Sat 7/16/16: **3 miles**
I ran 2 miles on hilly roads in 19:24. Later I walked and ran a mile.

Sun 7/17/16: **14.5 miles**
I ran the Presque Isle half marathon. I warmed up at various paces for about 1mile.
My GPS said the course was 13.17 miles and my time was 1:48:39 or 8:15/mi.
I jogged about 0.3 miles after the run.

Mon 7/18/16: **2 miles**
I ran 2 miles on hilly roads in 20 minutes.

Tues 7/19/16: **5 miles**
I walked and ran 5 miles on hilly roads, grass and trails and averaged 11:40/mile.
I walked 0.2 miles and ran 0.3 miles during each half mile.

Wed 7/20/16: **6 miles**
I ran 6 miles on hilly roads. This was a good run and I feel recovered from the half marathon on Sunday. Time: 55:19. Total ascent on the run was 740 feet.
Average pace was 9:12/mi.
Splits:
1. 10:09 uphill
2. 8:49 downhill
3. 8:05 downhill
4. 10:37 uphill
5. 9:48 uphill
6. 7:49 downhill

Thur 7/21/16: **4 miles**
I walked and ran 4 miles on hilly roads and grass averaging 11:32/mile.
I walked 0.15 miles and ran 0.35 miles during each half mile.

Fri 7/22/16: **4.25 miles**
I ran 2.5 miles on roads and 1.75 miles on the indoor track with no shoes. The runing on the indoor track included 2 half miles in 4:01 and 4:12.

37.75 miles in the last week

Sat 7/23/16: **6.25 miles**
I ran with Colton McCurdy and Meghan Torok. This was Megan's first interval session and she did very well. The temp was in the 70's and felt rather warm by the end of the workout.
I warmed up with 2 miles averaging about 9:45. The second mile was with C&M.
We rested a few minutes and stretched.
We ran 1 x 220 yards in 53 seconds and then jogged 220 yards. I always run wide on a track so each lap is about 440 yards.
We ran 8 x 440 yards with a 440 jog and rest after each. The 440 jog/rests averaged about 4:15.
My times for the 440 runs:

1. 1:42.3   5. 1:39.6
2. 1:43.3   6. 1:38.3
3. 1:46.0   7. 1:39.1
4. 1:44.8   8. 1:36.3

Average = 1:41.1

Sun 7/23/16: **4 miles**
I ran 4 miles on hilly roads averaging 10:23/mile. This run included 2 x 0.25 miles uphill on a hill that has an average grade of 7 %. The times were 2:39 and 2:22.