

Sat Oct 14, 2017 no running

Sun Oct 15, 2017 **26.2 miles**

I ran the Amsterdam Marathon. It was warm and very humid for the last 10 miles and I had to drink a lot. I think I was over trained for this run because I ran a good deal faster 5 weeks ago in the Erie Marathon. On the other hand, it was a very nice experience. There were about 16,000 runners in the marathon. I had 10 family members and friends out on the course and at the end cheering for me. Time: 4:26:12

Mon Oct 16, 2017 **3 miles**

A bakfiets is a bike that has a box in the front that is large enough to carry small children. Joe had his dog Figo in his bakfiets and I rode on a bike 1 mile to Amsterdamse Bos (Amsterdam's Woods). We all walked on trails and paths for 2.5 miles and had a great time. Then we rode 1 mile back.

Tues Oct 17, 2017 **3 miles**

I walked and ran 3 miles.

Wed Oct 18, 2017 **3.35 miles**

I ran 3 miles on walking paths. Splits: 9:17, 8:39, 8:41 average pace = 8:52/mile  
I walked 0.35 miles at average pace of 15:18/mile.

Thur Oct 19, 2017 **4.5 miles**

jogged  $\frac{1}{4}$  mile

I ran 4 miles on walking and bike paths in 35:41, out in 18:13 and back in 17:28.

jogged  $\frac{1}{4}$  mile

Fri Oct 20, 2017 **5 miles**

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

I did the same run as yesterday only faster.

I ran 4 miles on walking and bike paths in 34:36, out in 17:55 and back in 16:41.

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

**45.1 miles in the last week**

Sat Oct 21, 2017 **no running**

We flew from Amsterdam to Milan Italy and traveled to Lake Como.

Sun Oct 22, 2017 **6 miles**

First I walked about 3 miles near Lake Como in Argegno.

Later ran up a hill that went up about 550 feet in 1.5 miles then I turned around and ran down.

Mon Oct 23, 2017 **3.5 miles**

I walked about 3.5 miles on very hilly roads near Lake Como.

Tues Oct 24, 2017 **3 miles**

I walked and ran about 3 miles on hilly walking paths near Lake Como.

Wed Oct 25, 2017 **2.6 miles**

I ran and walked up and down a tough hill twice. The hill was 0.65 miles long and gained 406 feet.

Time up: 11:50

Time down: 7:58

Time up: 11:12

Time down: 7:51

This was a very good hill work out.

Thur Oct 26, 2017 **4 miles**

I walked about 2 miles in Bellagio and Varenna near Lake Como. Later I ran and walked about 2 miles in about 40 minutes. This included up and down a steep hill in Varenna. It was a 600 foot ascent on a cobblestone path with no level spots.

Fri Oct 27, 2017 **4.5 miles**

I ran and walked about 3 miles. This included up and down a steep hill in Varenna. It was a 600 foot ascent on a cobblestone path with no level spots. Later I walked about 1.5 miles.

**23.6 miles in the last week**

**Sat Oct 28, 2017 2.5 miles**

In Varenna I jogged  $\frac{1}{4}$  mile to warm up and then ran 1 mile out and 1 mile back.

Splits: 8:40 and 8:23. Then I warmed down with a  $\frac{1}{4}$  mile jog.

We traveled to Milan and flew back to Amsterdam.

**Sun Oct 29, 2017 6.75 miles**

In Amsterdam I warmed up with a  $\frac{1}{4}$  mile jog and then ran out and back 6 miles on flat bike paths and roads. Splits: 8:40, 8:28, 8:15, 8:25, 8:26, 8:06. I warmed down with a  $\frac{1}{2}$  mile jog. Average pace = 8:23/mile

**I am going to gradually increase the amount of interval training I am doing.**

**Mon Oct 30, 2017 3 miles**

I ran 3 miles on bike paths in 28:33. The run included 2 x  $\frac{1}{2}$  mile with a  $\frac{1}{4}$  mile jog between the halves. The times of the  $\frac{1}{2}$  miles were 3:54 and 3:56.

**Tues Oct 31, 2017 4 miles**

I ran 4 miles on flat roads and bike paths averaging 9:30/mile.

**Wed Nov 1, 2017 4.25 miles**

I ran 1.5 miles at about 9:30/mile and then rested 1 minute. On a long straight bike path, I ran 3 x  $\frac{1}{2}$  mile with  $\frac{1}{4}$  mile jogs between the half miles. The  $\frac{1}{2}$  mile times were 3:54, 3:44 and 3:49. I jogged  $\frac{3}{4}$  miles to warm down.

**Thurs Nov 2, 2017 4.75 miles**

I warmed up with a  $\frac{1}{2}$  mile jog and then ran 4 miles on flat bike paths. The average pace was 9:25/mile. I warmed down with a  $\frac{1}{4}$  mile jog.

**Fri Nov 3, 2017 3 miles**

I rode a bike 5 miles and ran and walked 1.5 miles. The 5 miles of bike riding I take equivalent to about 1.5 miles of running.

**28.25 miles in the last week**

