

Running Log Starting Saturday February 20, 2016

Most workouts are in Meadville PA where I live.

Note: Before each workout, I massage my feet, legs, hips and back

Sat 2/20/16: **22.5 miles**

AM 2.2 mile walk on a trail

PM 20.3 miles on slightly hilly roads in 3:16:50. The time does not include two 4 minute breaks to eat energy bars totalling 420 calories and drink a total of 25 ounces of water. This run is prep for 50K in 2 weeks.

**Start tapering for Green Jewel 50K in 2 weeks**

Sun 2/21/16: 5 miles

Walk ¼ mile, run ¼ mile and repeat for 5 miles. This is a good workout the day after a long run. I felt better as I went.

Mon 2/22/16: **2 miles**

Average pace was 8:27/mi. Hilly course. I don't feel stiff from long run, just a little tired.

Tues 2/23/16: 1 mile

1 mile jog

Wed 2/24/16: **4.25 miles**

Average pace was 9:39/mi. I started at 11:00/mi and finished at 8:00/mi

Thur 2/25/16: **4 miles**

Indoor track: 1 mile, no shoes 8:39

Rest 7 minutes

Tread mile:

1 mile at various paces. Time 8:08

Rest 8 minutes

2 miles in 18:00

Pulse near end of run 135.

I don't want to push too hard because of 50K in 8 days.

Fri 2/25/16: **6 miles**

Indoor track: 1 mile, no shoes, 8:19, last 440 at 7:30/mi pace.

Rest 12 minutes

Treadmill:

½ mile in 4:45 at various paces as fast as 7:47/mi.

6x880yds with 440 jog after each. 880's in 4:00 except the last was in 3:54,

440 jog's in about 3:00

Good workout. I felt good throughout.

Weight after running 129 lbs

**44.75 miles in the last week**

Sat 2/27/16: **4 miles**

Indoor track: 1 mile, no shoes, 8:23

Rested 13 minutes

Treadmill:

1 mile in 8:00 at various pace as fast as 6:44/mile

Rest 5 minutes

0.05 mile lead in to 1.05 miles in 7:19.5 or 6:58/mi

Weight after running 127.7 lbs

Sun 2/28/16: **1.3 miles**

1.3 miles at 9:45/mi, 4 times around cemetery loop, down and up hill 4 times.

Mon 2/29/16: **2 miles**

On paved level trail:

1 mile in 9:28

short rest

1/4 mile in 2:00

short rest

1/4 mile at 7:30/mi pace

1/2 mile jog

I feel good

Tues 3/1/16: **4.25 miles**

Indoor track: 1 mile, no shoes

Rest 8:00 minutes

On treadmill:

3 miles in 25:30.

Pulses near the end of each mile were 137, 144, 145

1/4 mile walk at 15:00/mi

Weight at end of workout 127.5 lbs.

Wed 3/2/16: **3 miles**

Indoor track: 1 mile, no shoes, 8:30

Rest 4 minutes

On treadmill:

2 miles in 16:40, this run included two 880's in 3:51 and 4:00

Thurs 3/3/16: **2 miles**

Indoor track: 1 mile, no shoes, 8:08

Rest 50 s

1 mile, with shoes, 9:02

Fri 3/4/16: **1.75 miles, Tomorrow is 50K**

Indoor track: 1 mile, 8:58, rest 2:00

220 yds in 51s, rest 1 min

880 yds in 4:25, jog 220

**18.3 miles in the last week**

Sat 3/5/16: **31.5 miles**

I ran the Green Jewel 50K in 5:29:38

See race report

### **Start recovery from 50K**

Sun 3/6/16: **4 miles**

Walk  $\frac{1}{4}$  mile, run  $\frac{1}{4}$  mile and repeat for 4 miles.

This is a good workout the day after a long run. I felt better as I went.

Mon 3/7/16: **3 miles**

3 miles out and back on Limber Rd, up and down hill going out and coming back.

Last mile in 8:45. I don't feel stiff. I think yesterday's walk/run routine helped a lot.

Tues 3/8/16: **4 miles**

I walked and ran on hilly roads, 4 miles in 42:27 or 10:36/mi.

During the last 3 miles I walked 6x45seconds.

Wed 3/9/16: **5.13 miles**

I walked and ran 5.13 mile somewhat hilly course in 55:00 or about 10:36/mile.

At the beginning of each  $\frac{1}{2}$  mile I walked about  $\frac{1}{8}$  mile. Walking pace was about 14:45/mi.

Thur 3/10/16: **4.75 miles**

Indoor track: 1mile, no shoes, 9:12

Rest 4 minutes

Treadmill:

3 miles in 27:00 and  $\frac{1}{4}$  mile walk at 14:00/mi

Pulse near end of each mile 126, 132 and 136

jogged  $\frac{1}{2}$  mile

Fri 3/11/16: **4.5 miles**

Indoor track: 1mile, no shoes, 8:22

Walk  $\frac{1}{8}$  mile fast

1 cycle with weight machines

On treadmill:

2 miles 9:00+7:27=16:27

$\frac{7}{8}$  mile jog

**56.4 miles in the last week**

Sat 3/12/16: **10 miles**

10 miles on hilly roads

I walked 0.16 miles at the beginning of each half mile.

So ratio of miles walked to miles run was approximately  $\frac{1}{2}$ .

Time 1:54:50 or 11:29/mile, last 1.5 miles at 10:22/mile

Sun 3/13/16: **4 miles**

Indoor track: 2.5 miles, no shoes, 9:00/mi

Last  $\frac{1}{2}$  mile in 4:00

This is the longest distance with no shoes in a while.

Rest 10 min

On treadmill:

1 mile in 8:30

$\frac{1}{2}$  mile walk in 7:00

Mon 3/14/16: **4 miles**

$\frac{1}{2}$  jog

Indoor track: 3.5 miles, average pace 9:48/mi

Used 6 weight machines for arms

Tues 3/15/16: **8.5 miles**

Indoor track: 1 mile, no shoes, 8:28

Rest 6 min

On treadmill:

$\frac{1}{2}$  mile at various paces as fast as 7:13/mi, 4:30

Rested 4:00

8x880 yds with 440 jog before each 880.

880's all in 4:00, jogs all in about 3:00

Jogged  $\frac{1}{2}$  mile

**I can feel myself recovering from the 50K 10 days ago.**

Wed 3/16/16: **1 mile**

Jogged 1 mile before a 400 mile car trip to NJ

Thur 3/17/16: **6 miles**

I ran and walked 6 miles mostly on paved path 3 times around Brookdale Park.

Up and down hill 3 times. The park loop is about 1.8 miles.

I walked about 0.15 miles at the beginning of each half mile.

The miles walked to miles run ratio was  $\frac{3}{7}$ .

Total: 6 miles in 65:12 or 10:52/mile.

Fri 3/18/16: **7.5 miles**

Same course as yesterday only I ran 4 times around the park.

The first 2.5 miles I walked 0.15 miles at the beginning of each  $\frac{1}{2}$  mile, time 27:16 or 10:54/mi.

The 2nd 2.5 miles I ran without walking, time 23:04 or 9:14/mi.

The last 2.5 miles I walked 0.15 miles at the beginning of each  $\frac{1}{2}$  mile, time 26:54 or 10:46/mi.

Total: 7.5 miles in 1:17:14 or 10:18/mi.

**41 miles in the last week**

Sat. 3/19/16: **6 miles**

Same course as yesterday only I ran and walked 3+ times around the park.

The first 2 miles I ran without walking, time 20:00 or 10:00/mi.

The 2<sup>nd</sup> 2 miles I walked 0.15 miles at the beginning of each 1/2 mile, time 20:54 or 10:27/mi.

The last 2 miles I ran without walking, time 18:13 or 9:07/mi.

Total: 6 miles in 59:06 or 9:50/mi.