

**Sat 7/15/2017 3.5 miles**

I ran on slightly hilly roads.

1 mile in 9:12 and rested 1 minute.

2 x 1/8 mile with a 1/8 mile jog after each. Times 53 and 52 seconds.

To warm down I jogged a mile and walked a mile.

**Sun 7/16/2017 14.2 miles**

I ran the Presque Isle Half Marathon

I warmed up with a mile at various paces. My GPS recorded the race distance as 13.21 miles, my time as 47:58 and my average pace as 8:10/mile.

Splits: 8:08, 8:20, 8:19, 8:18, 8:13, 8:07, 8:09, 8:11, 8:10, 8:07, 8:15, 8:07, 7:59 and the last 0.21 miles in 1:35 which corresponds to a pace of 7:29/mi. The even pace running allowed me to have a good finish.

**Mon 7/17/2017 3.25 miles**

I jogged 1 mile to the Allegheny outdoor track. Then I ran 1 mile on the track in 9:35 and 1 mile home on slightly hilly roads in 9:32. I warmed down with 1/4 mile walk. I am tired from yesterday's run but not stiff.

**Tues 7/18/2017 no running**

We drove 400 miles to California MD.

**Wed 7/19/2017 4.25 miles**

I ran 4 miles on slightly hilly roads. The average pace was 8:51/mile. Then I walked 1/4 mile in about 4 minutes. The temperature was about 76 degrees and humid.

**Thur 7/20/2017 4.25 miles**

Soon after I started running my left hamstring tightened and I stopped to massage it. I ended up jogging 4 miles and walking 1/4 mile. I think yesterday's workout was too ambitious just having run the half marathon 3 days before. Today the hamstring felt sore throughout the workout.

**Fri 7/21/2017 no running**

I am resting my sore hamstring.

**29.45 miles in the last week**

Sat 7/22/2017 **4.0 miles**

My left hamstring is still somewhat sore and tight. I didn't push hard.

I walked  $\frac{1}{4}$  mile.

I ran 3.5 miles on somewhat hilly roads and averaged 9:56/mile.

I walked  $\frac{1}{4}$  mile.

Sun 7/23/2017 **no running**

I am resting my sore left hamstring.

Mon 7/24/2017 **6 miles**

Before running my hamstring felt okay and I thought it would be better than 2 days ago. But as soon as I started running it was actually worse than 2 days ago. I ran and walked 6 miles and averaged about 12:00/mile. The hamstring felt somewhat tight and sore the whole time. After my shower I applied a microwave heated rice bag to the hamstring. This has helped in the past.

Tues 7/25/2017 **4.25 miles**

Before running I massaged my left hamstring. I walked and ran 4 miles and averaged 11:54/mile. I walked  $\frac{1}{4}$  mile, ran  $\frac{1}{4}$  mile and repeated until the end. So I walked a total of 2 miles and ran a total of 2 miles. My average walking pace was about 13:54/mi and my average running pace was about 9:54/mile. My hamstring felt a good deal better but it is still somewhat tight. Last Wednesday (7/19/2017) I should not have run as fast as I did. I have known for a long time I should take it easy for a while after a hard race like the half marathon I recently ran. If last Wednesday I had run a workout like the one I did today, I probably would not have hurt my hamstring. I walked a slow  $\frac{1}{4}$  mile to warm down. After my shower I again applied a microwave heated rice bag to the hamstring.