

Sat 3/11/2017 **6 miles**

I ran 1 mile on the indoor track in 8:57 and then rested about 5 minutes.

On a treadmill I ran 6 x ½ mile all in 4:00. Before each half mile I jogged ¼ mile in about 3:00.

At the end I warmed down with a ½ mile in about 5:00.

My pulse at the beginning of each half mile was in the range 105 – 115 bpm.

My pulses at the end of the ½ miles were 137, 140, 142, 142, 142, 141.

Sun 3/12/2017 **no running**

We drove to New Alexandria PA

Mon 3/13/2017 **4 miles**

I ran 5 x 0.8 mile somewhat hilly loop in New Alexandria PA. The average pace was 9:56/mile. The first loop was at 10:55/mile and the last loop at 8:19/mile.

Tues 3/14/2017 **4 miles**

I ran about the same course as yesterday. The average pace was 9:52/mile. The last mile was in 8:28.

Wed 3/15/2017 **no running**

We drove back to Meadville.

Thur 3/16/2017 **5.25 miles**

I ran with Jim Fitch and Tiffany Hrach on the indoor track.

2 mile warm up including a ¼ mile of drills

We ran 1 mile in 8:42 with the last 1/8 mile in 1:00 and then a ½ mile jog.

We then ran 2 x ½ mile with a ¼ mile jog between and a ½ mile jog before and at the end.

Times on the ½ mile runs: 4:24 and 4:21.

Fri 3/17/2017 **4.5 miles**

On the indoor track I ran a mile in 9:19, did a ¼ mile of drills and rested 5 minutes.

On a treadmill I ran 2 miles in 17:29. Splits: 9:15, 8:14

I warmed down with a ¾ mile in about 7:30 on the treadmill and a ½ mile jog home.

**23.75 miles in the last week**

**Sat 3/18/2017 5 miles**

I ran 5 miles on hilly roads averaging 10:30/mile. It was cold with a slight drizzle and I wore three shirts and a rain jacket. The last mile was in 8:45.

**Sun 3/19/2107 9.25 miles**

I ran with Jim Fitch on the Ernst Trail.

We warmed up with 1.5 miles including a couple of short fast runs.

The we ran 10 x  $\frac{1}{2}$  mile with a  $\frac{1}{4}$  mile jog between each run.

The  $\frac{1}{2}$  miles averaged 4:26 with the fastest one in 4:19 and the slowest in 4:34.

We warmed down with a  $\frac{1}{2}$  mile jog.

**Mon 3/20/2017 5 miles**

I ran 2.5 miles on a treadmill in 21:27 or 8:35/mile, The first mile was in 9:00 and it was at various paces as fast as 7:35/mile. The second mile was in 8:32 and the last  $\frac{1}{2}$  mile was in 3:55. I warmed down with a half mile in 6:00 and rested 3 minutes.

On the indoor track I walked and ran 2 miles in 10:54 + 10:50 = 21:44. I walked 0.16 miles at the beginning of each  $\frac{1}{2}$  mile. My walking pace was about 13:30/mile and my running pace about 9:40/mile.

**Tues 3/21/2017 10.5 miles**

I ran 2 x 5 mile loop. The loop is a slightly hilly course with a total ascent of 256 feet (as measured with Google Earth) spread out over the 5 miles. I ran the 10 miles in 1:31:01 or 9:06/mile. The last mile was in 7:55.

The first five miles averaged 9:27/mile and the second five averaged 8:45/mile.

I rested 6 minutes and jogged  $\frac{1}{2}$  mile.