

**Thur June 14, 2018 5.75 miles**

I ran with 8 other runners on the Meadville High track.

Warm up: 2 miles in 19:54 and ½ mile jog

Run: 6 x 400 meters with 400 meter jogs before each run and ½ mile jog at the end

Times for 400 meter run: 1:59, 1:57, 1:57, 1:48, 1:56, 1:46

Jogs before runs about 3:30

**Thurs June 21, 2018 5.75 miles**

I ran with Mark, Kerstin and Gary on the high school track.

Warm up: 1 mile walk in 14:06, 1.25 mile run in 11:55 and a few minute rest

Run:

1 x 200m in 54s and 200m jog

6 x 400m with 400m jogs between the runs

Times for the 400's: 1:50, 1:50, 1:47, 1:43, 1:44, 1:40 Average=1:46

400m jogs averaged about 3:20

Warm down: ½ mile jog

**Thurs June 28, 2013 3.75 miles**

I ran with 4 other runners on the high school track.

First I ran 1 mile in 9:45. Then I jogged about 2.75 miles while I timed other runners who were running an interval workout. I didn't want to run intervals because I plan to run a 10K race on Saturday.

**Thurs July 5, 2018 3 miles**

I ran with other runners on the high school track. We ran intervals.

I didn't run a lot because I plan on running a 5K on Saturday.

Warm up: 1 mile in about 10:00.

Run: 1 x 200 m in 53s and jog 200 m

4 x 400m with a 400m jog between each run.

Times for 400's: 1:54, 2:03, 1:59, 1:54

**Thurs July 12, 2018 3 miles**

I ran with Mark, Tim, Rod and Chance on the high school track.

Warm up: 1 mile in about 10:30

Run: 1 x 200 m in 58s and jogged 200m

4 x 400m with a 400m jog between the 400m runs

Times for the 400m runs: 1:50, 1:43, 1:58, 1:54

Thur July 19, 2018 **4 miles**

I ran with 5 other runners on the high school track.

Warm up: 1.5 miles at various paces.

Run: 2 x ½ mile and 2 x ¼ mile with a ¼ mile jog after each run.

Times: 3:49, 3:46, 1:57, 1:53

Thur July 26, 2018 **6.25 miles**

I ran on the high school track with 4 other runners.

**Warm up:** 1 mile in 9:31, rest 2 minutes, 1 mile in 10:25, rest 3 minutes

**Run:** 1/8 mile(58s), ¼ mile(1:59), ½ mile(3:58),

¾ mile(5:58), ½ mile(3:57), ¼ mile(1:54), ¼ mile(1:51)

We jogged 1/8 mile after the first run and ¼ mile after each of the others.

Thur Aug 9, 2018 **4.6 miles**

I ran with 6 other runners on the 510 m Greendale Cemetery loop.

**Warm up:** 1.3 miles

**Run:** 6 x cemetery loop (510 m) with 300 m jog after each. Jogs took about 3:30.

Times for 510 m runs: 2:30, 2:28, 2:25, 2:23, 2:22, 2:14 (7:03/mile pace for the last one)

Average time: 2:24 which is 7:34/mile pace.

Total ascent along the loop: 22 feet

**Warm down:** 0.3 miles

Thur Aug 16, 2018 **5 miles**

I ran with 5 other runners on the Greendale Cemetery 510 meter loop.

**Warm up:** 1.25 miles at various paces

**Run:** 5 x 800 meters with 300 m jogs between the runs.

**Time between runs:** about 4:20

**Times for runs:** 4:00, 3:51, 3:51, 3:48, 3:53

**Warm down:** 600 m jog

Thurs Aug 30, 2018 **5.5 miles**

I ran with 3 other runners on the 510 meter Greendale Cemetery loop.

**Warmup:** 2 miles at various paces

**Run:** 1 x 200 m, 1 x 510 m, 2 x 800 m, 1 x 510 m, 1 x 200 m

The two 200 m runs were uphill all the way.

We jogged about 300 m between each run. These jogs took about 3:50.

**Times for the runs:** 60 s, 2:28, 3:48, 3:48, 2:26, 52 s

**Warmdown:** 0.6 mile jog

Thur Sept 6, 2018 **5.6 miles**

I ran with 4 other runners on the 510 m Greendale Cemetery loop.

**Warm up:** 1 mile by myself and one mile with the other runners.

**Run:** 6 x cemetery loop (510 m). The 300 m jogs between runs were about 3:30.

Times for 510 m runs for most of us: 2:24, 2:22, 2:23, 2:14, 2:29, 2:17

Average time: 2:22 which is 7:28/mile pace. The fastest one at 7:03/mile pace.

Total ascent along the loop: 22 feet **Warm down:** 0.6 miles

Four weeks ago Rod Brest and I averaged 2:24 for the 6 runs.

Thur Sept 13, 2018 **4.7 miles**

I ran with 4 other runners on the Greendale cemetery loop.

**Warmup:** 1.5 miles at various paces and rested a few minutes.

**Runs and times:** 2x255 m ( $\frac{1}{2}$  loop = 255 m), 1:11, 1:11

3x510 m (1 loop = 510 m), 2:25, 2:24, 2:22

1x1020 m (2 loops), 2:23 + 2:21 = 4:44

Average pace per 510 meters: 2:23 which is about the same as last week when we ran 6x510 m. We jogged about 250 meters between runs. **Warmdown:**  $\frac{1}{2}$  mile jog

Thur Sept 20, 2018 **5.5 miles**

I ran with 5 other runners on the 510 m cemetery loop. Times below are my times.

**Warmup:** 2 miles at various paces and rested a few minutes.

**Runs and times:** 1x255 m ( $\frac{1}{2}$  loop = 255 m), 69 s (7:15/mile)

1x510 m (1 loop = 510 m), 2:25 (7:36/mile)

1x765 m (1.5 loops = 765 m), 3:33 (7:27/mile)

1x765 m, 3:23 (7:06/mile)

1x510 m, 2:13 (7:00/mile)

1x255 m, 60.5 s (6:21/mile)

Average pace per 510 meters: 2:17 (7:12/mile), faster than I have been running.

We jogged about 250 meters between runs. **Warmdown:**  $\frac{3}{4}$  mile jog

Thur Sept 27, 2018 **5.2 miles**

I ran with Mark and Chance on the Greendale cemetery loop.

**Warmup:** 2 miles at various paces and rested a few minutes.

**Runs and times:** 2x255 m ( $\frac{1}{2}$  loop = 255 m), 1:11, 1:09

3x510 m (1 loop = 510 m), 2:25, 2:22, 2:21

1x1020 m (2 loops), 2:20 + 2:20 = 4:40

Average pace per 510 meters: 2:21

We jogged about 250 meters between runs.

**Warmdown:**  $\frac{1}{2}$  mile jog