Sat Dec 30, 2017 **5.7 miles**
I ran on a treadmill at the Vernon YMCA.
I ran 2 miles at various paces some as fast as 7:41/mile. Time 17:58 or 8:59/mile.
After a 3 minute rest I ran a 5K with a 0.1 mile lead into the run. The splits for the
5K were 8:00, 8:00, (3:56 + 3:47) = 7:43, and 43 seconds for the last 0.1 miles.
Time for 5K: 24:26 or 7:53/mile. I warmed down with ½ mile in about 5:00.

Sun Dec 31, 2017 **7.1 miles**
I ran on a treadmill at the Vernon YMCA.
I ran 7.1 miles in 60:00 or 8:27/mile.
Approximate splits: 9:57, 9:30, 9:00, 8:15, 8:12 Time: 44:54 or 8:59/mile
I warmed down with ½ mile in about 5:00.

Mon Jan 1, 2018 **5 miles**
I ran 5 miles in 44:54 on a treadmill at the Vernon YMCA.
Splits: 9:57, 9:30, 9:00, 8:15, 8:12

Tues Jan 2, 2018 **no running**

Wed Jan 3, 2018 **6.5 miles**
I am running in the Wise Center again.
On a treadmill I warmed up with 2 miles at about 9:00/mile and rested 5 minutes.
I then ran 4 x ½ mile and 1 x 1 mile all at 8:00/mile pace. I warmed down with a
½ mile in about 5:00.

Thur Jan 4, 2018 **5.5 miles**
I ran with Tiffany and Jim on the Wise Center indoor track. We warmed up with
1.75 miles including ¼ mile of drills. Then we ran 5 x ½ mile with ¼ mile jogs
between the runs. The times for the ½ mile runs averaged 4:26/mile. We warmed
down with a ¼ mile run and walk.

Fri Jan 5, 2018 **5 miles**
I ran and walked 4 miles on the Wise Center indoor track. I ran 3/8 miles, walked
1/8 mile and repeated until I reached 4 miles. Time: 43:46 or 10:57/mile. My
running pace averaged about 9:50/mile and walking pace about 14:15/mile. After
resting 10 minutes I ran 1 mile on a treadmill in about 9:00. I ran at various paces.

34.8 miles in the last week

Sat Jan 6, 2018 **no running**
Sun Jan 7, 2018 **5.5 miles**
I ran on a treadmill at the Vernon YMCA.
I ran 5 miles in 44:46 or 8:57/mile. For the first 2 miles the incline was set at 1.5 and at 0 for the remainder of the run. Qualitatively, an incline setting of 1.5 made an actual pace of 9:00/mile feel like about an 8:15/mile effort. Having the incline at 1.5 caused me to land more toward the front of my feet and this made me feel like I was running more smoothly. I wasn't hitting hard on the treadmill and this was making less noise. It felt good. When I set the incline at 0, I continued to land more toward the front of my feet. I haven't been running in this way lately but I may try this for a while.
Mile splits: 10:00, 9:00, 9:00, 8:58, (4:01 + 3:47) = 7:48

Mon Jan 8, 2018 **5.5 miles**
I ran in the Wise Center. First I ran 2 miles on a treadmill at various paces averaging about 9:00/mile. The fastest pace during the run was 7:30/mile. I rested 9 minutes and then ran 6 x 3/8 mile on the indoor track with a 1/8 mile walk after each run. The runs were at an average pace of 8:34/mile and the walks were at an average pace of 14:16/mile. I warmed down with a ½ mile jog.

Tues Jan 9, 2018 **4.5 miles**
I ran on the Wise center indoor track.
2 miles in 18:40, Splits: 8:44 and 9:56
¼ mile walk and jog
1 mile in 7:50
¼ mile walk and jog
1 mile in 9:46

Wed Jan 10, 2018 **2 miles**
I ran 2 miles on the indoor track in 9:15 + 8:50.
Then I used 18 weight machines for a full body workout. I did about 10 reps with 40 pounds on most machines.

Thur Jan 11, 2018 **5.5 miles**
I ran with Tiffany, Jim and Sharon on the Wise Center indoor track. We warmed up with 1.75 miles including ¼ mile of drills. Then we ran 5 x ½ mile with ¼ mile jogs between the runs. The times for the ½ mile runs averaged 4:25/mile: first run in 4:32 and last in 4:18. We warmed down with a ¼ mile run and walk.

Fri Jan 12, 2018 **6.7 miles**
I jogged 0.5 miles to the Wise Center. On a treadmill I ran 2 miles averaging 9:00/mile at various paces. The fastest was 7:30/mile for about 0.1 miles.
After resting about 4 minutes I ran a 5K in 24:23 or 7:52/mile with a 0.1 mile lead into the run and a half mile warm down in about 5:00. I jogged ½ mile home
The splits for the 5K were: 7:57, 7:53, 7:47 and 45 seconds for the last 0.1 miles
29.7 miles in the past week

Sat Jan 13, 2018 **no running**

Sun Jan 14, 2018 **5.5 miles**
I ran on a treadmill at the Vernon YMCA.
5 miles averaging 9:30/mile. Approximate splits: 10:00, 9:40, 9:30, 9:20, 9:00
I warmed down with a half mile in about 5:30

Mon Jan 15, 2018 **5.5 miles**
I ran on a treadmill at the Wise Center. The warm up was 2 miles at various paces averaging 9:30/mile. After a 2 minute rest I ran 3 miles. The splits were 9:00, 8:28, (3:59+3:46)=7:45 I warmed down with ½ mile in about 5 minutes.

Tues Jan 16, 2018 **6.5 miles**
I ran 1 mile on the Wise Center indoor track in 9:05 and rested 2 minutes. On a treadmill I ran 7 x ½ mile with a ¼ mile jog before each run and a ¼ mile jog after the last run. Runs were all in 4:00 and the jogs were all about 3:00. My pulse at the end of miles 1, 3, 5, and 7 was 142, 145, 148 and 149.

Wed Jan 17, 2018 **4.5 miles**
I walked and ran 4.5 miles in 10:43/mile on the Wise Center indoor track.

Thur Jan 18, 2018 **5.5 miles**
I ran and walked a little with Tiffany and Jim on the Wise Center indoor track. We covered 5.5 miles including warm up, 5K run and warm down. The warm up included ¼ mile of drills. The first 3 miles of the 5K averaged 9:27/mile. The last 0.1 miles was in 52 seconds. The 5K time was 29:13.

Fri Jan 19,2018 **6 miles**
I jogged ½ mile to the Wise Center. On a treadmill I ran 5 miles in 45 minutes. The approximate splits were: 10:00, 9:00, 8:30, 8:30 and 9:00. I warmed down with a ½ mile run/walk in about 5:30.

33.5 miles in the last week

Sat Jan 20, 2018 **8.5 miles**
I warmed up with a ½ mile jog to the Wise Center and 1.5 miles on a treadmill at various paces between 10:00/mile and 8:00/mile.
Then I rested 2 minutes and ran 8 x ½ mile with a ¼ mile jog before each run and a ½ mile warm down after the last run. The time of each run was 4:00 and the jogs before each run were all about 3:00.

Sun Jan 21, 2018 **1.5 miles**
¾ miles on the Wise Center indoor track including ¼ mile of drills.
Then I used 18 weight machines for a full body workout followed by ¾ miles on a treadmill in about 7:30

Mon Jan 22, 2018 **6.6 miles**
½ mile to the Wise Center.
½ mile on the indoor track in 4:08 and rested 5 minutes
1 mile on a treadmill in about 10:00 and rested 5 minutes
4 miles on a treadmill with 0.1 mile jog before and ½ mile jog after
Time for the 4 miles: 33:12 or 8:18/mile
Splits for the 4 miles: 8:27, 8:23, 8:21, (4:10 + 3:51) = 8:01 My pulse at end of the run was 156.

Tues Jan 23, 2018 **5 miles**
I ran and walked 5 miles on the Wise Center indoor track.
The first and fifth miles I ran in 9:40 and 9:43.
During the middle 3 miles I walked about 120 yards during each ½ mile and ran the rest. The average pace for the middle 3 miles was 10:54.

Wed Jan 24, 2018 **5.5 miles**
I ran with Tiffany, Jim and Sharon on the Wise Center indoor track. We warmed up with 1.75 miles including ¼ mile of drills. Then we ran 5 x ½ mile with ¼ mile jogs between the runs. The times for the ½ mile runs averaged 4:24/mile: first run in 4:30 and last in 4:20. We warmed down with a ¼ mile run and walk.

Thur Jan 25, 2018 **6.5 miles**
I ran on a treadmill at the Wise Center:
2 mile warm up in about 18:00 at various paces some at 7:24/mile
8 x 0.2 miles with a 0.3 mile jog before each 0.2 mile run
Times: 90s(7:30/mile), 89s, 88s, 86.7s, 89s, 88s, 85.7s, 83.7(6:59/mile)
The 0.3 mile jogs were at about 11:50/mile
½ mile warm down in about 5 minutes.

Fri Jan 26, 2018 **2 miles**
On a treadmill in the Wise Center I ran 2 miles in 17:59. Then I used 18 weight machines for a full body workout.

36.1 miles in the last week

Sat Jan 27, 2018 **4.5 miles**
I ran on a hilly course in New Alexandria PA. I warmed up with a ¼ mile jog.
Then I ran 6K (3.75 miles) and warmed down with a ½ mile jog.
For the 3.75 mile run, I ran 3 times around a 1 mile loop and for the fourth loop (0.75 miles) I ran about the same loop but shortened to 0.75 miles.
Splits: 8:40, 8:32, 8:09, and 5:49 (0.75 miles) The last 0.75 miles was at 7:45/mile pace.
Time: 31:10 or 8:19/mile
I plan to run a 6K race next Saturday when visiting friends in Florida.

Sun Jan 28, 2018 **5 miles**
I ran and walked 5 miles on the same hilly 1 mile loop that I ran yesterday.
The first 1 mile I ran in 10:24. Then I walked and ran 3 miles at an average pace of 11:53/mile. The last 1 mile I ran in 10:41.

Mon Jan 29, 2018 **no running**

Tues Jan 30, 2018 **3.25 miles**
I ran on a treadmill at the Wise Center.
2 miles in 9:59 + 8:50 and rested 2 minutes
2 x ¼ mile in 2:00 with a ¼ mile jog before each run and ¼ mile to warm down

Wed Jan 31, 2018 **5 miles**
I ran with Jim, and Tiffany on the indoor track.
We warmed up with 1 mile, did ¼ mile of drills and walked 1/8 mile.
Then we ran ¼ mile, ½ mile, ¾ mile and 1 mile with ¼ mile jog between each. The runs were all at about 9:20/mile pace. We did a 1/4 mile walk at the end.

Thur Feb 1, 2018 **3 miles**
I ran and walked on the indoor track. The first 2 miles I walked 120 yards during every half mile. For the last mile I walked 220 yards during each half mile.
Splits: 10:23, 10:26, 10:59

Fri Feb 2, 2018 **no running**
We flew to Florida for a week.

20.75 miles in the last week

Sat Feb 3, 2018 **5 miles**
I ran in the Character Counts 6K road race in St Augustine Florida and came in 37th out of 237 runners. My time was 30:12 or 8:06/mile. I ran a total of about 5 miles including the warm up.

Sun Feb 4, 2018 **no running**

Mon Feb 5, 2018 **5.5 miles**
I ran on a 0.7 mile road loop in St Augustine. I warmed up with a mile and rested 2 minutes. Then I ran 4 x ½ mile with a ¼ mile jog after each run. The times for the runs were: 4:06, 4:02, 4:02, 3:49. I rested 1 minute and then ran and walked 1.5 miles averaging 11:26/mile. I walked 0.1 miles at the end of each ½ mile. I am working on my run/walk routine for a 50 mile run in the Fall.

Tues Feb 6, 2018 **4 miles**
I ran on a 0.7 mile road loop in St Augustine and averaged 10:15/mile. The last ½ mile was in 4:13.

Wed Feb 7, 2018 **6 miles**
I ran on the same 0.7 mile loop.
0.2 mile warm up
2 mile run in 18:20
5 minute rest
6 x 0.2 mile run with a 0.3 mile jog after each run
        The 0.2 mile runs averaged 78.7s or 6:34/mile pace.
0.8 mile walk/run warm down