

**Sat 7/15/2017 3.5 miles**

I ran on slightly hilly roads.

1 mile in 9:12 and rested 1 minute.

2 x 1/8 mile with a 1/8 mile jog after each. Times 53 and 52 seconds.

To warm down I jogged a mile and walked a mile.

**Sun 7/16/2017 14.2 miles**

I ran the Presque Isle Half Marathon

I warmed up with a mile at various paces. My GPS recorded the race distance as 13.21 miles, my time as 47:58 and my average pace as 8:10/mile.

Splits: 8:08, 8:20, 8:19, 8:18, 8:13, 8:07, 8:09, 8:11, 8:10, 8:07, 8:15, 8:07, 7:59 and the last 0.21 miles in 1:35 which corresponds to a pace of 7:29/mi. The even pace running allowed me to have a good finish.

**Mon 7/17/2017 3.25 miles**

I jogged 1 mile to the Allegheny outdoor track. Then I ran 1 mile on the track in 9:35 and 1 mile home on slightly hilly roads in 9:32. I warmed down with 1/4 mile walk. I am tired from yesterday's run but not stiff.

**Tues 7/18/2017 no running**

We drove 400 miles to California MD.

**Wed 7/19/2017 4.25 miles**

I ran 4 miles on slightly hilly roads. The average pace was 8:51/mile. Then I walked 1/4 mile in about 4 minutes. The temperature was about 76 degrees and humid.

**Thur 7/20/2017 4.25 miles**

Soon after I started running my left hamstring tightened and I stopped to massage it. I ended up jogging 4 miles and walking 1/4 mile. I think yesterday's workout was too ambitious just having run the half marathon 3 days before. Today the hamstring felt sore throughout the workout.

**Fri 7/21/2017 no running**

I am resting my sore hamstring.

**29.45 miles in the last week**

Sat 7/22/2017 **4.0 miles**

My left hamstring is still somewhat sore and tight. I didn't push hard.

I walked ¼ mile.

I ran 3.5 miles on somewhat hilly roads and averaged 9:56/mile.

I walked ¼ mile.

Sun 7/23/2017 **no running**

I am resting my sore left hamstring.

Mon 7/24/2017 **6 miles**

Before running my hamstring felt okay and I thought it would be better than 2 days ago.

But as soon as I started running it was actually worse than 2 days ago. I ran and walked 6 miles and averaged about 12:00/mile. The hamstring felt somewhat tight and sore the whole time. After my shower I applied a microwave heated rice bag to the hamstring. This has helped in the past.

Tues 7/25/2017 **4.25 miles**

Before running I massaged my left hamstring. I walked and ran 4 miles and averaged 11:54/mile. I walked ¼ mile, ran ¼ mile and repeated until the end. So I walked a total of 2 miles and ran a total of 2 miles. My average walking pace was about 13:54/mi and my average running pace was about 9:54/mile. My hamstring felt a good deal better but it is still somewhat tight. Last Wednesday (7/19/2017) I should not have run as fast as I did. I have known for a long time I should take it easy for a while after a hard race like the half marathon I recently ran. If last Wednesday I had run a workout like the one I did today, I probably would not have hurt my hamstring. I walked a slow ¼ mile to warm down. After my shower I again applied a microwave heated rice bag to the hamstring.

Wed 7/26/2017 **5.25 miles**

Before running I massaged my left hamstring. I walked and ran 5 miles on hillier roads than yesterday and averaged 11:47/mile. I walked ¼ mile, ran ¼ mile and repeated until the end. So I walked a total of 2.5 miles and ran a total of 2.5 miles. My hamstring felt better than yesterday. Later in the day I again applied a microwave heated rice bag to the hamstring.

Thur 7/27/2017 **no running**

We drove from California MD to Ortley Beach NJ

Fri 7/28/2017 **8.25 miles**

I ran and walked mainly on the ocean board walk and averaged 11:53/mi. I walked for 3:00, ran for 3:00 and repeated until I covered 8.1 miles. After 6 miles my left hamstring tightened and I slowed up. I should not cover more than 5 miles per workout for a while. Later in the day I again applied a microwave heated rice bag to the hamstring.

**27.75 miles in the past week**

Sat 7/29/2017 **no running**

I am resting my leg.

Sun 7/30/2017 **3.1 miles**

Because my left hamstring is still bothering me, I rode a bike with wide tires and no gears 9.3 miles and averaged 5:30/mile. After the ride my thigh did not tighten so I think I will be riding for a while. I have ridden bikes a good deal over the years because of various problems. I always take 3 miles of riding as equivalent to 1 mile of running.

Mon 7/31/2017 **no running**

I am resting my leg.

Tues 8/1/2017 **3.6 miles**

I rode a bike with wide tires and no gears 11 miles and averaged 4:34/mile. My left thigh seems to be getting better and I felt better riding today than two days ago.

Wed 8/2/2017 **4.25 miles**

I alternated walking and running and ran a little further than I walked. My walking pace was about 14:00/mi and my running pace was about 9:40/mile. The overall pace was 11:36/mile. My left thigh felt the best it has since I originally hurt it 2 weeks ago. Resting and bike riding has helped a lot.

Thurs 8/3/2017 **4 miles**

I rode 12 miles on the same bike with wide tires and no gears. I take 12 miles of biking to be equivalent to 4 miles of running. The whole ride was on a 2 mile stretch of Bay Blvd in Ortley Beach and Lavallette NJ. The first 8 miles averaged 4:09/mile and the last 2 miles averaged 4:04/mile. This was a hard ride and it felt good. After that I warmed down with 2 miles that averaged 4:50/mile.

Fri 8/4/2017 **5.5 miles**

I rode easily 4.2 miles on the same bike that I have been using and rested a while. Then I ran 4 miles including 2.5 miles on the Lavalette boardwalk. The mile splits were 9:58, 9:23, 9:12 and 8:56. I walked 0.2 miles to warm down. My left thigh felt fine. I am taking the 4.2 miles of bike riding to be equivalent to 1.3 miles of running. Two weeks ago I thought I was going to be injured for a long time but I think I am okay. These are the things that helped:

- 1 massaging every day
- 2 applying a heated rice bag to the sore area about 6 times
- 3 resting more days than usual
- 4 riding a bike four times
- 5 quite a few walking and running workouts
- 6 going into the ocean waves 5 times for about 25 minutes each time.

**20.5 miles in the past week**

**Sat 8/5/2017 5.5 miles**

I walked and ran 0.75 miles to the Lavallette boardwalk in about 9 minutes,

The I ran 4 miles on the boardwalk in 35:55 or 8:59/mile.

Splits: 9:30, 9:22, 8:51 and  $4:15 + 3:57 = 8:12$

I warmed down with a 0.75 mile walk and run in about 9 minutes.

**Sun 8/6/2017 no running**

We drove from New Jersey back to Meadville.

**Mon 8/7/2017 3 miles**

I ran ½ mile to the Allegheny Wise Center and rested a few minutes.

Then I ran 2 miles on a treadmill in 9:30 and 8:57.

I have not been using weight machines for a while. Today I did 18 different exercises for a whole body workout using weight machines with unusually light weights. I will increase the amount of weight that I use as I use the machines more in the future. I warmed down with a ½ mile run home.

**Tues 8/8/2017 10.25 miles**

I ran ½ mile to the Allegheny Wise Center and rested a few minutes.

Then I ran 1.5 miles on a treadmill at various paces and averaged 9:30/mile with some parts as fast as 7:30/mile. Then I rested about 7 minutes.

I ran 10 x ½ mile with a ¼ mile jog before each run and a ¼ mile jog after the last run. The ¼ mile jogs were all about 3 minutes.

The first 7 ½ miles were all in 4:00.

The 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> ½ miles were in 3:57, 3:54 and 3:45.

My pulse before I started running each ½ mile increased from 115 up to about 128 bpm.

My pulse at the end of each ½ mile increased from 145 up to 164 bpm.

I warmed down with a ½ mile jog home.

**Wed 8/9/2017 3 miles**

I ran ½ mile to the Allegheny Wise Center and rested a few minutes.

Then I ran 2 miles on a treadmill in 10:02 and 8:58.

I did 20 different exercises for a whole body workout using weight machines with 40 pounds on most machines. I warmed down with a ½ mile run home.

**Thur 8/10/2017 4.25 miles**

I walked and ran 4 miles on hilly roads and averaged 11:53/mile. I walked ¼ mile, ran ¼ mile and repeated until I reached 4 miles. I warmed down with a ¼ mile walk

**Fri 8/11/2017 6.25 miles**

I ran ½ mile to the Allegheny Wise Center and rested a few minutes. Then I ran 1.5 miles averaging 9:00/mile on a treadmill at various paces some as fast as 7:30/mile. After resting about 7 minutes I jogged ¼ mile and ran 3 miles in 23:08. Final pulse=168 bpm.

Splits for the 3 miles: 7:56, 7:44, 7:28. To warm down I ran and walked a mile.

**32.25 miles in the past week**

Sat 8/12/2017 **8.5 miles**

Jim Fitch and I ran and walked 8.5 miles on hilly roads and averaged about 12:30/mile. The sum of all the elevation gains was about 1000 ft as measured by Google Earth. We ran all the long downhills (each about 2 miles) and alternated walking and running  $\frac{1}{4}$  miles on the long uphill (each about 2 miles).