 miles on hilly roads and grass.

Splits: 9:44, 9:46, 9:27 Average pace: 9:39

Mon Sept 17, 2018 **25 miles - A long run in preparation for the Can 50 Mile Run.**

I ran and walked 5 x 5 mile loop. The 5 mile loop is somewhat hilly. I stopped about two minutes between the loops while I ate gels and Salt Sticks, drank water and picked up more water to take with me.

The total time including the 8 minutes while I was stopped was 4:56:20.

The times and average paces for each of the 5 mile loops were: 55:53 (11:11/mile), 58:31 (11:42/mile), 59:32 (11:54/mile), 59:18 (11:52/mile), and 54:35 (10:55/mile)

I had 580 calories for breakfast and ate 6 gels for a total of 1180 calories.

The formula I use to calculate the number of required calories gives:

calories = $300 \times (H - 1.3) = 300 \times 3.7 = 1110$, where $H = 5$ the number of hours I ran.

So I had enough calories.

I also had 3 Salt Sticks and drank 80 ounces of water.

That is 3.2 ounces per mile which apparently was okay because I only lost a pound while running. The temperature felt cool for half the run and rose to 71 degrees.

Tues Sept 18, 2018 **4.6 miles**

In the morning: I ran 3 miles out and back on hilly Limber Rd averaging 10:40/mile.

In the evening: I walked 1.6 miles on roads and sidewalks and averaged 16:15/mile.

Wed Sept 19, 2018 **1.5 miles**

I walked 1.5 miles half on roads and half on a path in the woods.

Thur Sept 20, 2018 **5.5 miles**

I ran with 5 other runners on the 510 m cemetery loop. Times below are my times.

Warmup: 2 miles at various paces and rested a few minutes.

Runs and times: 1x255 m ($\frac{1}{2}$ loop = 255 m), 69 s (7:15/mile)

1x510 m (1 loop = 510 m), 2:25 (7:36/mile)

1x765 m (1.5 loops = 765 m), 3:33 (7:27/mile)

1x765 m, 3:23 (7:06/mile)

1x510 m, 2:13 (7:00/mile)

1x255 m, 60.5 s (6:21/mile)

Average pace per 510 meters: 2:17 (7:12/mile) which is faster than I have been running. We jogged about 250 meters between runs.

Warmdown: $\frac{3}{4}$ mile jog

Fri Sept 21, 2018 **5 miles**

I walked and ran on a slightly hilly 5 mile loop and averaged 11:35. Walked total of 0.66 miles and ran 4.33 miles. Walk to Run Ratio = 0.15

47.6 miles in the last week

Sat Sept 22, 2018 **no running**

Sun Sept 23, 2018 **4 miles**

I ran 4 miles on hilly roads and averaged 9:43/mile.

Mon Sept 24, 2018 **5 miles**

I ran and walked 5 miles on slightly hilly roads and averaged 11:48/mile.

I took 6 short walks totaling about 0.45 miles.

Tues Sept 25, 2018 **4 miles**

I ran 4 miles out and back on hilly Limber Rd 10:01/mile.

Sum of ascents along the course = 342 feet as measured from Google Maps.

Splits: 11:08 (mainly uphill), 8:55 (down), 10:44 (up), 9:16 (down)

Wed Sept 26, 2018 **2 miles** on hilly roads averaging 9:52/mile

Thur Sept 27, 2018 **5.2 miles**

I ran with Mark and Chance on the Greendale cemetery loop.

Warmup: 2 miles at various paces and rested a few minutes.

Runs and times: 2x255 m ($\frac{1}{2}$ loop = 255 m), 1:11, 1:09

3x510 m (1 loop = 510 m), 2:25, 2:22, 2:21

1x1020 m (2 loops), 2:20 + 2:20 = 4:40

Average pace per 510 meters: 2:21

We jogged about 250 meters between runs.

Warmdown: $\frac{1}{2}$ mile jog

Fri Sept 28, 2018 **no running**

20.2 miles in the last week

Sat Sept 29, 2018 **7.35 miles**

I ran on a 0.95 mile loop in New Alexandria PA.

I ran 2.85 miles in 25:25 or 8:55/mile It was a slightly hilly course.

0.95 mile splits: 9:11, 8:19, 7:55

2 hours later I leisurely walked 2 miles

2 hours later I walked 2.5 miles with 2 miles at about 15:45/mile

Sun Sept 30, 2018 **no running**

Mon Oct 1, 2018 **5.5 miles in California Maryland**

I ran and walked 5.5 miles and averaged 11:53/mile.

I walked about 0.11 miles at the beginning of each ½ mile. So I walked about 1.2 miles and ran about 4.3 miles.

walk/run ratio: 0.28

Tues Oct 2, 2018 **3.56 miles in California MD**

I ran 3.06 miles on a more hilly course than I ran 3 days ago and averaged 8:21/mile.

Miles splits: 8:32, 8:24, 8:10, and 28 s for the last 0.06 miles

Warmdown: ½ mile in 5:24

Wed Oct 3, 2018 **no running**

Thurs Oct 4, 2018 **5.25 miles in California MD**

I ran 5 miles on a hilly course and averaged 10:50/mile.

Warmdown: ¼ mile fast walk

Fri Oct 5, 2018 **no running**

21.7 miles in the last week

I continue to work on a walk run routine that I will use in the Canandaigua 50 miler next weekend.

Sat Oct 6, 2018 5.5 miles

I ran and walked 5.5 miles and averaged about 12:00/mile. I walked 10 times for a total of about 1.11 miles of walking.

Walk/Run ratio: 0.25

Sun Oct 7, 2018 4 miles

I walked and ran 4 miles and averaged 12:00/mile.

I walked 10 times for a total of about 1 mile of walking.

Walk/Run ratio: 0.33

Mon Oct 8, 2018 no running

Tues Oct 9, 2018 2.5 miles

I ran 2.5 miles averaging 9:22/mile on slightly hilly roads.

Wed Oct 10, 2018 3 miles

I walked and ran 2.5 miles averaging 12:06 on slightly hilly roads.

I walked 5 times for a total of about 0.5 miles of walking.

Walk/Run ratio: 0.25

Then I walked ½ mile.

Thur Oct 11, 2018 3 miles

I jogged 3 miles.

Fri Oct 12, 2018 no running

18 miles in the last week

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 76th birthday.