Sat May 4, 2019 **5.5 miles**
On a staionary recumbent bike set at level 12: I did a 500 calorie ride in 49:30. Final heart rate 117 bpm, Average heart rate about 108 bpm.
Warm down: ½ mile jog and walk home uphill.

Sun May 5, 2019 **no running**

On May 2, my right calf cramped while running. Since then the calf has been sore. I have been massaging it every day and this seems to help.

Mon May 6, 2019 **6 miles**
Run: I ran 5 miles averaging 10:00/mile. The first 4 miles were on hilly roads and the last mile was on the Allegheny College track. My right calf was still a little sore.
Warm down: I jogged 1 mile home.

Tues May 7, 2019 **6 miles**
Run: I ran the same 5 mile course that I did yesterday and averaged 9:33/mile. My calf was somewhat better.
Warm down: I jogged 1 mile home.
Splits for the 5 mile run:
Yesterday: 10:45 (up hill), 9:50, 9:23, 9:51, 10:10
Today: 10:17 (up hill), 9:39, 9:24, 9:32, 8:53

Wed May 8, 2019 **5.5 miles**
Ride: I did a 500 calorie ride on a stationary recumbent bike on level 12.
100 calorie splits: 11:10, 11:02, 11:00, 10:20, 9:40.
The pulse at the end was 115 bpm
I count this ride as equivalent to a 5 mile run.
Warm down: I walked and jogged ½ mile home.

Thurs May 9, 2019 **no running**

Fri May 10, 2019, **3 miles**
I was going to run 5 miles on a treadmill but had to stop after 3 miles because my left calf cramped again as it did last week and this left my leg really sore. After an hour or so I could not stand on my toes because it made my calf hurt so much. We went to see Dr Dan Young a chiropractor in Erie. He has helped us with similar situations in the past. He massaged my calf and IT band for about 15 minutes. During this treatment I had a great deal of discomfort but I knew it would help a lot. And it did. Right after the treatment I had no problem standing on my toes. Dr Young showed Mary Jane how to massage my leg.
In the past week: 26.5 miles

Sat May 11, 2019 **5 miles**
Before running Mary Jane massaged my sore calf and again I had a great deal of discomfort. Because of this I did not think I would be able to run much at all. When I went out the door to run I was thinking I would run slowly in the beginning and then walk and run a couple of miles after that. After a slow mile mainly uphill I had no problem running, picked up the pace and ran a total of 5 miles averaging 10:40/mile on hilly roads. It was an enjoyable run with no problems. I think if Mary Jane continues to massage my leg everyday before I run, I should recover quickly.

Sun May 12, 2019 **no running**

Mon May 13, 2019 **5 miles**
I ran on a Wise Center treadmill.
3 miles, I kept my pulse close to 130 bpm during the second and third miles. Splits: 9:47, 9:59, 10:39 I rested 3 minutes after the 3 mile run.
1 x ¼ mile in 1:53, 1 x ½ mile in 4:00. Pulse at the end of ½ mile: 160 bpm
I jogged ¼ mile before each run and ¾ mile after the second one.

Tues May 14, 2019 **3 miles**
I ran on a Wise Center treadmill.
3 miles, Average pulse about 130 bpm. Splits: 10:00, 10:00, 10:16
My right calf got tight and hurt again. I should run easily for a while.

Wed May 15, 2019 **3 miles**
I ran and walked on slightly hilly roads.
3 miles, Average pulse about 118 bpm and average pace about 11:20
My calf felt okay.

Thur May 16, 2019 **4.5 miles**
I ran and walked 4.5 miles on hilly roads and averaged 11:20/mile.

Fri May 17, 2019 **8 miles**
I ran and walked 8 miles on hilly roads and averaged 11:55/mile.

In the last week: 28.5 miles

Sat May 18, 2019 **5 miles**
My calf is a lot better. Massaging has helped a lot.
Run: 4 miles on hilly roads averaging 9:43/mile
Warm down: rest 3 minutes and walked and ran 1 mile in about 12:00

Sun May 19, 2019 **5 miles**
I did the same workout as yesterday.
Run: 4 miles on hilly roads averaging 8:59/mile
Warm down: rest 3 minutes and walked and ran 1 mile in 11:45/mile
Sum of ascents: 267 feet,   This is one of my fastest times on this course.
Splits:
July 4, 2018:   9:18, 9:12, 8:41, 8:34
      Today: 9:42, 9:12, 8:44, 8:16

Mon May 20, 2019 **6 miles**
I ran 6 miles out and back on hilly Limber Rd. Average pace near 11:00/mi.
Sum of ascents along the course is 530 feet.

Tues May 21, 2019 **4 miles**
I ran 4 miles on hilly roads at various paces averaging 10:48/mile. This run
included a slightly downhill ½ mile in 4:05.

Wed May 22, 2019 **no running**
I worked hard on preparing our garden.

Thur May 23, 2019 **5 miles**
I ran on the high school track.
Warmup: 1.5 miles at various paces and rest 2 minutes.
Run: 4 x 300m and 4 x 200m. After the 300m runs I jogged 500m in about 4:00
each. After the 200m runs I jogged 200m in about 1:30 each.
Times: 81s, 82s, 80s, 79s, 51s, 53s, 51s, 50s
Warm down: rest 2:00 and jog ½ mile

Fri May 24, 2019 **5 miles**
I ran 5 miles on slightly hilly roads and averaged about 10:00/mile.

In the last week: 30 miles

Sat May 25, 2019 **6 miles**
I ran 5.5 miles with Jim Fitch on slightly hilly roads. We averaged 10:38/mile.
After resting a few minutes I jogged ½ mile uphill.

Sun May 26, 2019 **4 miles**
2 miles on slightly hilly roads averaging 9:29/mile, 3:00 rest
2 miles out and back on hilly Limber Rd averaging 9:25/mile
The first ¼ mile of the run on Limber goes up 93 feet which is a 7% incline.
I ran this ¼ mile in 2:31 and kept running. This was a tough uphill run.

Mon May 27, 2019 **4 miles**
I ran on the high school track, running wide so each lap was ¼ mile.
Run: 3 miles in 27:08, Splits: 9:15, 9:08, 8:45
Warm down: rest 3:00, jog 1 mile in 10:30

Tues May 28, 2019 **no running**

Wed May 29, 2019 **4.75 miles**
I ran intervals on the high school track with our summer running group.
Warmup: 1.25 miles on my own at about 10:00/mile pace and about 0.75
miles with the group at various paces
Run: 1 x 200m, my time: 53s, a 200m jog
5 x 400m with 400m jog after each
My times for the 5 runs: 1:58, 1:57, 1:55, 1:53, 1:49

Thur May 30, 2019 **5.5 miles**
I ran 5.5 miles on somewhat hilly roads and averaged 10:11/mile.

Fri May 31, 2019 **6 miles**
I ran 5.5 miles on a course that was more hilly than yesterday.
Average pace: 9:37/mile
I rested 3 minutes and jogged ½ mile

In the past week: 30.25 miles

Sat June 1, 2019 **6 miles**
I ran 5.5 miles with Jim Fitch on slightly hilly roads. We averaged 10:40/mile.
After resting a few minutes I jogged ½ mile uphill.

Sun June 2, 2019 **no running**
I twisted my ankle.

Mon June 3, 2019 **5.5 miles**
In the morning I ran 3 miles slowly on roads.
In the afternoon I ran 2.5 miles slowly on the high school track.
Each time my ankle felt better as I ran.

Tues June 4, 2019 **4 miles**
I ran 4 miles on the college outdoor track. My ankle is still stiff and sore but felt
better as I ran. Mile splits: 11:39, 10:50, 10:10, 9:46 Average pace: 10:36/mi

Wed June 5, 2019 **8 miles**
In the morning I ran on the high school track. My ankle is better than yesterday.
I jogged ¼ mile, ran 3 miles in 28:08, rested 4 minutes and jogged ½ mile.
Splits for 3 miles: 10:00, 9:21, 8:48 Average pace: 9:23
In the afternoon I ran on the high school track with our running group.
Warmup: 2 miles in 10:00 and 10:34 and rested about 4:00
Run: 1 x 200m and 4 x 600m with a 200m slow jog after each.
Times: 56s, 2:57, 2:59, 2:58, 2:54

Thur June 6, 2019 **2 miles**
I ran 2 miles slowly on the high track. I felt tired probably because of the
running I did yesterday.

Fri June 7, 2019 **6 miles**
I ran 5.5 miles on slightly hilly roads with Jim and Sharon. The average pace
was 11:38/mile.

In the past week: 31.5 miles

Sat June 8, 2019 **3.5 miles**
I ran on the high school track. I ran wide on the curves so each lap was ¼ mile.
Warmup: 1 mile in 9:45 and rested about 4:00.
Run: 2 miles in 17:21, Splits: 8:52, 8:29
Warm down: 3:00 rest and ½ mile in 5:05

Sun June 9, 2019 **no running**

Mon June 10, 2019 **2 miles**
I ran 2 miles on the high school track including 1 mile in 10:11, 200m in 58s and 600m in 1:31.

Tues June 11, 2019 **4.5 miles**
Run: I ran 4 miles on the high school track, running wide on the turns so each lap was ¼ mile. **Mile splits:** 9:57, 9:46, 9:44, 9:32
Warm down: Rest 2 minutes and ½ mile in 5:33

Wed June 12, 2019 **6 miles**
I ran on the high school track with our running group.
Warmup: 2 miles in 21 minutes, ¼ mile of drills,
rested 2 minutes, ½ mile in 4:48, rested 4 minutes
Run: 200m, 400m, 3 x 600m, 400m, 200m
Times: 58s, 2:02, 3:03, 3:02, 3:00, 1:59, 54s
Each of the 7 runs was followed by a slow 3.5 minute jog after each.

Thur June 13, 2019 **4.5 miles**
Warmup: ½ mile down to the Wise Center
Run: 3.6 miles on a treadmill averaging 9:36/mile. The last 0.6 miles at 8:28/mi.
Warm down: 0.4 miles in about 4 minutes.

Fri June 14, 2019 **5 miles**
I walked and ran 5 miles on the high school track. I walked about 110 yards at the beginning of each ½ mile and averaged 11:57/mile

In the past week: 25.5 miles

Sat June 15, 2019 **5 miles**
Warmup: ½ mile jog maily uphill.
Run: 4 miles on slightly hilly roads averaging 10:58/mile
Warm down: ½ mile jog

Sun June 16, 2019 **no running**

Mon June 17, 2019 **no running**

Tues June 18, 2019 **3.5 miles**
I ran on a Wise Center treadmill
Warmup: 1 mile in 10:00 and rest 3 minutes
Run: 2 miles Splits: 9:28, 8:25   The last ¼ mile was in 2:00
Warm down: ½ mile in 5:10

Wed June 19, 2019 **2.5 miles**
I ran on the high school track with our running group.
Warmup: 1 mile in about 11 minutes
Run: 3 x ¼ mile with a ¼ mile jog after each.
Times for runs: 1:57, 1:58, 1:47

Thurs June 20, 2019 **4 miles**
I ran 4 miles on a Wise Center treadmill. Time: 37:03 or 9:16/mile
Splits: 10:01, 9:30, 8:59, (4:21+4:12) = 8:33

Fri June 21, 2019 **3 miles**
Run: 2.5 miles on a Wise Center treadmill.
Splits: 10:00, 9:07, 4:16
Warm down: ½ mile in abut 5 minutes

In the past week: 18 miles

Sat June 22, 2019 **no running**
We drove to California MD.

Sun June 23, 2019 **5 miles**
I ran mainly on slightly hilly Wildewood Parkway in California MD.
Warmup: 0.75 mile jog
Run: 4 miles averaging 10:41/ mile with a fast last ¼ mile
Warm down: 0.25 mile jog

Mon June 24, 2019 **5.5 miles**
I ran mainly on slightly hilly Wildewood Parkway in California MD.
Warmup: 0.25 mile jog
Run: 5 miles averaging 10:10/mile with a fast last mile
Warm down: 0.25 mile jog

Tue June 25, 2019 **5.5 miles**
I ran mainly on slightly hilly Wildewood Parkway in California MD.
Warmup: 0.25 mile jog
Run: 5 miles, the first 4.5 miles averaged 9:59/mile, the last ½ mile in 4:15
Warm down: 0.25 mile jog

Wed June 26, 2019 **5.5 miles**
I ran mainly on slightly hilly Wildewood Parkway in California MD.
Warmup: 0.25 mile jog
Run: 5 miles, the first 4.5 miles averaged 9:20/mile, the last ½ mile in 4:12
Warm down: 0.25 mile jog

I felt increasingly better over the last 4 days. I am going to rest a little now.

Thur June 27, 2019 **no running**

Fri June 28, 2019 **no running**
We drove back to Meadville.

In the past week: 21.5 miles

Sat June 29, 2019 **10 miles**
I ran 5 miles on slightly hilly roads, rested about 8 minutes while drinking
16 ounces of Gatorade and then ran the same 5 mile course again.
The first time I averaged 10:51 min/mile and the second time 9:51 min/mile.
1st time splits: 11:56, 10:59, 10:43, 10:28, 10:10
2nd time splits: 10:18, 10:08, 9:52, 9:43, 9:14

Sun June 30, 2019 **no running**

Mon July 1, 2019 **5.6 miles**
I ran with our running group on the high school track. We had 11 runners.
Warmup: 2.75 miles at about 10:40/mile and rest a few minutes.
Run: 1 x 200m in 58s and a 200m jog
7 x 400m with a 300m jog in about 3:30 after each run.
Times for the 400's: 2:00, 1:58, 1:57, 1:56, 1:55, 1:49, 1:45
The runs got easier as I ran.

Tues July 2, 2019 **4 miles**
1.25 miles at various paces on roads, 1.5 miles on the track at about
10 min/mile, and 1.25 miles at various paces on roads.

Wed July 3, 2019 **5 miles**
Run: 4 miles on the high school track in 39:13, Splits: 9:57, 9:51, 9:46, 9:41
Warm down: 1 mile in about 11 minutes.

Thur July 4, 2019 **7 miles**
Run: I ran 7 enjoyable miles on hilly roads with Olivia Hemlock.
The first 5 miles averaged 10:30/mile. Then we rested about 2 minutes.
Then 1.1 miles at about 8:15/mile pace on a slightly hilly road.
Warm down: 0.9 mile jog

Fri July 5, 2019 **3.25 miles**
I ran on the high school track.
Warmup: 1 mile is 9:48, rest about 2:00, ¼ mile of drills, rest about 2:00
Run: 4 x 200m with a 200m jog after each. The jogs took about 2:00
Times: 59s, 60s, 55s, 55s
2 x 400m, with 400m jog after each. The jogs took about 3:30
Times: 1:56, 1:47
In the past week: 34.9 miles

Sat July 6, 2019 **5 miles**
I did the same workout as on July 4, 2018 and May 19, 2019.
Run: 4 miles on hilly roads averaging 8:59/mile
Warm down: rest 2 minutes and ran 1 mile in 11:13/mile
Sum of ascents: 267 feet,   This is one of my fastest times on this course.
Splits:
July 4, 2018:   9:18, 9:12, 8:41, 8:34 Average pace: 8:56
May19, 2019:   9:42, 9:12, 8:44, 8:16 Average pace: 8:59
Today: 9:58, 8:55, 8:55, 8:09 Average pace: 8:59

Sun July 7, 2019 **no running**

Mon July 8, 2019 **5 miles**
I ran with 11 other runners on the high school track.
Warmup: 1 mile in 9:37, rest 45s, 1 mile in 10:02, rest about 4 minutes
Run: 1 x 200m, 1 x 400m, 1 x 800m, 1 x 1200m, 1 x 200m,
Times: 55s, 1:52, 3:57, 6:00
We jogged 200m after the first and last runs and 400m after all the others.
Warm down: 400m jog.

Tues July 9, 2019 **5 miles**
I walked and ran 5 miles on slightly hilly roads and averaged 11:53/mile.
I walked about a minute at the beginning of each ½ mile.

Wed July 10, 2019 **7.25 miles**
In the morning I walked and ran 4 miles on the high school track. I walked about
110 yards at the beginning of each half mile and averaged 10:57/mile.
Walking pace: about 15:00/mile, Running pace about 10:20/mile
In the afternoon I ran 3.25 miles with our running group on the high school track
in near 90 degree temperatures. This run included 1 x 200m and 4 x 400m.
Times: 58s for the 200m and about 2:00 for the 400's.

Thur July 11, 2019 **3 miles**
I ran and walked 3 miles on a treadmill. I walked 0.1 miles at the end of each half
mile and averaged 10:57/mile. Running pace: 10:00/mi, Walking pace: 15:00/mi

Fri July 12, 2019 **4.5 miles**
I ran 4 miles on hilly roads averaging 9:50/mile then I jogged 0.4 miles
In the last week: 29.8 miles

Sat July 13, 2019 **2 miles**
I ran 2 miles on slightly hilly roads including 1 mile in 10:10 and 2 x 200m on a slight down hill in about 57s each.

Sun July 14, 2019 **11.1 miles**
Warmup: I ran 1.8 miles at various paces.
Run: Trailblazer 15K in 1:22:23 on the Ernst Trail in Meadville PA.
Average pace: 8:50/mile
Mile splits: 8:57, 8:51, 8:47, 8:49, 8:41, 8:48, 9:07, 9:00, 8:48

Mon July 15, 2019 **4 miles**
I ran on the high school track with our running group.
Warmup: 1.25 miles at various paces and rest a few minutes
Run: 1 x 200m, 2 x 400, 1 x 1600m, 1 x 200m,
Times: 56s, 2:03, 1:59, 8:10 (splits: 2:06, 2:04, 2:00, 2:00), 56s
We jogged 200m after the first and last runs and 400m after all the others.

Tues July 16, 2019 **4 miles**
I walked and ran 4 miles on hilly roads and averaged 11:38/mile. I walked about 1:00 at the beginning of each ½ mile for a total of about 8 minutes of walking.

Wed July 17, 2019 **3 miles**
I ran 3 miles with our running group on the high school track.
This run included 1 x 200m and 4 x 400m.
Times: 55s for the 200m and 1:55, 1:55, 1:52 and 1:52 for the 400's.

Thur July 18, 2019 **4 miles**
I walked and ran 4 miles on hilly roads and averaged 11:14/mile. I walked 3 times for a total of 5:20 walking.

Fri July 19, 2019 **no running**

In the last week: **28.1 miles**

Sat July 20, 2019 **1.25 miles**
I ran on the high school track. I am running a ½ marathon tomorrow.
800m in 4:43, rest 3:00, 400m in 2:13, rest 3:00, 2 x 200m in 1:01 and 1:05
with a 200m jog after each.

Sun July 21, 2019 **14.1 miles**
Warmup: 1 mile at various paces
Run: I ran the Presque Isle Half Marathon in Erie PA on a hot humid day.
Results: Gun Time: 2:00:35, Average Pace: 9:12/mi, First in 75-79 age group,
290th out of 1000 finishers, 17th fastest age graded time.
Mile Splits:
8:53, 9:07, 8:59, 9:09, 9:05, 9:12, 9:16, 9:20, 9:19, 9:25, 9:08, 9:12, 9:29
Note: I drank enough water but I didn't drink much Gatorade during the run
which I usually do. Also I usually eat a gel at the 10 mile mark but I did not
today. With more Gatorade and the gel I don't think I would have faded in the
last mile. I usually pick up the pace in the last mile.

Mon July 22, 2019 **3 miles**
I ran 3 miles on hilly roads and averaged 11:00/mile.

Tues July 23, 2019 **no running**

Wed July 24, 2019 **2.5 miles**
I walked about 1 mile on trail in Cook Forest, rested a few minutes and then
ran about 1.5 miles on a hilly trail.

Thurs July 25, 2019 **3 miles**
I ran three miles on hilly roads in Meadville and averaged 10:38/mile.

Fri July 26, 2019 **no running**

In the last week: 23.9 miles

Sat July 27, 2019 **5 miles**
I ran and walked 5 miles on hilly roads and averaged about 11:30/mile.

Sun July 28, 2019 **no running**

Mon July 29, 2019 **4.3 miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
Warmup: 1.3 miles
Run: 1 x 200m (54s mainly downhill) and jog 300m
5 x 510m with about a 300m jog between the runs
My times: 2:34, 2:34, 2:29, 2:30, 2:21
Warm down: 510m jog

Tues July 30, 2019 **no running**

Wed July 31, 2019 **5 miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
Warmup: 1 mile in 9:50, rest 2 minutes, 1 mile in 10:45, rest 7 minutes
Run: 1 x 200m (54s mainly downhill) and jog 300m
5 x 510m with about a 300m jog between the runs
My times: 2:37, 2:29, 2:22, 2:24, 2:21
Warm down: 510m jog

Thur Aug 1, 2019 **5 miles**
I walked and ran 5 miles on slightly hilly roads and averaged 11:20/mile. I walked about 6 minutes total during 4 walks.

Fri Aug 2, 2019 **6 miles**
I ran 4 miles on hilly roads and averaged 10:04/mile.
After about 2 hours I walked and ran 2 miles on hilly roads.

In the last week: 25.3 miles

Sat Aug 3, 2019 **5.8 miles**
I ran with our running group in Greendale Cemetery.
Warmup: 1.3 miles
Run: 3 x 1.5 miles: The 1.5 mile course went up, down, up and down on the cemetery main road. There was a total ascent of 176 feet over the 1.5 miles. We rested about 4 minutes after the first and second runs.
Times and paces for the runs: 15:11 (10:07/mile), 13:50 (9:13/mile), 13:04 (8:43/mi)

Sun Aug 4, 2019 **no running**

Mon Aug 5, 2019 **6.9 miles**
In the morning I ran 1 mile on a hill with a 250 foot ascent and no descent.
In the afternoon I ran with our running group on the Greendale Cemetery loop.
Warmup: 2.25 miles and rest about 8 minutes
Runs and my times:
1x255 m (½ loop = 255 m), 74s
1x510 m (1 loop = 510 m), 2:34
1x765 m (1.5 loops =765 m), 4:00
1x765 m, 3:41
1x510 m, 2:21
1x255 m, 62s
We jogged about 255m between the runs.
Warm down: 700m

Tues Aug 6, 2019 **4 miles**
I ran 4 miles on hilly roads and averaged 9:40/mi.

Wed Aug 7, 2019 **5 miles**
I ran with our running group on the Greendale Cemetery loop.
Warmup: 2.5 miles including 200m in 55s
Runs and my times:
1x255 m (½ loop = 255 m), 67s
1x510 m (1 loop = 510 m), 2:26
1x765 m (1.5 loops =765 m), 3:50
We jogged about 255m after each run.
Warm down: 1.25 miles

Thur Aug 8, 2019 **no running**
Fri Aug 9, 2019 **no running**

In the past week: 21.7 miles
Sat Aug 10, 2019 **10.6 miles**
I ran 10 miles around Tamarack Lake with Tim Dunn.
The first 1.5 miles goes up 324 feet. The course has a total ascent of about 525
feet. Our time was 1:35:10 and we averaged about 9:30/mile. After the first 1.5
miles uphill we averaged about 9:06/mile.
Warm down: After 20 minutes I jogged 0.6 miles.

Sun Aug 11, 2019 **no running**

Mon Aug 12, 2019 **7 miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
Warmup: 3 miles at about 10:30/mile and rest 2 minutes.
Run: 1 x 200 meters and 7 x 510 meters with a 300 meter jog between the runs.
Times for runs: 55s, 2:41, 2:35, 2:31, 2:24, 2:22, 2:11.2(6:54/mile pace), 2:31
The times between the runs averaged about 3:40.
Warm down: 510 meters

Tues Aug 13, 2019 **no running**

Wed Aug 14, 2019 **6 miles**
I ran with our running group on the Greendale Cemetery 510 meter loop.
Warmup: 2 miles at about 11:00/mile and rest a few minutes.
Run: 1 x 200 meters and 7 x 510 meters with a 300 meter jog between the runs.
Times for runs: 52s, 2:35, 2:33, 2:32, 2:29, 2:27, 2:25, 2:15
The times between the runs averaged about 3:40.
Warm down: 510 meters

Thur Aug 15, 2019 **4.2 miles**
I ran 4 miles and averaged 9:50/mile. The run included 2.2 miles on hilly roads
and 2 miles on the college track.

Fri Aug 16, 2019 **3 miles**
I ran 3 miles on hilly roads and averaged 9:15/mile.

In the past week: 30.6 miles

Sat Aug 17, 2019 **3 miles**
I ran 3 miles on hilly roads and averaged 8:56/mile.

Sun Aug 18, 2019 **no running**

Mon Aug 19, 2019 **4 miles**
I walked 0.1 miles at the beginning of each ½ mile and averaged 12:00/mile for 4 miles.

Tues Aug 20, 2019 **5 miles**
I ran 5 miles and averaged 9:46/mile. The middle mile was in 9:30 on the Allegheny track. The other 4 miles were on hilly roads.

Wed Aug 21, 2019 **6 miles**
I ran with 4 other runners on the 510 meter loop in Greendale Cemetery.
Warmup: 2 miles at about 11:00/mile and rest a few minutes
Run:
1 x 200m in 55s with a 200m jog after
2 x 510m in 2:34 and 2:35 with a 300m jog after each
2 x 1020m in 5:11 and 5:17 with a 510m jog after each
1 x 510m in 2:25 with a 510 m jog after

Thur Aug 22, 2019 **5 miles**
I did the same workout as 2 days ago and again averaged 9:46/mile. The middle mile was on the Allegheny track and the other 4 miles were on hilly roads. Today I started out slower than 2 days ago because I was tired from yesterday's workout. But as I warmed up I felt better and faster.
Tuesday's splits: 10:17, 9:36, 9:30, 10:00, 9:29
Today's splits: 11:06, 9:46, 9:34, 9:29, 8:54

Fri Aug 23, 2019 **4 miles**
I ran 4 miles on roads that were slightly hillier than the 4 miles of roads that I ran yesterday and on Tuesday. I averaged 9:37/mile which was faster today.

In the past week: 27 miles

Sat Aug 24, 2019 **5.5 miles**
I ran with our running group in Greendale Cemetery. Six of us ran.
Warmup: 1 mile including ¼ mile up to top of Limber Rd in 2:44
Run: 3 x 1.5 miles: The 1.5 mile course went up, down, up and down on the cemetery main road. There was a total ascent of 176 feet over the 1.5 miles. We rested about 4 minutes after the first and second runs.
We did the same workout on August 3, three weeks ago.
Today's times: 14:33 (9:42/mile),   13:56 (9:17/mile), 12:59 (8:39/mi)
Aug 3rd times: 15:11 (10:07/mile), 13:50 (9:13/mile), 13:04 (8:43/mi)

Sun Aug 25, 2019 **4.65 miles**
I ran near a hotel in Lamar PA on our way to Ortley Beach in NJ.
Run: 2 x out and back 1.5 miles on a hilly road. I rested 3 minutes between the 2 runs.
Times and paces: 14:06 (9:23/mile), 12:03, (8:02/mile)
Warm down: rested a few minutes and jogged ¼ mile
Later on I walked 1.4 miles at about 16:00/mile with Monica.

Mon Aug 26, 2019 **4.5 miles**
We are in Ortley Beach. I ran 4 miles on roads and a boardwalk. The first 2 miles were mainly into a strong wind and the second 2 miles were with the wind.
Mile Splits: 10:17, 9:45, 8:49, 8:08
Time and average pace: 36:59 (9:15/mile)

Tues Aug 27, 2019 **7 miles**
I walked and ran 5 miles on roads and a boardwalk.
First I walked and ran 2.5 miles by alternating 0.15 mile walks and 0.35 mile runs and averaging 12:19/mile.
Then I rested about a minute and walked and ran 2.5 miles by alternating ¼ mile walks and ¼ mile runs and averaging 13:32/mile.
Later on I walked 2 miles at about 16:20/mile with Monica.
Wed Aug 28, 2019 **no running**

Thurs Aug 29, 2019 **4.25 miles**
Warmup: 1 mile to the Lavalette boardwalk in 10:32
Run:
1 x the length of the 1.25 mile boardwalk: Time: 11:00 (8:48/mile) into the wind
rest 2 minutes
1 x the length of the boardwalk again: Time: 10:42 (8:34/mile) with the wind
Warm down: 0.75 miles at10:33/mile
Fri Aug 30, 2019 **no running**

In the past week: 25.9 miles

Sat Aug 31, 2019 **8 miles**
I ran the Stop, Drop and Run 10K Run that started and finished at the Barnegat
Municipal Dock in Barnegat, NJ
Warmup: 2 miles at various paces
Run: After the halfway point I passed about 5 runners and came in 14th out of 41
runners. Final time and average pace: 53:58 (8:41/mile)
Mile splits: 8:58, 8:49, 8:43, 8:31, 8:40, 8:30

Sun Sept 1, 2019 **no running**
We drove home 460 miles.

Mon Sept 2, 2019 **5 miles**
I ran 5 miles out and back on hilly roads and averaged 10:35/mile. The sum of all the
ascents along the course is about 380 feet.

Tues Sept 3, 2019 **1 mile**
I jogged ½ mile to the Wise Center. At center I used weight machines for a full body
workout. Then I jogged ½ mile home.

Wed Sept 4, 2019 **6.5 miles**
I ran on the Greendale Cemetery loop with 4 other runners.
Warmup: 0.3 mile jog to the cemetery
2 miles on the 510 meter loop averaging about 10:25/mile
a few minute rest and then a 510 meter jog followed by a few minute rest
Run: 1 x 200m, Time: 57s, jog 200m
2 x 510m, Times: 2:43, 2:38, jog 300m after each
2 x 1020m, Times: (2:40+2:34) = 5:14, (2:31+2:26) = 4:57, jog 510m after each
1 x 510m, Time: 2:15.8, jog 510m
Running got easier for me as I ran. That's why my times got faster as I ran. That's
also why I need to take a long warmup before racing and running intervals.
Note: 1020m in 4:57 is 7:49/mile, 510m in 2:15.8 is 7:07/mile

Thurs Sept 5, 2019 **1 mile**
I jogged ½ mile to the Wise Center. At the center I used weight machines for about
20 minutes for a full body workout. Then I jogged ½ mile home.

Fri Sept 6, 2019 **4.5 miles**
I ran 4.5 miles on hilly roads and averaged 9:02/mile. The last ½ mile was in 4:00.

In the past week: 26 miles

Sat Sept 7, 2019 **5 miles**
I ran 6 x ½ mile with a ¼ mile jog before each ½ mile run and a ½ mile jog after the last ½ mile run. The jogs were at about 12:30/mile pace.
½ mile times: The first 3 averaged 4:20 and the second 3 averaged 3:57.

Sun Sept 8, 2019 **1 mile**
I ran ½ mile down to the Wise Center in 4:44. At the center I used weight machines for about 22 minutes for a full body workout. Then I ran uphill ½ mile home in 6:25.

Mon Sept 9, 2019 **3.75 miles**
I ran with 6 other runners on the high school track.
Warmup: 1.75 miles at various paces
Run: 1 x 200m in 57s followed by a 200m jog
4 x 400m run with a 200m jog between the runs
Times: 1:58, 1:57, 2:01, 1:52
The jogs were at about 12:00/mile.
Warm down: 400m jog

Tues Sept 10, 2019 **no running**

Wed Sept 11, 2019 **5 miles**
I ran with 5 other runners on the high school track.
Warmup: 3 miles at various paces including 2 x 200m in 57s and 62s
Run: 3200m in (8:00 + 8:05) = 16:05

Thur Sept 12, 2019 **no running**
We flew to San Diego California for a wedding.

Fri Sept 13, 2018 **3 miles**
I ran 3 miles on a sidewalk that went along the Pacific Ocean shoreline in La Jolla Ca.

In the past week: 17.8 miles

Sat Sept 14, 2019 **3 miles**
I ran 3 miles on a sidewalk that went along the Pacific Ocean shoreline in
La Jolla Ca.

Sun Sept 15, 2019 **no running**

Mon Sept 16, 2019 **no running**
We flew home.

Tues Sept 17, 2019 **4 miles**
I walked 4 x ¼ mile during the 4 miles and averaged 12:15/mile.
The ratio of walking to running distances was 1/3.

Wed Sept 18, 2019 **5 miles**
I walked and ran 5 miles on hilly roads and grass and averaged 13:30/mile.

I am thinking about walk/run routines I could use in a long run.

Thurs Sept 19, 2019 **5 miles**
I walked and ran 5 miles on hilly roads and averaged 13:00/mile.

Fri Sept 20, 2019 **5 miles**
I walked and ran 5 miles on hilly roads and averaged 13:15/mile.

In the past week: 22 miles

Sat Sept 21, 2019 **6 miles**
I walked and ran 5 miles on hilly roads and averaged 13:15/mile.

Sun Sept 22, 2019 **1 mile**
Half mile run down to the Wise Center.
I used 15 weight machines and did crunches and push ups for a full body workout in 19 minutes.
Rest 1:15 and a half mile run uphill in 6:18

Mon Sept 23, 2019 **9.35 miles**
In the morning I walked and ran 7.35 miles on hilly roads and averaged 13:12/mile. In the afternoon I ran 2 miles on the high school track at various paces with some of the run at about 9:00/mile.

Tues Sept 24, 2019 **1 mile**
Half mile run down to the Wise Center.
I used 15 weight machines and did crunches and push ups for a full body workout in 17 minutes.
for Rest about 1 minute and a half mile run uphill in 5:48

Wed Sept 25, 2019 **9.1 miles**
In the morning I walked about 0.1 mile during each mile and averaged 12:18/mile 6 miles on hilly roads.
In the afternoon I ran with 5 other runners on the high school track.
1.75 mile warmup at about 10:00/mile and rest a few minutes
1 x 200, 4 x 400, 1 x 200 with about a 350m jog after each run.
Times: 57s, 2:00, 1:58, 2:01, 1:59, 57s

Thur Sept 26, 2019 **5 miles**
I walked and ran 5 miles on hilly roads and averaged 13:08/mile.

Fri Sept 27, 2019 **5 miles**
Warmup: 1 mile to the Allegheny College track in 9:40 and rested 4 minutes.
Run: 3 miles on the track in 26:11. I ran slightly wide on the turns so each lap was ¼ mile. Splits: 8:55, 8:53, 8:23
The ¼ mile splits for the last mile: 2:11, 2:09, 2:06, 1:57
Warm down: rest a few minutes and jog 1 mile home
In the past week: 36.5 miles

Sat Sept 28, 2019 **6.25 miles**
Run: I ran 5.75 miles with Jim Fitch and averaged 10:45 including the uphill first mile in 12:02 and downhill last ½ mile in 4:45.
Warm down: After talking for a while I jogged ½ mile home.

Sun Sept 29, 2019 **6 miles**
I ran 6 miles out and back on a course with a total ascent of 443 feet.
Splits: 10:01, 10:00, 9:57, 10:00, 9:51, 7:57 Average pace: 9:38
I tried to run about 10:00 for each of the first 5 miles.

Mon Sept 30, 2019 **5 miles**
I ran with 4 other runners on the high school track
Warmup: 2 miles in 10:15 + 9:34 = 19:49 and rest a few minutes
Run: 2 x 200m, 6 x 400m with a 200m jog after each.
Times: 58s, 1:02, 2:02, 2:00, 2:02, 1:54, 2:02, 1:59
Warm down: jog 600m

Tues Oct 1, 2019 **5 miles**
I walked and ran 5 miles on hilly roads and averaged 13:00/mile.

Wed Oct 2, 2019 **4.75 miles**
I ran on the high school track with 6 other runners.
Warmup: 2.25 miles at about 10:20/mile, 1 x 200 in 64s, and jog 200m
Run: 2 miles in 16:11, Splits: 8:12, 7:59
Warmdown: 400m jog

Thur Oct 3, 2019 **7.35 miles**
I ran and walked 7.35 miles on hilly roads and averaged 12:30/mile.

Fri Oct 4, 2019 **6 miles**
I ran 6 miles on a hilly course and averaged 11:23/mile.

In the past week: 40.35 miles

Sat Oct 5, 2019 **16 miles**
I ran and walked 16 miles with Jim Fitch on somewhat hilly roads.
5 miles averaging 13:17/mile and rest about 4 minutes
5 miles averaging 12:58/mile and rest about 4 minutes
5.5 miles averaging 12:27/mile
After resting a few minutes I jogged ½ mile home.

Sun Oct 6, 2019 **no running**

Mon Oct 7, 2019 **9.6 miles**
In the morning I ran and walked 7 miles on hilly roads.
I ran the first 2 miles without walking and averaged 10:30/mile. For the last 5
miles I walked 0.2 miles at the beginning of each ½ mile and ran the rest. The
average pace while I was walking and running was about 13:00/mile.
In the afternoon I ran and jogged 3.6 miles on the high school track.
The workout included a 1.5 mile warm up and: 1 x 200m (66s), 1 x 400m
(2:27), 1 x 800m (4:56), 1 x 400m (2:30), 1 x 200m (60s).
I jogged 200m or 400m after each run, and warmed down with a 400m jog.

Tues Oct 8, 2019 **no running**

Wed Oct 9, 2019 **7.75 miles**
In the early afternoon I ran and walked 4 miles on hilly roads.
The first 2 miles I ran without walking and averaged 9:41/mile.
The next 2 miles I walked 0.2 miles at the beginning of each ½ mile and
averaged: 13:03/mile
In late afternoon I ran with 6 other runners on the high school track.
Warm up: 1.5 miles at about 10:00/mile and rest a few minutes
Run: 2 x 200m in 58s and 59s and 4 x 400 in 2:03, 2:00, 1:58, 1:59
We jogged 200m after each run and another 400m at the end to warm down.

Thurs Oct 10, 2019 **no running**

Fri Oct 11, 2019 7 miles
I ran 7 miles on hilly roads and averaged 11:03/mile

In the past week: 40.4 miles

I signed up for the Erie Endurance Run next Saturday October 19. I am not going to run too much leading up to that event.

Sat Oct 12, 2019 **no running**

Sun Oct 13, 2019 **3 miles**
I ran 3 miles on hilly roads and averaged 11:04/mile.

Mon Oct 14, 2019 **2.5 miles**
I ran and jogged 2.5 miles

Tues Oct 15, 2019 **no running**

Wed Oct 16, 2019 **2 miles**
I ran and jogged 2 miles

Thur Oct 17, 2019 **2.5 miles**
I ran 2.5 miles on the Wise Center indoor track.
Splits: 10:20, 10:47, 5:29

Fri Oct 18, 2019 **2.5 miles**
I ran 2.5 miles on a treadmill at the Wise Center.

In the past week: 12.5 miles

Sat Oct 19, 2019 **23.1 miles**
I did okay at the Erie Endurance Run on Saturday.   During the twelve hour period between 6:30AM and 6:30PM runners could start at any time they wanted and run as many 1.05 mile loops around a park as they wanted. Because it was cold at 6:30AM, I started running at 9:00AM when the sun was out and it was a little warmer. The course is relatively easy compared to other ultra marathon courses with two slight up hills. One is about 400m long and the other about 300meters long. There is one slight downhill that is about 500m long. I ran an even

pace with very short walks to drink out of a bottle of Gatorade or defizzed Coke that I carried. Mary Jane gave me a full bottle every 5 loops or so. I ran 22 loops in 4:23:56 and covered 23.1 miles. At the 22 loop point I felt myself getting tired even though I was still running the same pace. I was happy with my run and didn't feel like walking and running which I think I could have. Many runners ran and walked for eleven or twelve hours with one of them covering 55.7 miles. I had the 16th longest distance out of 40 participants. My average pace was 11:26/mile which was 4th fastest out of 40. Maybe next time I will try walking more in this event and lasting longer.

Sunday to Thursday Oct 20 and 24 **no running**
I have been sick with a cold.

Fri Oct 25, 2019 **2.5 miles**
I ran 2.5 miles in 25 minutes on a treadmill at the Allegheny College Wise Center.

In the past week: 25.6 miles

Sat Oct 26, 2019 **no running**

Sun Oct 27, 2019 **3 miles**   I ran 3 miles on a treadmill at the Wise Center in 30:00.

Mon Oct 28, 2019 **4.5 miles**
In ran on the high school track with 5 other runners.
Warm up: 1.5 miles at various paces between 11 and 10 minutes per mile.
Run: 1 x 200m and 7 x 400m with a 200m jog between the runs.
Times: 1:02, 2:16, 2:15, 2:21, 1:58, 2:27, 1:51, 2:18
Warm down: jog 400m

Tues Oct 29, 2019 **no running**

Wed Oct 30, 2019 **5 miles**
In ran on the high school track with 5 other runners
Warm up: 2 miles in 10:25 and 9:15. Rest 7 minutes.
Run: 1 x 200m, 1 x 400m, 3 x 600m, 1 x 400m, 1 x 200m
We jogged 300m after each 600m and 200m after all the rest.
Times: 58s, 1:59, 3:00, 2:54, 2:51, 1:53, 50.6s

Thurs Oct 31, 2019 **2 miles** averaging 9:28/mile on a Wise Center treadmill.

Fri Nov 1, 2019 **No running**

In the past week: 14.5 miles

Sat Nov 2, 2019 **3.5 miles**
I ran on a treadmill in the Wise Center.
Warm up: 1 mile in 10:00 and rest 8:00
Run: 4 x ¼ mile in 2:15, 2:15, 2:15, 2:10 with a ¼ mile jog in about 2:30 before each
Warm down: ½ mile in 5:15

Sun Nov 3, 2019 **5 miles**
I ran 5 miles with Jim Fitch on slightly hilly roads. We ran faster with each mile and
averaged 10:25/ mile. The last half mile was up and down hill in about 4:25.

Mon Nov 4, 2019 **4.5 miles**
I ran with 4 other runners on the high school track.
Warm up: 1.5 miles averaging about 10:15/mile. Rest 6 minutes
Run: 2 x 200m, 5 x 400m with about 200 to 300m jogs between the runs
Times: 1:10, 1:10, 2:21, 2:21, 2:19, 2:19, 2:10.8
Warm down: 400m jog

Tues Nov 5, 2019 **6 miles**
Warm up: ½ mile down to the Wise Center in about 5:00 and 3:30 rest
Run: 5 miles on a treadmill in 47:20 or 9:28/mile
Splits: 9:57, 9:47, 9:32, 9:26, (4:42 + 3:57) = 8:39, After the 3rd mile running got easier.
Warm down: ½ mile in 5:11

Wed Nov 6, 2019 **6 miles**
In the morning I ran ½ mile down and then ½ mile up hill at a good pace.
In the afternoon I ran on the high school track with 3 other runners.
Warm up: 1.5 miles at about 10:30/mile.
Run: 1 x 200m, 2 x 400m, 2 x 800m. 2 x 400m, 1 x 200m
Times: 63s, 2:12, 2:10, 4:22, 4:14, 2:02, 2:02, 57s
We jogged ¼ mile after the the 800m runs and 200m after all the other runs.

Thur Nov 7, 2019 **no running**

Fri Nov 8, 2019 **6 miles**
I ran a Wise Center treadmill.
Warm up: 1 mile at various paces between 10:30/mile and 8:30/mile and rest 3:00
Run: 5 miles in 43:00 or 8:36/mile
Spits: 8:57, 8:49, 8:41, 8:23, 8:10
I ran a lot faster than 3 days ago.

In the past week: 27.5 miles

Sat Nov 9, 2019 **5 miles**
Run: 5 miles on a Wise Center treadmill in 47:47 or 9:33/mile
Splits and pulses at the end of each mile:
9:57 (?), 9:08 (?), 9:19 (143bpm), 9:34 (143bpm), 9:51 (144bpm)
I had to slow in order to keep my pulse from rising.

Sun Nov 10, 2019 **3 miles**
Run: 3 miles on a Wise Center treadmill in 28:30 or 9:30/mile
Approximate splits: 10:00, 9:30, 9:00 Pulse at the end : 142bpm

Mon Nov 11, 2019 **5.5 miles**
Run: 5 miles on a Wise Center treadmill in 47:25 or 9:29/mile
Splits and pulses at the end of each mile:
9:43 (132bpm), 9:30 (137bpm), 9:16 (142bpm), 9:22 (142bpm), 9:33 (143bpm)
Warm down: ½ mile in about 5:30

Tues Nov 12, 2019 **4 miles**
Run: 3 miles on a Wise Center treadmill in 28:28 or 9:29/mile
Splits: 9:45, 9:31, 9:12   Pulse at the end: 139bpm
Warm down: 1 mile in about 11:00

Wed Nov 13, 2019 **no running**

Thur Nov 14, 2019 **6 miles**
Run: 5 miles on a Wise Center treadmill in 46:35 or 9:19/mile
Splits and pulses at the end of each mile:
9:29 (125bpm), 9:01 (142bpm), 9:07 (142bpm), 9:25 (143bpm), 9:32 (142bpm)
Warm down: 1 mile in 11:00
Compare to 3 days ago. Today I could run faster and still maintain a pulse of 142bpm at the end of the run.

Fri Nov 15, 2019 **5.6 miles**
Warm up: 0.1 mile lead in to a 5 mile run on a Wise Center treadmill.
Run: 5 miles in 46:43 or 9:21/mile
Splits and pulses at the end of each mile:
9:27 (123bpm), 9:18 (138bpm), 9:13 (142bpm), 9:17 (141bpm), 9:26 (142bpm)
Warm down: ½ mile in about 5:30
Mile spits were more consistent today than yesterday. And today I was running faster at the end of 5 miles than yesterday even though my pulse was 142bpm at the end of each run. I should try to run each mile at 9:20/mile and see what my final pulse is.

In the past week: 29.1 miles

Nov 16, 2019 **5.5 miles**
I ran on a Wise Center treadmill.
Warm up: 1 mile in 9:11 at various paces some as fast as 8:35/mile
Run: 1 x ½ mile, 4 x ¼ mile, 1 x ½ mile. I jogged ¼ mile before each run. The jogging pace was about 12:00/mile.
Times for runs: 4:00, 2:00, 2:00 (147bpm), 2:00, 2:00 (148bpm), 4:00 (153bpm)
The 3 pulse rates given are the pulses at the end of a run.
Warm down: ½ mile in in 6:00.

Nov 17, 2019 **no running**

Nov 18, 2019 **6.5 miles**
Warm up: ½ mile run down to the Wise Center, and a few few minute rest
Run: 5 miles in 44:35 or 8:55/mile
Mile splits and pulses at the end of each mile:
9:19 (143 bpm), 9:04 (144 bpm), 8:57 (1:50 bpm), 8:50 (155 bpm), 8:25 (163 bpm)
The last ¼ mile was in 2:01.
Warm down: ½ mile in about 6:00