

## **I am starting to prepare for a half marathon in March**

### **Sat 12/31/16 3.5 miles**

It was cold and I ran on a snowy slippery hilly road.

I warmed up with a  $\frac{1}{4}$  mile walk and jog. Then I ran 3 miles in 34:54 and warmed down with a  $\frac{1}{4}$  mile walk and jog.

### **Sun 1/1/17 7.5 miles**

I ran 7.25 miles on the Ernst Trail in 1:12:33 or 10:00/mile. The first  $\frac{1}{4}$  mile the trail was covered with packed snow. After that there were just a few small areas that were slippery.

I warmed down with a  $\frac{1}{4}$  mile walk.

### **Mon 1/2/17 5.75 miles**

I ran with Jim Fitch on the Ernst Trail. We warmed up with a  $\frac{1}{4}$  miles walk, ran 4 miles in 45:13 with the last  $\frac{1}{2}$  mile in 4:32, and then walked 0.15 miles.

Then we ran a mile in 10:43 and warmed down with a 0.35 mile walk.

The trail had some slippery spots.

### **Tues 1/3/17 3.75 miles**

On the indoor track I ran a mile with no shoes in 9:48 and rested a few minutes.

2.25 miles with shoes in 21:37 or 9:36/mile

walked  $\frac{1}{2}$  mile in 8 minutes

### **Wed 1/4/17 5.5 miles**

I ran 2 miles on the indoor track with no shoes. Time: 17:32 or 8:46/mile  
rested 7 minutes

I walked and ran 3 miles with shoes in 32:51 or 10:57/mile. I walked  $\frac{1}{8}$  mile, ran  $\frac{1}{8}$  mile and repeated until I reached 3 miles. My walking pace was about 14:00/mile. My running pace was about 8:00/mile. warmed down with  $\frac{1}{2}$  mile jog

### **Thur 1/5/17 5.75 miles**

I ran with Jim Fitch and Tiffany Hrach on the indoor track.

We warmed up with 1.1 miles,  $\frac{1}{4}$  mile of drills,  $\frac{1}{8}$  mile in 64s and  $\frac{1}{8}$  mile walk.

We ran 8 x  $\frac{1}{4}$  mile with a  $\frac{1}{8}$  mile jog after each  $\frac{1}{4}$ . The  $\frac{1}{4}$ 's averaged 2:08 and the jogs were all about 2 minutes. We warmed down with a  $\frac{1}{4}$  mile walk.

Later on I walked a mile in 16 minutes with Mary Jane.

### **Fri 1/6/17 5 miles**

I ran 1 mile on the indoor track with no shoes in 8:01 and then rested 8 minutes.

On a treadmill with shoes I further warmed up with a half mile at various paces. Time = 4:30

I rested 3 minutes and then ran 6 x  $\frac{1}{4}$  mile with a  $\frac{1}{4}$  mile jog before each  $\frac{1}{4}$  mile run.

The times for the runs were 2:00 and the times for the jogs were about 3:00.

Warmed down with a  $\frac{1}{2}$  mile in 5:00.

## **36.75 miles in the last week**

**Sat 1/7/17 6.25 miles**

I ran on a treadmill in the Meadville YMCA, 6 miles in 50:49 or 8:28/mile.

Splits: 8:57, 8:49, 8:42, 8:29, 8:07, 7:45

warm down: ¼ mile in 2:17

**Sun 1/8/17 5.25 miles**

I ran on a treadmill in the Meadville YMCA, 5 miles in 45:01 or 9:00/mile.

warm down: ¼ mile in 2:46

**Mon 1/9/17 5 miles**

I ran 1 mile without shoes on the indoor track in 8:49 and then rested 6 minutes.

I then ran 6 x ¼ mile on a treadmill with ¼ mile jog before each run.

Times for the runs were 2:00 and times for the jogs were all about 3:00.

I warmed down with a mile 10:00.

**Tues 1/10/17 5.5 miles**

I walked and ran 5 miles on the indoor track. I walked about 0.1 at the beginning of each half mile. My average walking pace was about 14:15/mile. My average running pace was about 10:10. Time for 5 miles 54:56. I walked and jogged ½ mile home.

**Wed 1/11/17 5 miles**

I ran and walked 4.5 miles on the indoor track with no shoes. This workout included 2 x 1 mile and 2 x ¾ mile runs with ¼ mile walk after each. Times: 8:58, 8:57, 6:05, 5:57. The ¼ mile walks were all about 4 minutes.

I rested 6 minutes and jogged ½ mile home.

**Thur 1/12/17 4.9 miles**

I ran with Tiffany, Sharon, Veronica, and Jim on the indoor track.

1.25 mile warm up including 0.25 miles of drills and rested a minute

We ran 5K in 29:17 taking turns leading every half mile and finishing together.

All miles were right around 9:28 and the last 0.1 miles in 52 s.

Warmed down with ½ mile easy.

**Fri 1/13/17 5 miles**

I ran on a treadmill:

1 mile warm up at various paces in 10 minutes and rested 2 minutes

3 miles in 25:28, Splits: 9:01, 8:27, 8:00

1 mile warm down in 10:26

**36.9 miles in the last week**

**Sat 1/14/17 5 miles**

I ran on a treadmill.

I warmed up with a 1 mile run in 10:00 and a 1 mile run at various pace and a minute rest.

6 x ¼ mile run with a ¼ mile jog after each run

The runs were all in 2:00 and the jogs were all about 2:50.

**Sun 1/15/17 6.5 miles**

I walked and ran 6.5 miles on a hilly course. I walked ¼ mile and ran ¼ mile during each half mile and averaged 11:57/mile. My average walking pace was about 14:00/mile and my average running pace was about 10:00/mile. It was 37 degrees.

**Mon 1/16/17 6.1 miles**

I ran 2 miles on the indoor track without shoes. The last ½ mile was in 4:00.

Splits: 9:18, 8:18

I jogged 0.1 miles and rested 5 minutes.

On a treadmill I ran with shoes 4 x ¼ mile and 1 x ½ mile. I jogged ¼ mile before each run and a ¼ mile at the end. Running pace was 8:00/mi and jogging pace was 11:20/mile.

In the afternoon I walked 1 mile on the indoor track with Mary Jane.

**Tues 1/17/17 5.25 miles**

I ran with Tiffany Hrach on the indoor track.

1.5 mile warm up including 0.25 miles of drills.

5 x ½ mile with ¼ jog after each run. The runs were all about 4:40 and the jogs about 3:25.

**Wed 1/18/17 4 miles**

I ran 1 mile on the indoor track with no shoes in 8:41. Splits: 4:40, 4:01

rested 5:00

With shoes on I walked and ran 3 miles with all miles near 11:00. I walked ¼ mile during every mile. Walking pace about 14:00/mile and running pace about 10:00/mile.

**Thur 1/19/17 5 miles**

I ran with Sharon, Veronica and Jim on the indoor track.

We warmed up with 1.4 miles including ¼ mile of drills and 1/8 mile in 1:10 and rested 1:00.

Then we ran 5 x ½ mile with ¼ mile jog between each run and 1/8 mile jog at the end.

The ½ mile runs averaged 4:40.

**Fri 1/20/17 5 miles**

I ran 5 miles on a treadmill, ran faster as I ran and averaged 9:30/mile. The first mile was in 10:00 and the last in 9:00.

**36.9 miles in the last week**

**Sat 1/21/17 5.25 miles**

I walked and ran out and back on hilly roads. I ran 4 x 1 mile with a ¼ mile walk before each mile and a ¼ mile walk at the end. The mile times averaged 9:17. The walking pace averaged 13:20/mile.

**Sun 1/22/17 6.3 miles**

I walked and ran 6 miles on hilly roads. I walked about 0.2 miles at the beginning of each half mile and averaged about 12:00/mile. Then I warmed down with a 0.3 mile walk.

**Mon 1/23/17 5.5 miles**

I ran on the indoor track with no shoes. I warmed up with 0.25 miles in 2:38 and then 2 miles in 17:33 or 8:47/mile: splits: 9:13 and 8:20. I rested 9 minutes and then ran on a treadmill. I ran 4 x ½ mile with ¼ mile jogs before each run and a ¼ mile jog at the end. The ½ miles were in 4:00 and the jogs were at an average pace of about 11:30/mile.

**Tues 1/24/17 4.5 miles**

I warmed up with ½ mile jog to indoor track and 1 mile on the indoor track with no shoes in 10:28 and rested 3 minutes.

I walked and ran 3 miles with shoes on. I walked 0.16 miles at the beginning of each ½ mile and averaged 11:37/mile. My walking pace was about 14:40/mile and my running pace was about 10:10/mile.

Note: I think a good routine for the middle miles of a 50 miler (where the course is flat and I want to average about 12:00/mile) would be:

1. Walk 0.15 miles at the beginning of each ½ mile and then run the remaining 0.35 miles.
2. If I want to average about 12:00/mile, the walking pace should be close 14:45/mile and the running pace should be close to 10:45/mile.
3. Check the above:  $0.15 \times 14.75 + 0.35 \times 10.75 = 6$  minutes. i.e. 6 minutes per ½ mile

**Wed 1/25/17 5.5 miles**

½ mile jog to the indoor track and rested 3 minutes

I ran 3 miles on the track with no shoes with the last ½ mile in 3:54, splits: 8:55, 8:42, 8:07.

I rested 11 minutes and then walked and ran 2 miles with shoes on. I tried to follow the scheme in the above note. I walked 0.15 miles at the beginning of each ½ mile. My average walking pace was about 14:20, my average running pace was 11:10 and the overall pace was 12:07/mile. I didn't have a good idea of my running pace and should work on this.

**Thur 1/26/17 4.25 miles**

I ran 4.25 miles on the indoor track with Tiffany, Sharon and Jim. Included was a 1 mile run in 8:55 during which we all took turns leading for ¼ mile.

**Fri 1/27/17 5.8 miles**

I ran 1 mile on the indoor track with no shoes in 8:45 and rested 8 minutes.

On a treadmill I ran 4 miles and averaged 8:30/mile. Warmed down with 0.8 miles

Splits for the 4 mile run: 8:59, 8:41, 8:20, 8:00

**37.2 miles in the last week**

**Sat 1/28/17 6 miles**

I mixed walking and running on the indoor track. My walking pace was about 14:45/mile and I walked a total of about 1.25 miles. My running pace was about 10:30/mile and I ran about 4.75 miles.

**Sun 1/29/17 6 miles**

I walked and ran on the indoor track working on pacing for an ultra. See note on 1/24/17.

1.5 miles running at about 10:25/mile

3 miles of walking and running.

I walked about 0.16 miles at the beginning of each  $\frac{1}{2}$  mile. My walking pace was about 14:40/mile, running pace about 10:40/mile and overall pace about 12:00/mile.

1.5 miles running at about 10:45/mile

**Mon 1/30/2017 5.5 miles**

I jogged  $\frac{1}{2}$  mile to the indoor track and rested 5 minutes.

On the track I ran 1 mile in  $4:29 + 3:27 = 8:26$  and rested 8 minutes.

On a treadmill I ran 2.5 miles consisting of:

1 x 1 mile in 8:00 and 1 x 0.5 mile in 4:00,

$\frac{1}{2}$  mile jog between and  $\frac{1}{4}$  mile warm up and warm down and rested 3 minutes.

On the indoor track I walked and ran 1.5 miles. I walked about 0.16 miles at the beginning of each  $\frac{1}{2}$  mile and averaged 11:40/mile.

**Tues 1/31/2017 7.25 miles**

I jogged  $\frac{1}{2}$  mile to the indoor track and rested 5 minutes.

On the track I ran 2 miles in  $9:18 + 8:26 = 17:45$  and rested 8 minutes.

On a treadmill I ran 3.25 miles with shoes consisting of:

3 miles:  $8:58 + 8:17 + 7:39 = 24:54$  or 8:18/mile

$\frac{1}{4}$  mile warm down and rested 7 minutes.

On the indoor track I walked and ran 1 mile in about 12 minutes. I walked about 0.16 miles at the beginning of each  $\frac{1}{2}$  mile.

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

**Wed 2/1/2017 4 miles**

I jogged  $\frac{1}{2}$  mile to the indoor track and rested 5 minutes.

On the track I walked and ran 3 miles averaging about 12:00/mile.

I walked about 0.16 miles at the beginning of each  $\frac{1}{2}$  mile.

walking pace about 14:40/mile and running pace about 10:40/mile

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

**Thur 2/2/2017 4.25 miles**

I ran with Jim Fitch on the indoor track.

warm up with 1.5 miles including  $\frac{1}{4}$  mile of drills

2 x  $\frac{3}{4}$  mile and 1 x  $\frac{1}{2}$  mile with  $\frac{1}{4}$  mile jog after each

Times: 6:41, 6:42 and 4:13

**Fri 2/3/2017 5 miles**

I jogged  $\frac{1}{2}$  mile to the indoor track and rested 5 minutes.

I ran 1.5 miles on the indoor track in about 15:00 and walked and ran 3 miles at about 12:00/mile.

For the walk/run I walked about 0.16 miles at the beginning of each  $\frac{1}{2}$  mile.

**38 miles in the past week**

## **Running in California MD**

**Sat 2/4/2017 2 miles**

After driving 400 miles to southern Maryland I ran 2 miles on roads at night.

Splits: 10:45 and 9:11

**Sun 2/5/2017 8 miles**

I walked and ran 8 miles on slightly hilly roads. I walked 8 x 0.16 miles spread out over the workout. My running pace was about 10:40/mile and my walking pace about 14:40/mile. My average pace was about 11:20/mile.

**Mon 2/6/2017 1 mile**

I ran 1 mile on a road.

**Tues 2/7/2017 10.5 miles**

I walked and ran 10.5 miles on slightly hilly roads averaging about 11:50/mile. During the workout I walked 21 times with each walk about 0.15 miles long.

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

I ran 2 miles on roads.

**Thur 2/9/2017 10 miles**

I ran on slightly hilly roads. It was windy and about 37 degrees. I wore 2 sweat shirts and sweat pants.

I ran 8 miles in 1:14:40 or 9:20/mile.

Splits: 10:07, 9:46, 9:44, 9:43, 9:00, 8:51, 8:57, 8:32

I felt a lot better after about 4 miles.

rested 3 minutes

I walked and ran 2 miles averaging about 12:00/mile. I walked about 0.16 miles at the beginning of each ½ mile.

**Fri 2/10/2017 5 miles**

I ran on slightly hilly roads. It was a little warmer than yesterday.

I ran 4 miles in 37:15 or 9:19/mile.

Splits: 9:42, 10:10, 8:52, 8:31

rested about 1 minute

I walked and ran 1 miles averaging about 12:00/mile. I walked about 0.16 miles at the beginning of each ½ mile.

**38.5 miles in the last week**

Sat 2/11/2017 I was sick and did not run.

Sun 2/12/2017 **3.2 miles**

I ran and walked 3.2 miles at an average of 11:41/mile. I walked a total of about 0.6 miles.

Mon 2/13/2017 **5 miles**

I ran 4 miles on slightly hilly roads and averaged 9:15/mile. The last half mile in 3:58  
Splits: 9:31, 9:31, 9:25, 8:35

I warmed down with a mile walk and run in 11:52. I walked 2 x 0.16 miles during the mile.

Tues 2/14/2017 **10 miles**

I ran 9 miles on hilly roads in 1:29:59. I kept most miles very close to 10 minutes.

I warmed down with a mile walk and run in 11:53. I walked 2 x 0.16 miles during the mile.

Wed 2/15/2017 **7.5 miles**

I ran and walked 7.5 miles on hilly roads in 1:27:41 or 11:41/mile. I walked 14 times for a total of 1.5 miles of walking and 6 miles of running.

Thur 2/16/2017 **7.5 miles**

I ran 7 miles on hilly roads in 1:12:00 or 10:17/mi. Every mile was close to 10:40 except the fifth mile was in 4:08 + 3:50 = 7:58.

I warmed down with a ½ mile walk in 6:54.

Fri 2/17/2017 **6 miles**

I ran 5 miles on slightly hilly roads in 43:32 or 8:42/mile. The last ½ mile was in 3:48.  
Splits: 9:08, 8:58, 8:34, 8:46, 8:06

I warmed down with a mile walk and run in 11:57. I walked 2 x 0.16 miles during the mile.

**39.3 miles in the last week.**

Sat 2/18/2017 **5 miles**

I ran 4 miles on slightly hilly roads in 34:22 or 8:35/mile with the last ½ mile in 3:52

Splits: 8:58, 8:56, 8:25, 8:02

I rested a minute and then walked a mile in 13:35.

Sun 2/19/2017 **no running**

We drove 400 miles back to Meadville PA

### **Running in Meadville PA**

Mon 2/20/2017 **5.6 miles**

I ran 5 miles on roads and treadmill at various paces between 12:00/mile and 7:40/mile. This run included a ¼ mile run and 2 x ½ mile at 8:00/mile pace on a treadmill.

In the afternoon I walked 0.6 miles with Mary Jane on a hilly road at about 16:00/mile.

Tues 2/21/2017 **16.5 miles**

I ran 3 x 5 miles on a slightly hilly course with no rest between the 3 loops. The total ascent along the 5 miles is 252 feet (measured using Google Earth) or about 760 feet for the 15 miles.

I drank a little water on this cool day and ate 2 gels. Time for 15 miles: 2:34:12 or 10:17/mile

Times for each 5 miles:

54:53 or 10:58/mile

53:10 or 10:38/mile

46:09 or 9:13/mile

Splits for the last 5 miles: 10:42, 9:35, 9:16, 8:31, 8:04.

I warmed down by walking and running 1.5 miles at about 12:00/mile.

Wed 2/22/2017 **4 miles**

I jogged ½ mile to the indoor track.

On the track I walked and ran 3.5 miles averaging about 12:00/mile. I walked 0.16 miles at the beginning of each ½ mile.

Thur 2/23/2017 **5.75 miles**

I ran with Tiffany Hrach and Jim Fitch on the indoor track.

1.25 mile warm up including ¼ mile of drills.

3 x ¾ mile with ¼ mile jog between each.

Times: 6:42, 6:41, 6:33

We warmed down with a ¾ mile jog.

In the afternoon I walked a mile on a hilly road with Mary Jane.

Fri 2/24/2017 **5 miles**

I ran 4 miles on a hilly course. The total ascent along the 4 miles is 267 feet (measured using Google Earth). The time was 35:35 or 8:53/mile. The splits were 10:17, 9:02, 8:22, 7:55.

I rested 2 minutes and walked and ran 1 mile in about 12 minutes.

**41.85 miles in the last week.**



**I have entered the Mill Creek Distance Classic Half Marathon on March 5, 2017 and plan to taper for that run.**

Sat 2/25/2017 **3 miles**

I ran 3 miles on hilly roads and averaged 10:12/mile.