



DEEPAK RAMACHANDRAN

*"The miracle isn't that I finished. The miracle is
that I had the courage to start."*

John "the Penguin" Bingham



Overview



174

ALL RUNS
TOTAL

2,045 km 218h 45m

LONGEST

91 km 11h 15m



89

ALL WORKOUTS
TOTAL
42h 24m
LONGEST
1h 21m



19

SWIMS
TOTAL

13 km 4h 42m

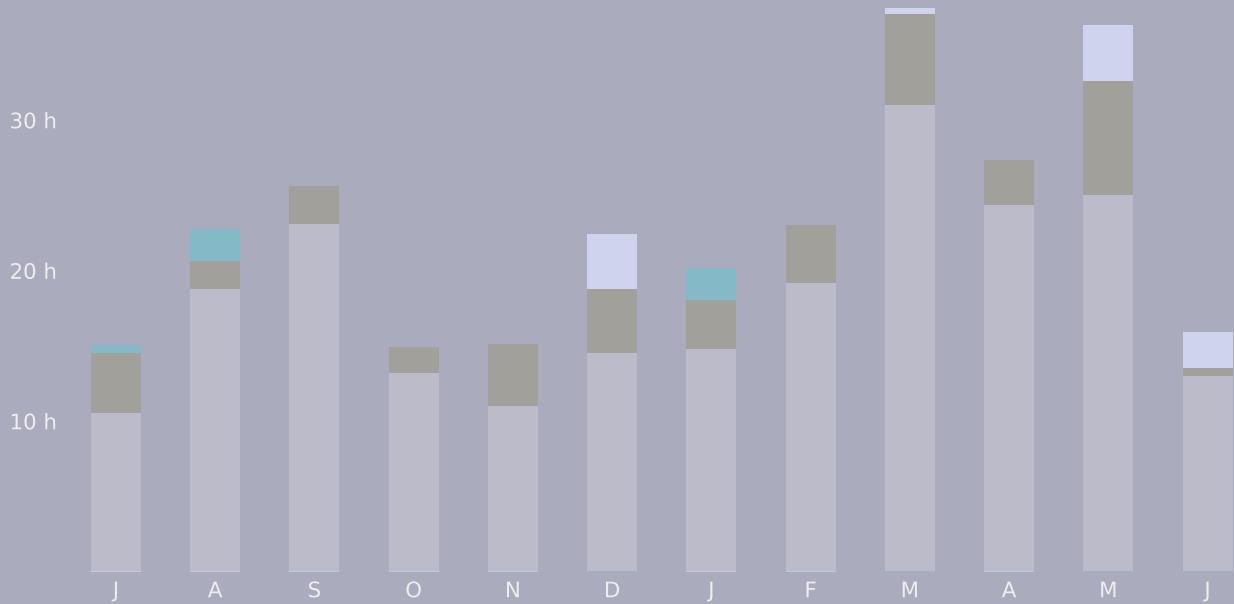
LONGEST

2 km 37m



11

ALL WALKS
TOTAL
48 km 10h 4m
LONGEST
9 km 2h 21m



05.10



MUSKOKA HALF MARATHON

01:53:53

MUSKOKA HALF MARATHON



45.03° 1' 31.44" N
-79.36° 21' 45.72" W

 1h 53m 37s

 21 km

 5:22 /km

 162 bpm

 202 W

 54 m

“

Training run with Nicholas Ormond and his mom Linda. Treated it as a progression run. Fun! Came within 30sec of my PB, set 15 yrs ago.

					
0	6:04		142		-0.1
1	5:55		140		
2	5:51		142		1.0
3	5:51		146		8.8
4	5:30		146		-9.6
5	5:36		149		-1.4
6	5:31		153		0.8
7	5:28		155		2.3
8	5:22		157		-3.2
9	5:24		160		0.7
10	5:12		163		-0.7
11	5:10		170		-0.3
12	5:21		162		0.4
13	5:18		171		4.7
14	5:05		182		-4.3
15	5:13		182		0.8
16	5:22		181		10.6
17	4:51		181		-8.7
18	5:05		179		-1.3
19	4:53		182		-0.6
20	4:50		179		1.1
21	5:22		179		-0.1

Victory!

SPURTS





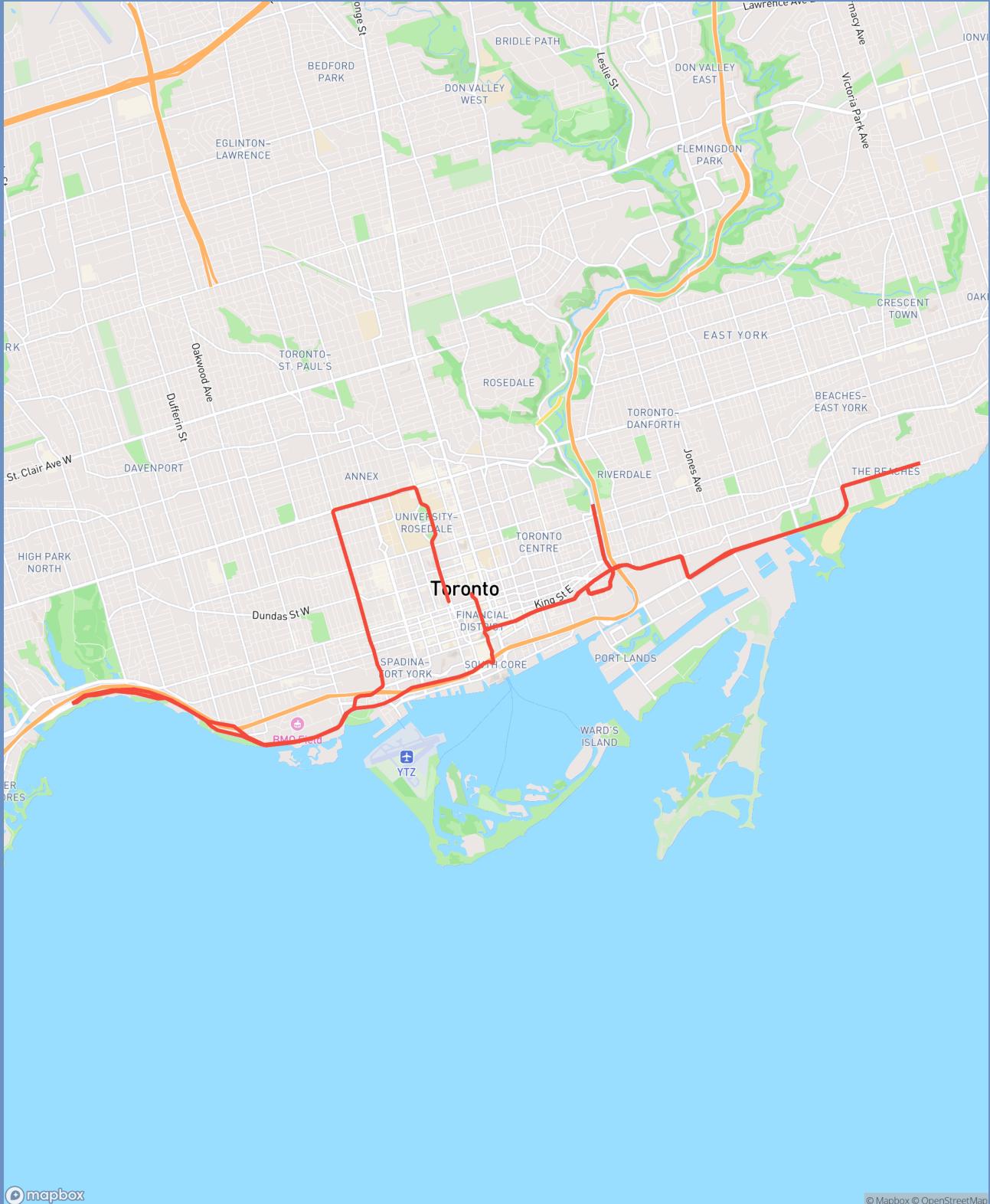
20.10



TORONTO WATERFRONT MARATHON

04:05:06

TORONTO WATERFRONT MARATHON



mapbox

© Mapbox © OpenStreetMap

43.65° 39' 5.76" N
-79.39° 23' 13.92" W



4h 2m 8s



43 km



5:44 /km



165 bpm



190 W



126 m

“

Left it all out there! Didn't quite hit my target time of 4h00, but I set a new PR.

I'm happy with my result. I started too quickly — not right away, but km 4-20 or so; I ran it more like a half marathon, which didn't leave me enough for the back half. I have to learn the discipline, especially in the first quarter / half of a race, to check my pace every km and force myself to walk if I'm ahead of target.

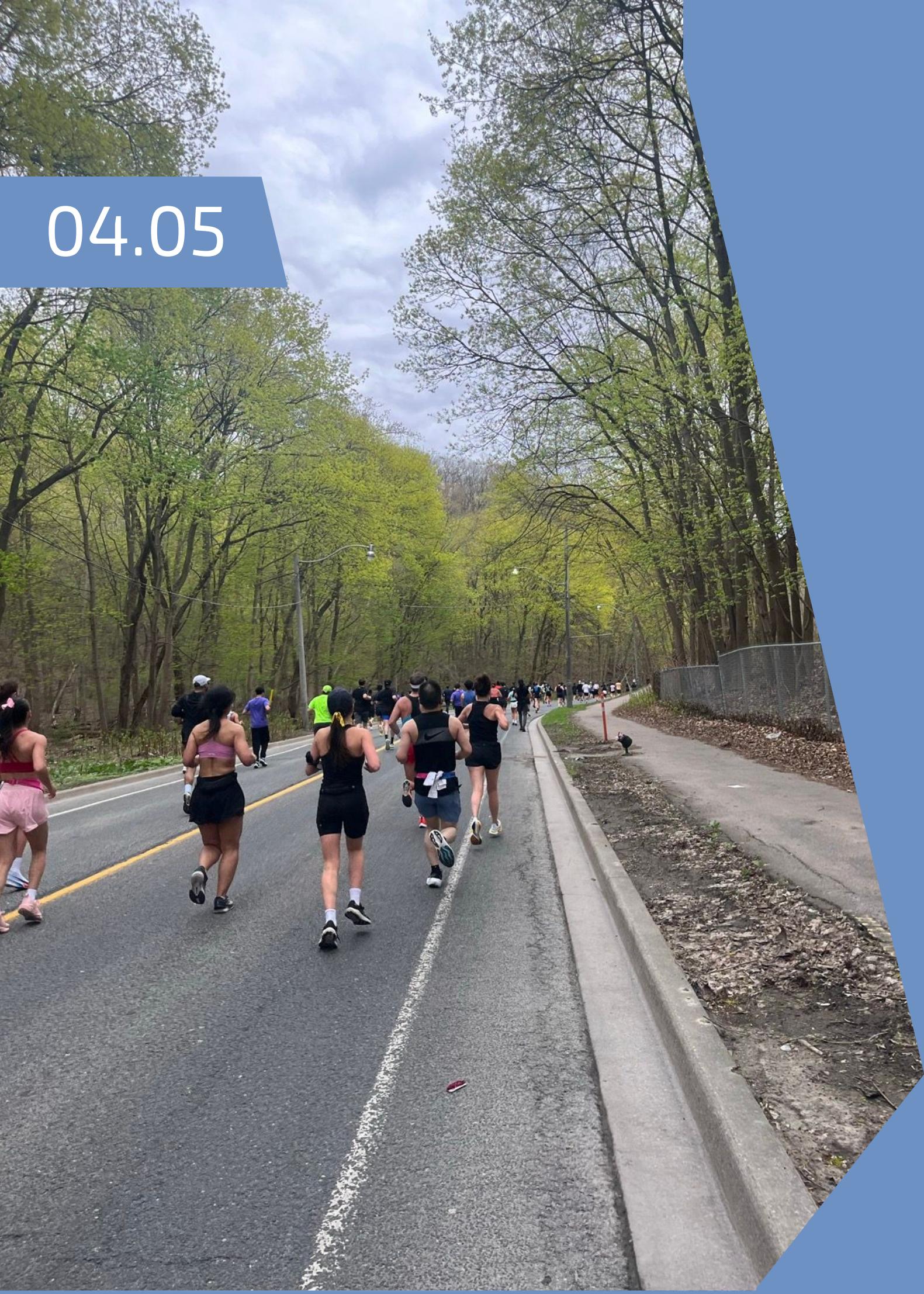
Anyhow, it was fun to push myself to my limit on pace / speed! — a slightly different experience from pushing my limit on distance + elevation (as with Comrades, or Two Oceans).

0	5:56	150	12.1
1	5:42	158	10.6
2	5:30	165	1.5
3	5:14	172	-4.3
4	5:17	173	-8.6
5	5:23	162	-14.0
6	5:09	165	-8.5
7	5:25	168	-2.1
8	5:29	168	0.8
9	5:50	157	6.6
10	5:14	163	-7.2
11	7:00	160	0.3
12	5:12	163	
13	5:10	175	-1.0
14	5:11	177	6.3
15	5:24	172	-5.4
16	5:05	180	-0.4
17	5:13	176	0.6
18	5:36	165	6.0
19	5:12	164	-0.1
20	5:03	169	-1.5
21	5:50	163	-2.7
22	5:15	175	-1.1
23	6:08	162	-0.3
24	5:25	174	
25	5:40	171	2.7
26	5:21	173	5.5
27	5:18	174	-8.8
28	5:51	165	-1.0
29	5:34	172	1.5
30	6:12	169	-0.9
31	5:36	166	4.0
32	6:28	160	5.4
33	5:39	169	-1.4
34	5:58	165	-8.4
35	7:00	158	1.2
36	5:52	166	-0.8
37	6:29	166	-0.9
38	7:04	157	1.9
39	7:07	149	0.9
40	6:58	155	0.9
41	6:04	157	3.1
41	5:29	167	7.2

SPURTS

Victory!

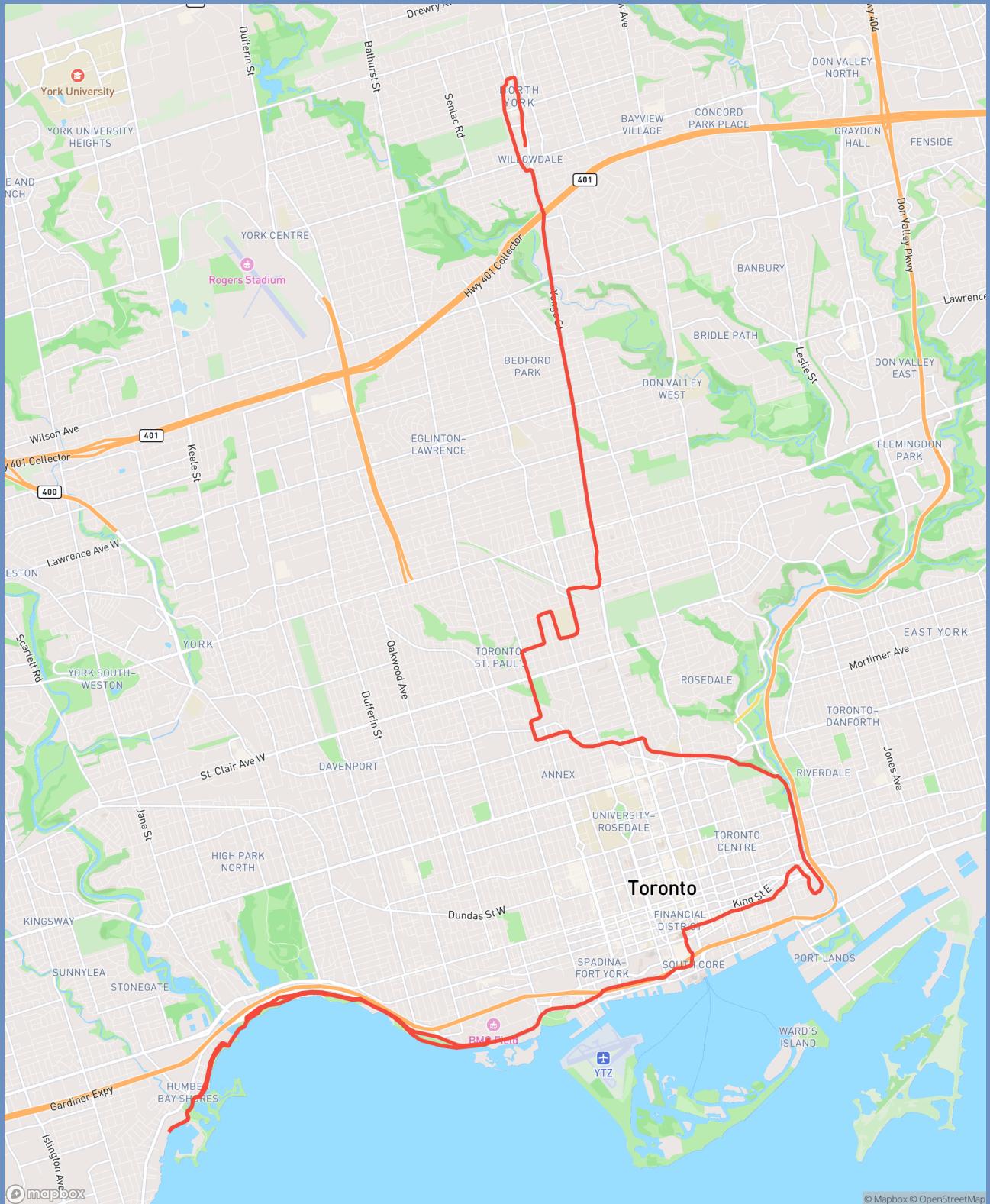
04.05



TORONTO MARATHON

04:27:12

TORONTO MARATHON



43.76° 45' 48.96" N

-79.41° 24' 43.2" W



4h 24m 3s



43 km



6:15 /km



161 bpm



183 W



156 m

“

A bit too fast for a training run, but satisfying nonetheless.

Cool crisp weather, sort of useless for heat training

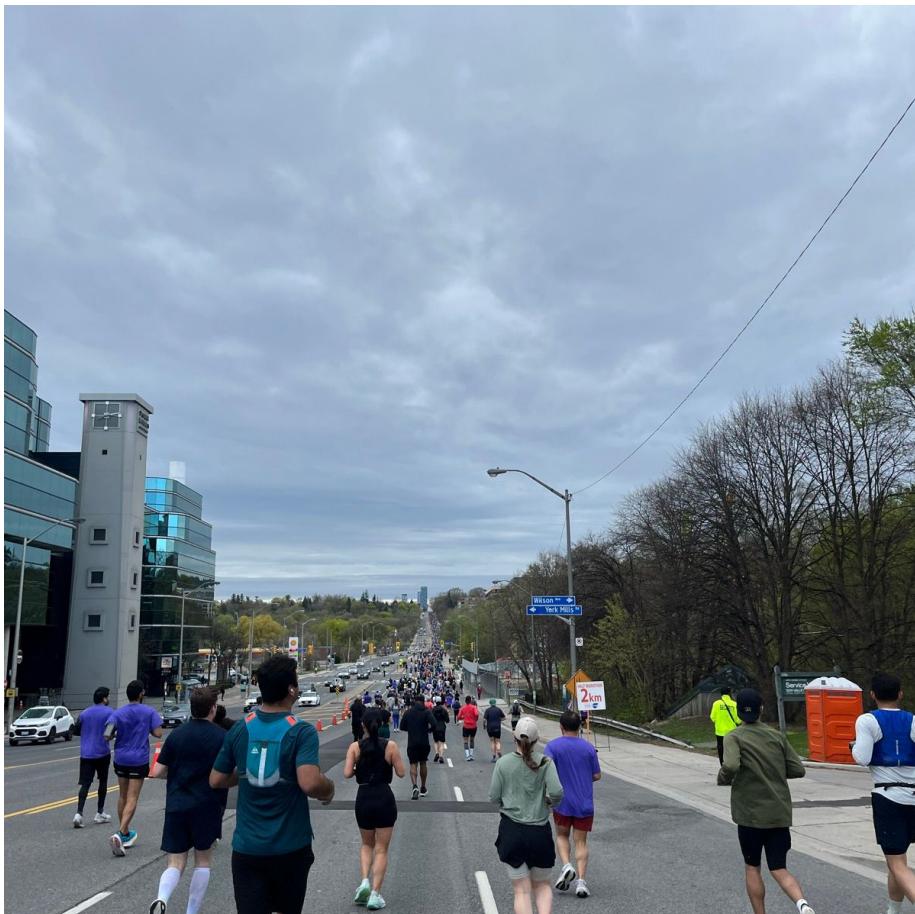
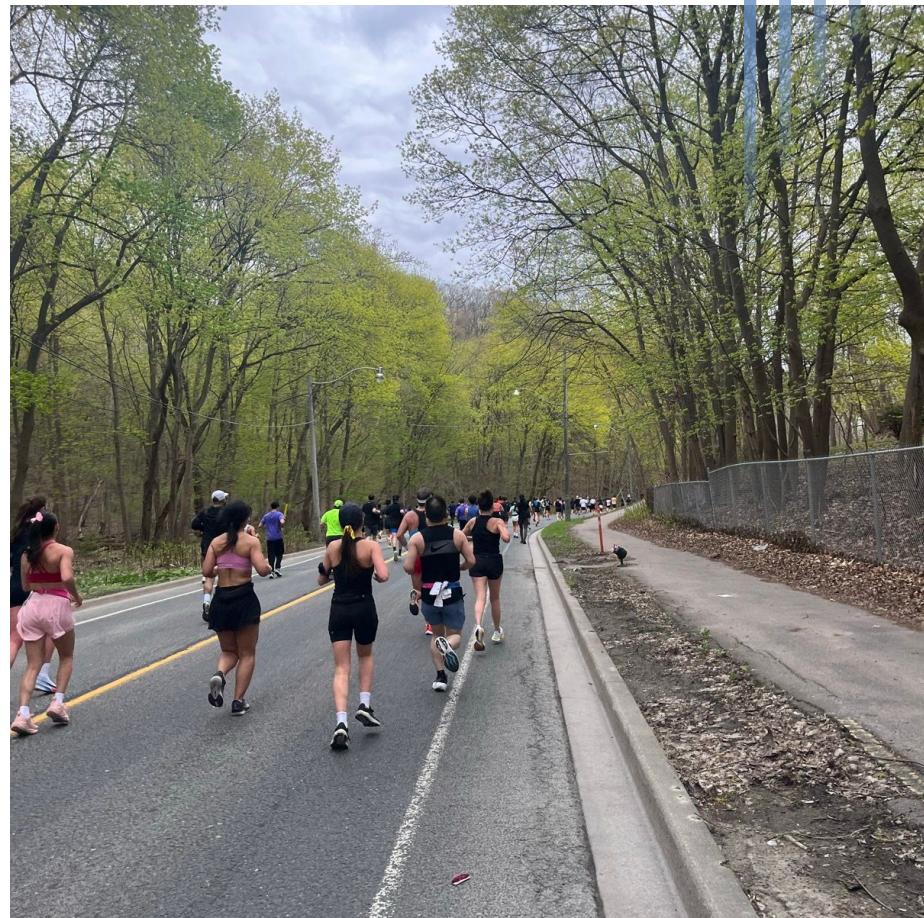
Note: for those following a little too closely at home, this replaces a previous entry that was inaccurate. I'm testing whether Strava on my phone records long runs accurately; sadly, the answer is no. This is the Apple Watch record, which is much more consistent with reality.

	▷	⌚	⚡	↗
0		6:32	169	4.4
1		6:19	174	-0.2
2		6:26	168	1.2
3		6:09	140	-13.9
4		6:57	139	-31.6
5		6:43	151	35.5
6		6:13	150	-7.7
7		6:02	154	2.1
8		6:26	142	1.4
9		5:40	146	-8.7
10		6:22	141	2.9
11		6:05	147	10.9
12		7:02	143	-5.8
13		5:56	151	-13.9
14		5:42	158	-25.2
15		6:15	161	-5.7
16		6:05	171	-10.2
17		6:06	165	-17.6
18		6:01	166	-9.7
19		5:53	165	-3.6
20		6:23	166	
21		6:05	169	2.1
22		6:06	173	-0.5
23		6:08	173	2.2
24		6:50	169	-3.5
25		5:17	172	1.8
26		6:06	175	-2.4
27		6:09	175	-0.4
28		6:13	173	-0.5
29		6:34	171	1.2
30		6:16	159	-0.9
31		6:26	159	0.1
32		6:01	155	0.1
33		6:20	160	0.5
34		6:04	155	-0.2
35		6:32	151	-1.6
36		6:12	160	1.9
37		6:34	161	2.2
38		6:09	166	-1.9
39		6:47	163	-1.1
40		6:23	172	6.4
41		6:37	158	-3.8
42		5:40	171	-0.4

SPLITS

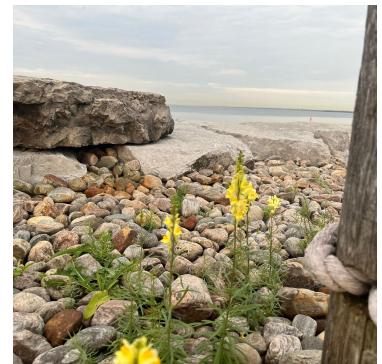
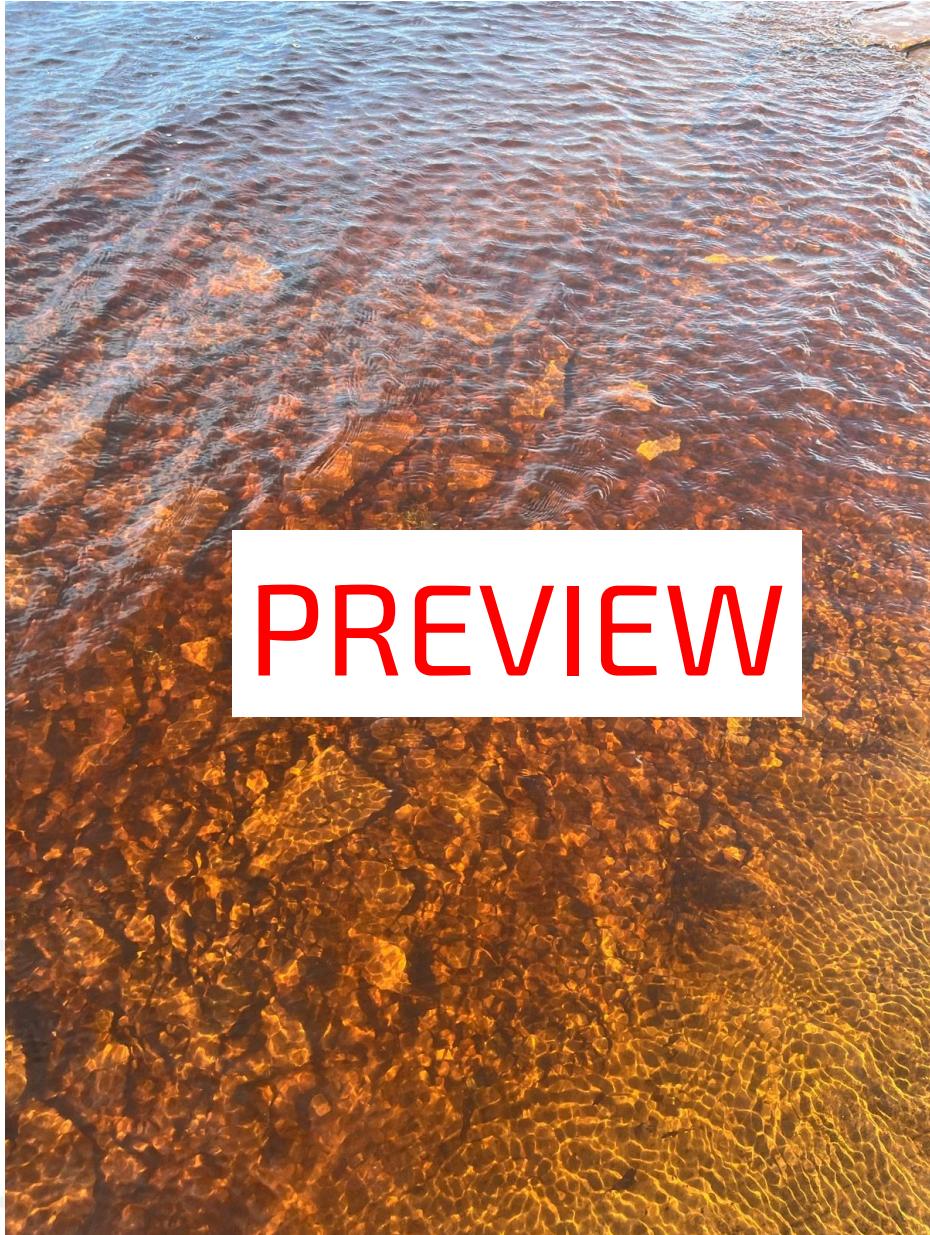
Victory!





07.2024

July



18 ACTIVE DAYS

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16



22
activities

150
km

duration
17h 30m



RUNS



WORKOUTS



RIDES



SWIMS

1 - 7 JUL 3h 21m	8 - 14 JUL 3h 52m	15 - 21 JUL 5h 26m	22 - 28 JUL 2h 43m	29 - 31 JUL 2h 6m
MO	MO	MO	MO	MO
TU	TU	TU	TU	TU
WE	WE	WE	WE	WE
TH	TH	TH	TH	TH
FR	FR	FR	FR	FR
SA	SA	SA	SA	SA
SU	SU	SU	SU	SU



July 2024

Spotlights

14

"Recovery Tri"

♂ pt1



1h 27m 53s



29 km



20.1 km/h

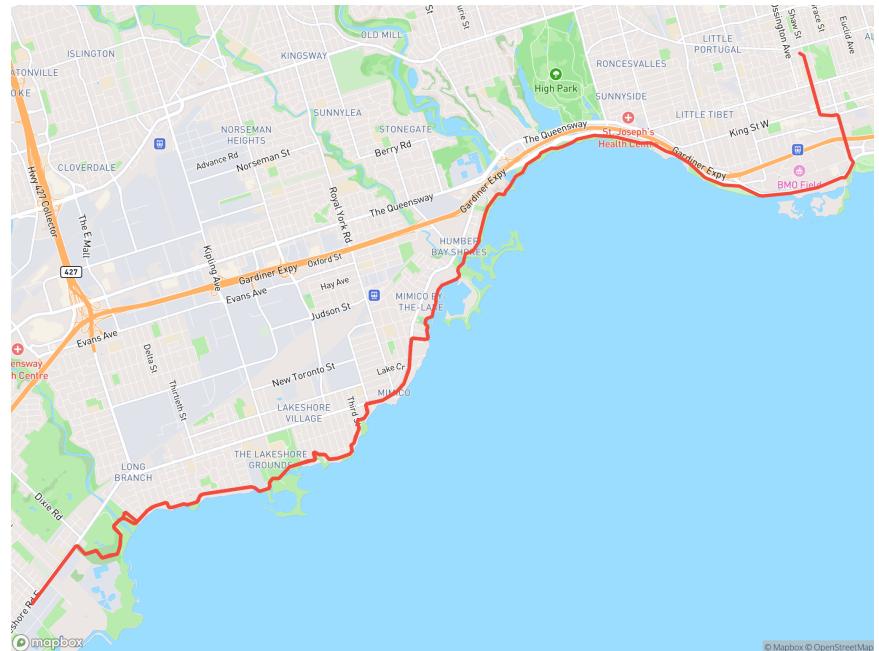


131 bpm



51 W

In honour of the Toronto Triathlon Festival today, I tried an idiosyncratic tri by the lake...
40km bike (in 2 parts); 250m swim; 2km jog
— Swimming is definitely my weak point! ♂



28 Rennie's River trail + ponds



1h 26m 32s



14 km



6:20 /km

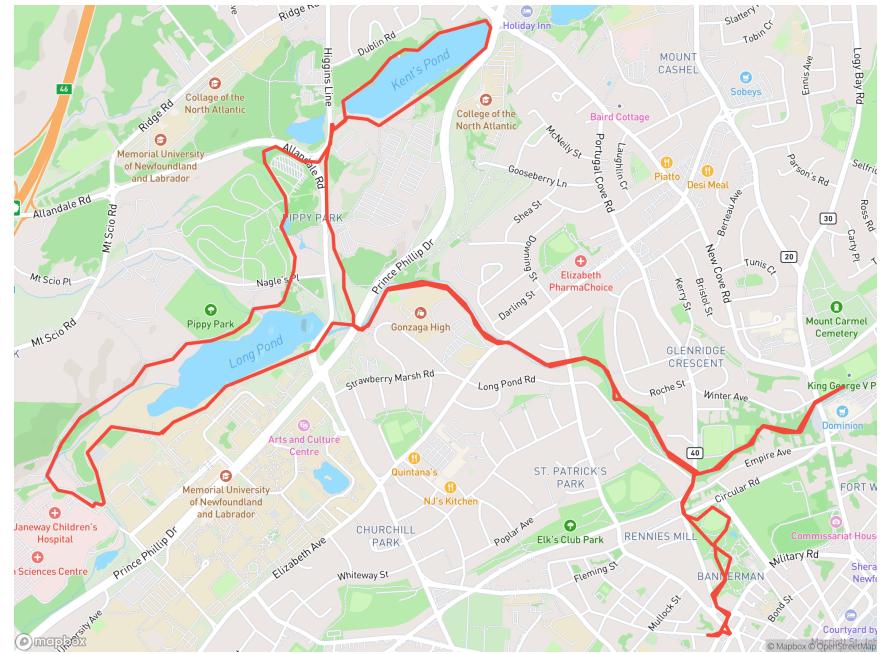


144 bpm



251 m

Nice leisurely trail run in St John's NL



July 2024

Activities

1 Morning Strength & Mobility

⌚ 1h 21m ↗ 74

2 Easy run

6 km @ 6:32 /km

⌚ 39m ↗ 144 ⚡ 165 W ↗ 33 m

3 Strength & stability

⌚ 1h 9m ↗ 82

4 Light mobility

⌚ 11m ↗ 89

11 Re-activating my legs

8 km @ 6:05 /km

*Still working my way back from post-Comrades illness.
Beautiful night!*

⌚ 49m ↗ 150 ↗ 41 m



PREVIEW

13 Morning Run

11 km @ 6:15 /km

Beautiful day by the lake!

⌚ 1h 10m ↗ 149 ↗ 62 m

14 "Recovery Tri"

♂ pt1

29 km @ 20.1 km/h

In honour of the Toronto Triathlon Festival today, I tried an idiosyncratic tri by the lake... 40km bike (in 2 parts); 250m swim; 2km jog — Swimming is definitely my weak point!

⌚ 1h 27m ↗ 131 ⚡ 51 W ↗ 71 m

"Recovery Tri"

♂ pt2

541 m @ 1:58 /100m

In honour of the Toronto Triathlon Festival today, I tried an idiosyncratic tri by the lake... Swim is definitely my weak spot! I'd have to train to make the typical Olympic / Sprint cutoffs...

⌚ 10m ↗ 108



"Recovery Tri"

♂ pt3

2 km @ 6:26 /km

In honour of the Toronto Triathlon Festival today, I tried an idiosyncratic tri by the lake...

⌚ 13m ↗ 141

15 Morning Workout

⌚ 33m ↗ 75

16 Intervals

9 km @ 6:44 /km

⌚ 1h 1m ↗ 141 ↗ 65 m



18 Evening Run

12 km @ 6:31 /km

⌚ 1h 19m ⚡ 145 ↗ 56 m



20 12-minute test

6 km @ 7:08 /km

2.51km

⌚ 42m ⚡ 146 ↗ 25 m

21 Afternoon Ride

13 km @ 21.2 km/h

⌚ 37m ⚡ 130 ⚡ 55 W ↗ 31 m

Afternoon Ride

7 km @ 18.8 km/h

Sadly, water was too polluted to swim

⌚ 23m ⚡ 128 ⚡ 50 W ↗ 30 m



Afternoon Run

8 km @ 6:01 /km

⌚ 49m ⚡ 148 ↗ 47 m

22 Morning Workout

⌚ 11m ⚡ 82

23 Intervals

10 km @ 6:19 /km

Not quite exactly to plan... but still worthwhile

⌚ 1h 5m ⚡ 135 ↗ 54 m



28 Rennie's River trail + ponds

14 km @ 6:20 /km

Nice leisurely trail run in St John's NL

⌚ 1h 26m ⚡ 144 ↗ 251 m



29 Morning Workout

⌚ 30m ⚡ 84

July 2024

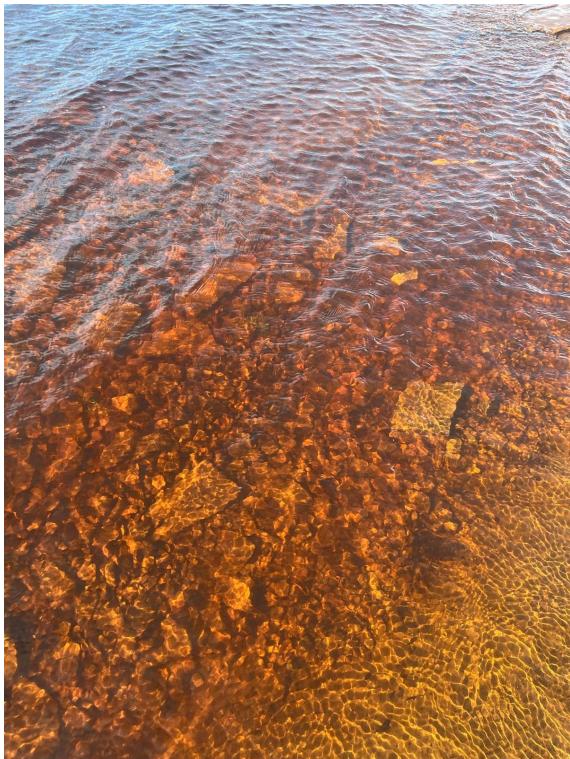
Activities

30 Bell Island Swim

580 m @ 3:22 /100m

Deep red water with a taste of iron ... like swimming in cold blood. (I'm a shark!) I'm a very slow shark, btw... working on technique

⌚ 19m ⚡ 115



31 Afternoon Run

12 km @ 6:18 /km

⌚ 1h 15m ⚡ 145 ⚡ 204 m

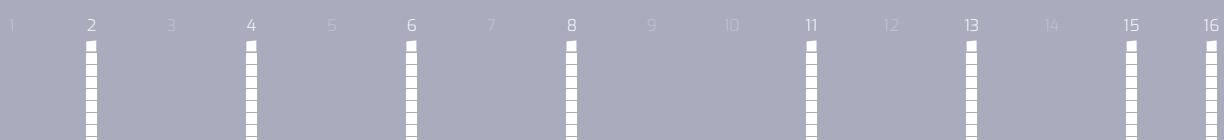


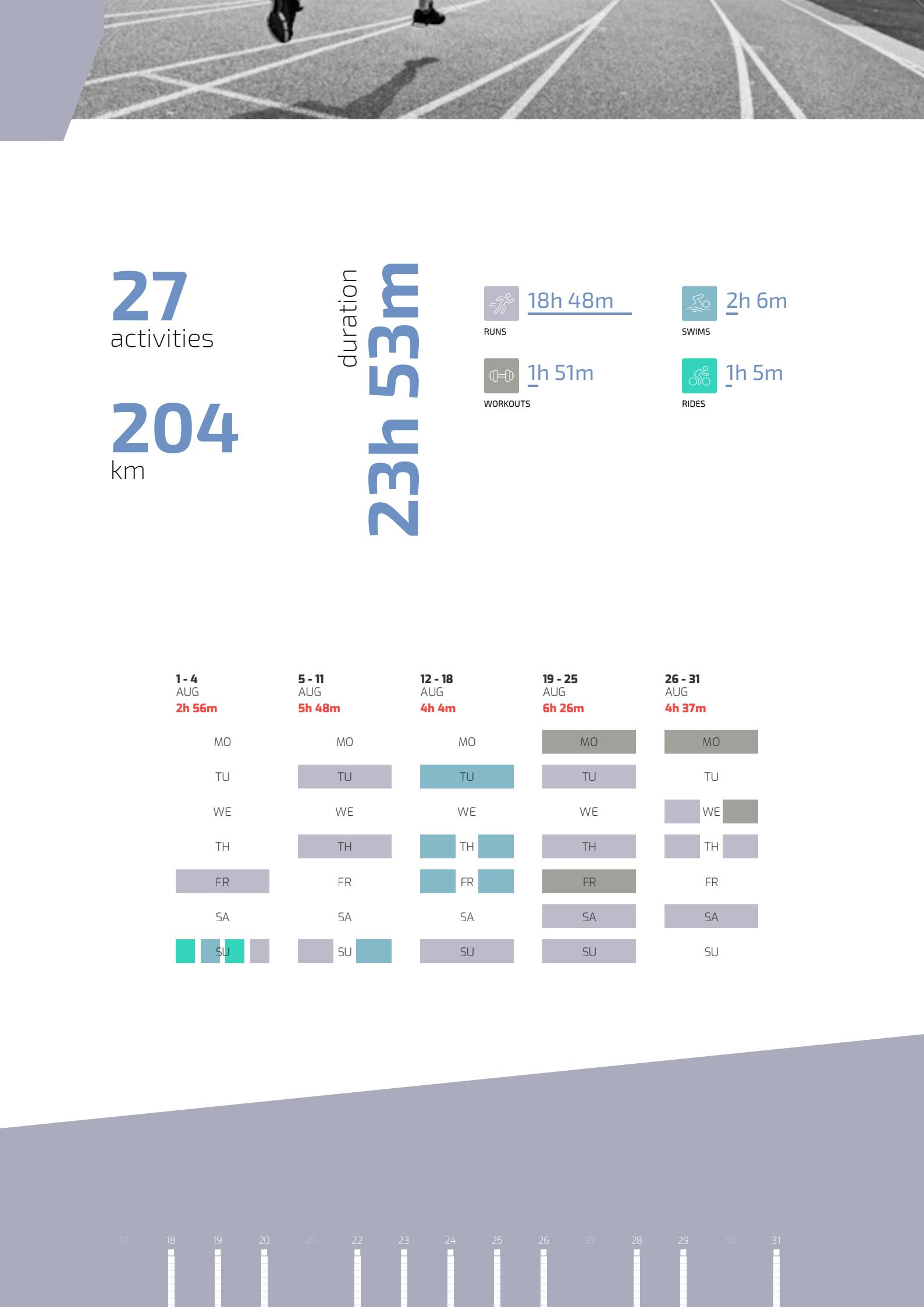
08.2024

August



19
ACTIVE DAYS





27
activities

204
km

duration
23h 53m



RUNS



SWIMS



WORKOUTS



RIDES

1 - 4 AUG 2h 56m	5 - 11 AUG 5h 48m	12 - 18 AUG 4h 4m	19 - 25 AUG 6h 26m	26 - 31 AUG 4h 37m
MO	MO	MO	MO	MO
TU	TU	TU	TU	TU
WE	WE	WE	WE	WE
TH	TH	TH	TH	TH
FR	FR	FR	FR	FR
SA	SA	SA	SA	SA
  	  	 	 	 

17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

August 2024

Spotlights

02 Signal Hill, St Johns NL



1h 6m 36s



9 km



7:35 /km

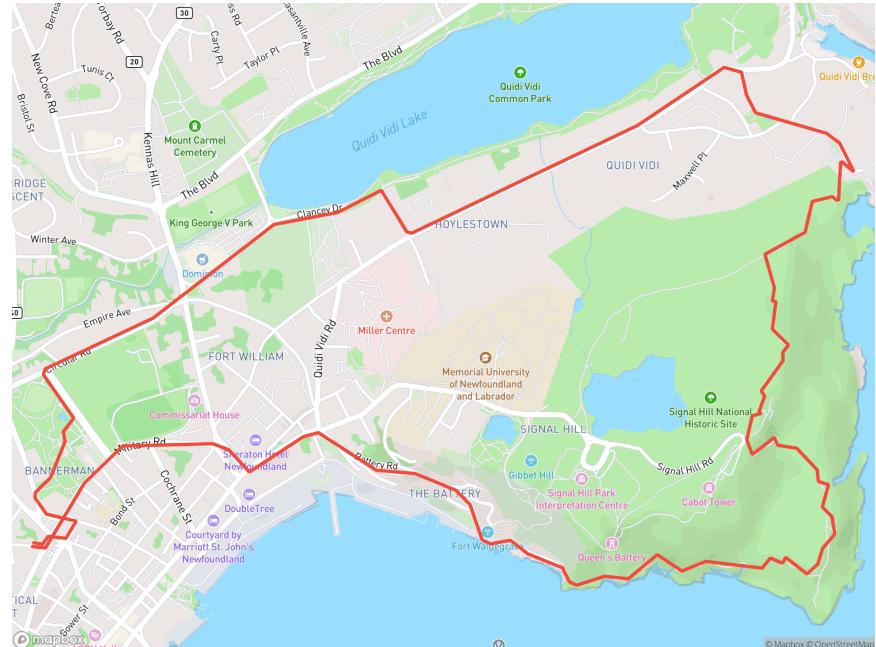


136 bpm



356 m

Hot humid, tough slog but gorgeous





11 Semi-Marathon Pour Tous!



2h 4m 5s



21 km



5:52 /km



149 bpm



189 W

Inspiring to join with runners around the world in the true spirit of the Olympics — international camaraderie through sports!



August 2024

Activities

2 Signal Hill, St Johns NL

9 km @ 7:35 /km

Hot humid, tough slog but gorgeous

⌚ 1h 6m ⚡ 136 ↗ 356 m



4 Sprint tri — bike pt 1

16 km @ 21.3 km/h

My idiosyncratic take on a "sprint" triathlon: 20km bike ride; ~750m swim; 5km run. Fun! Next time I'll try them in the "proper" order...

⌚ 45m ⚡ 122 ⚡ 50 W ↗ 30 m

PREVIEW

Sprint tri — swim

1,016 m @ 1:38 /100m

(Strava time is wrong ... I swam for 32m; but evidently my breast stroke is so slow, it counted as "rest"!) My idiosyncratic take on a "sprint" triathlon: 20km bike ride; ~750m swim; 5km run. Fun! Next time I'll try them in the "proper" order...

⌚ 16m ⚡ 120

Sprint tri — bike pt 2

6 km @ 16.3 km/h

My idiosyncratic take on a "sprint" triathlon: 20km bike ride; ~750m swim; 5km run. Fun! Next time I'll try them in the "proper" order...

⌚ 20m ⚡ 126 ⚡ 52 W ↗ 21 m

Sprint tri — run

5 km @ 5:30 /km

My idiosyncratic take on a "sprint" triathlon: 20km bike ride; ~750m swim; 5km run. Fun! Next time I'll try them in the "proper" order...

⌚ 27m ⚡ 140 ↗ 17 m

6 Night Run

12 km @ 6:30 /km

⌚ 1h 15m ⚡ 141 ↗ 100 m

8 Evening Run

21 km @ 6:28 /km

Longest run since Comrades. Took it SLOW, but still tough... working my way back

⌚ 2h 16m ⚡ 145 ↗ 109 m

11 Semi-Marathon Pour Tous!

21 km @ 5:52 /km

Inspiring to join with runners around the world in the true spirit of the Olympics — international camaraderie through sports!

⌚ 2h 4m ⚡ 149 ⚡ 189 W ↗ 34 m

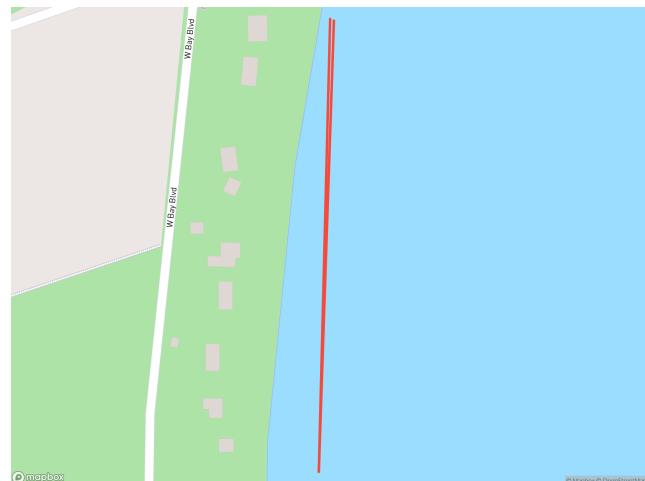


Gentle swim

600 m @ 2:05 /100m

(Actual pace 3:41 / 100m) First swim in Balsam Lake! Shallow over here, but some some 12-inch fish!

⌚ 12m ⚡ 113



13 Longer swim

1,730 m @ 1:37 /100m

52:25 ⚡ 3:02 / 100m

⌚ 27m ⚡ 87



15 Kawartha Lakes

996 m @ 1:20 /100m

Actual time 29:21

⌚ 13m ↘ 106

Kawartha Lakes

1,034 m @ 1:12 /100m

Actual time 27:28

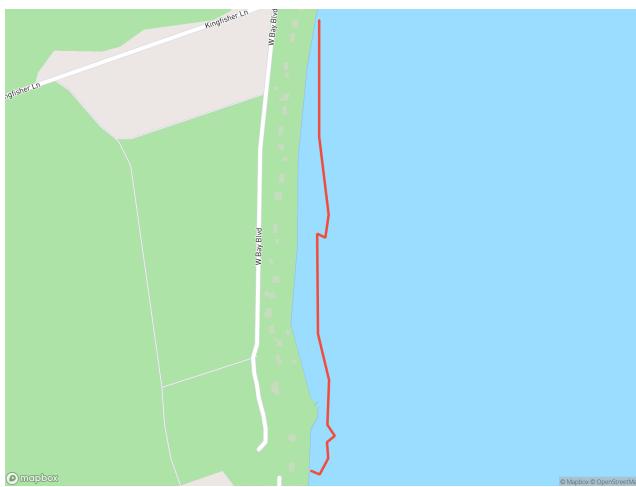
⌚ 12m

16 Swim against wind

992 m @ 2:03 /100m

Choppy! Actual pace 3:26 / 100m

⌚ 20m ↘ 108

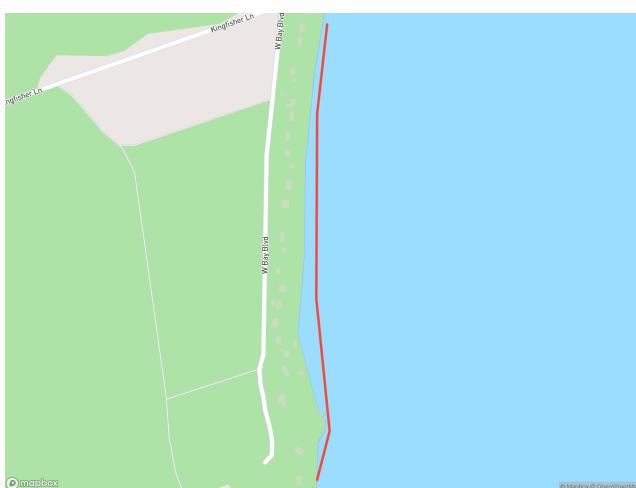


Swim with wind

897 m @ 2:38 /100m

Smooth(ish)! Actual pace 3:09 / 100m

⌚ 23m ↘ 82



18 Long run in muggy weather

22 km @ 6:36 /km

20C dewpoint = rough going. But I stuck through! Even slower than usual. *

⌚ 2h 26m ↘ 149 ⚡ 170 W ↗ 66 m

19 Morning Workout

⌚ 31m ↘ 81

20 5km time trial 24:55

9 km @ 6:05 /km

⌚ 55m ↘ 143 ⚡ 190 W ↗ 32 m

22 Recovery intervals

6 km @ 7:47 /km

This was new to me ... 1m "intervals", but at marathon pace (ie quite slow).

⌚ 46m ↘ 111 ⚡ 138 W ↗ 30 m

23 Morning Workout

⌚ 16m ↘ 92

24 Trinity Bellwoods Park - Sunnyside

15 km @ 6:05 /km

⌚ 1h 28m ↘ 139 ⚡ 186 W ↗ 52 m

25 Trinity Bellwoods Park - Niagara

22 km @ 6:37 /km

Nice long slow run with a colleague, JC

⌚ 2h 27m ↘ 151 ⚡ 169 W ↗ 66 m

26 Morning Workout

⌚ 47m ↘ 71

28 Night run 5k

5 km @ 6:59 /km

Hot + humid, and late! Not quite sure why I did this, but it seemed like a good idea at the time. Not clear either why it was so tough, except the heat and humidity I guess.

⌚ 35m ↘ 124 ⚡ 156 W ↗ 18 m

Morning Workout

⌚ 16m ↘ 89

29 Toronto

6 km @ 5:49 /km

⌚ 35m ↘ 136 ⚡ 181 W ↗ 32 m

Evening run

10 km @ 6:27 /km

Slow, steady. Getting used to my usual 2% long hill again ...

⌚ 1h 4m ↘ 140 ⚡ 171 W ↗ 76 m

August 2024

Activities

31 Trinity Bellwoods Park - Sunnyside

12 km @ 6:21 /km

⌚ 1h 18m ⚡ 134 ⚡ 172 W ⚡ 50 m





09.2024

September



21 ACTIVE DAYS

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15



24
activities

231
km

duration
25h 40m



23h 6m

RUNS



2h 28m

WORKOUTS



5m

YOGA

1 SEP 58m	2 - 8 SEP 6h 31m	9 - 15 SEP 7h 21m	16 - 22 SEP 3h 43m	23 - 29 SEP 7h 5m	30 SEP
MO	MO	MO	MO	MO	MO
TU	TU	TU	TU	TU	TU
WE	WE	WE	WE	WE	WE
TH	TH	TH	TH	TH	TH
FR	FR	FR	FR	FR	FR
SA	SA	SA	SA	SA	SA
SU	SU	SU	SU	SU	SU

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

September 2024

Spotlights

08 Progression long run



2h 10m 1s



22 km



5:47 /km



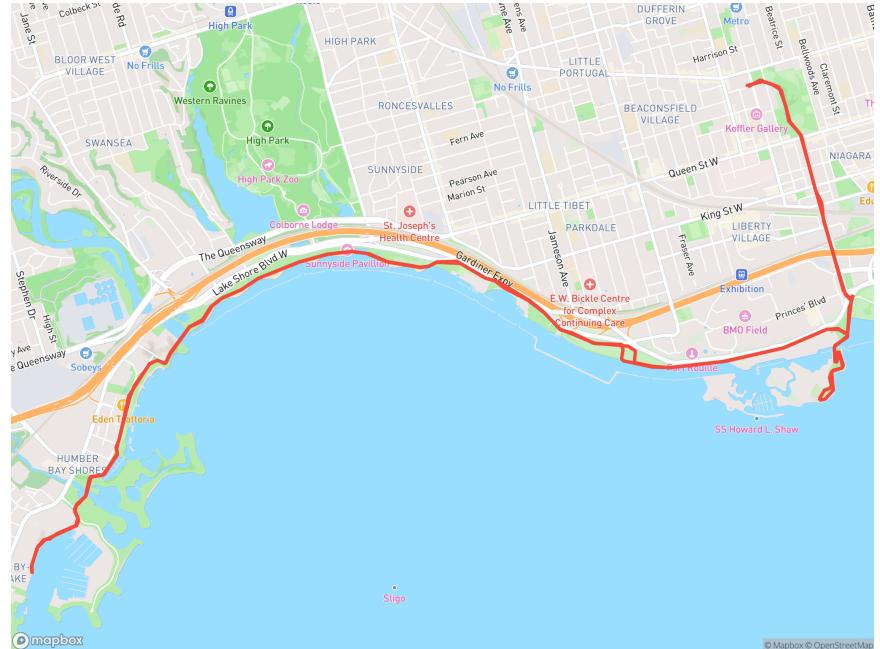
158 bpm



189 W

67 m

Felt great. I love running in cooler weather. "Summer miles make autumn smiles!"





14 3-hr with mild fartlek

⌚ 2h 53m 36s
↗ 90 m

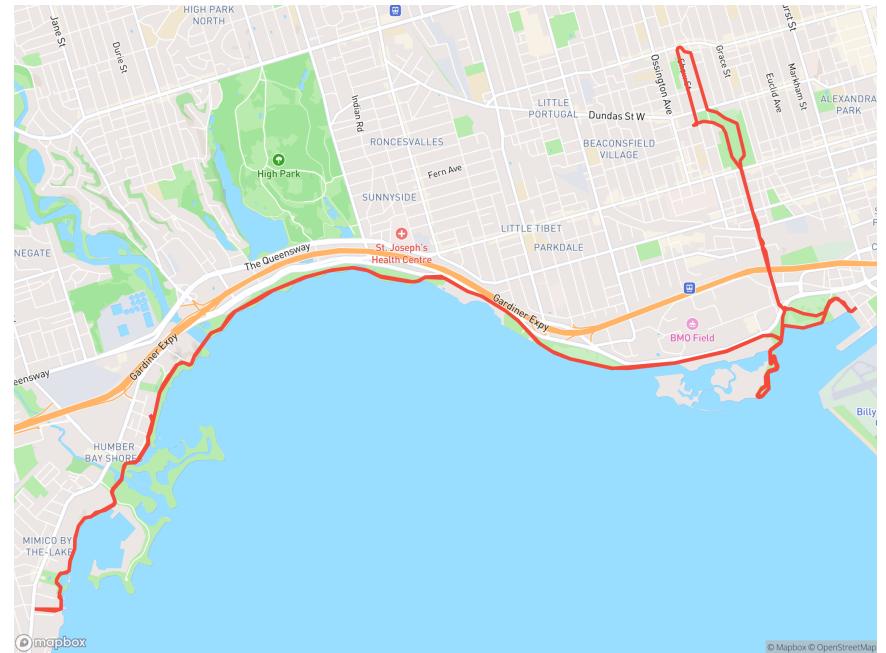
▷ 29 km

⌚ 5:59 /km

⚡ 153 bpm

⚡ 182 W

Gorgeous day! Odd mist came in then burned off, but still beautiful.



September 2024

Activities

1 Trillium park

10 km @ 5:49 /km

⌚ 58m ⚪ 137 ⚪ 184 W ↗ 48 m



2 Core Training

⌚ 37m ⚪ 99

3 Intervals

8 km @ 5:57 /km

Irregular intervals ... aiming for 8x 600m at 4:15 pace; managed 8x 300m at roughly 4:06 pace (but quite variable)

⌚ 48m ⚪ 139 ⚪ 176 W ↗ 39 m

4 Toronto / Toronto and Budapest Park

11 km @ 5:39 /km

⌚ 1h 3m ⚪ 139 ⚪ 195 W ↗ 41 m

6 Core Training

⌚ 38m ⚪ 79

7 4x 2km intervals @ 4:50

13 km @ 5:40 /km

Nailed the workout as prescribed -- first time I've done that in a while!!

⌚ 1h 14m ⚪ 159 ⚪ 192 W ↗ 42 m

8 Progression long run

22 km @ 5:47 /km

Felt great. I love running in cooler weather. "Summer miles make autumn smiles!"

⌚ 2h 10m ⚪ 158 ⚪ 189 W ↗ 67 m



Workout

10 6x 600m intervals

9 km @ 6:07 /km

Aiming for 8x 600m @ 4:16; managed 6x 600m @ 4:19

⌚ 52m ⚪ 138 ⚪ 173 W ↗ 31 m

12 Light hills 3x 1km up + down

14 km @ 6:00 /km

⌚ 1h 25m ⚪ 145 ⚪ 184 W ↗ 113 m

14 3-hr with mild fartlek

29 km @ 5:59 /km

Gorgeous day! Odd mist came in then burned off, but still beautiful.

⌚ 2h 53m ⚪ 153 ⚪ 182 W ↗ 90 m





15 Recovery run

15 km @ 6:31 /km

Early signs of fall by the Don River...

⌚ 1h 39m ⚡ 131 ⚡ 169 W ↗ 117 m



21 False start!

1,219 m @ 7:04 /km

Headed home, forgot water + phone! ☺

⌚ 8m ⚡ 116 ⚡ 159 W

5km time trial = 24:08

7 km @ 5:12 /km

⌚ 37m ⚡ 159 ⚡ 213 W ↗ 11 m



16 Morning Workout

⌚ 31m ⚡ 78

18 Recovery intervals

8 km @ 6:04 /km

⌚ 46m ⚡ 129 ⚡ 175 W ↗ 33 m



22 Night run

15 km @ 6:19 /km

⌚ 1h 35m ⚡ 137 ⚡ 176 W ↗ 83 m

23 Core Training

⌚ 11m ⚡ 86

26 Steady run

15 km @ 5:37 /km

Roughly marathon pace, or just a bit slower. Nice cool evening.

⌚ 1h 23m ⚡ 151 ⚡ 197 W ↗ 90 m

19 Stretching / yoga

⌚ 5m ⚡ 63

September 2024

Activities

28 Long run pt1

17 km @ 6:26 /km

Uphill to parents' house

⌚ 1h 48m ⚡ 145 ⚡ 179 W ↗ 181 m

Long run pt2

19 km @ 6:08 /km

Downhill, back home!

⌚ 1h 59m ⚡ 147 ⚡ 177 W ↗ 124 m



29 Beautiful evening!

16 km @ 6:04 /km

Still unseasonably warm & humid for Toronto! 15km easy by the lake; with a 5km marathon-pace section in the middle.

⌚ 1h 34m ⚡ 138 ⚡ 177 W ↗ 46 m



Cool down

1,261 m @ 6:57 /km

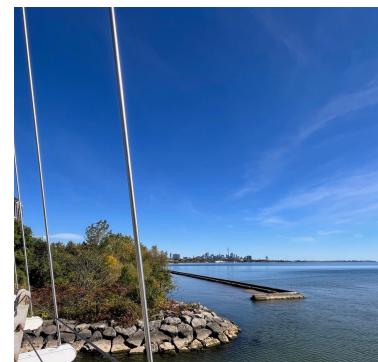
Watch died, so did last part using phone

⌚ 8m



10.2024

October



12

ACTIVE DAYS

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16



13
activities

136
km

duration
14h 53m



13h 12m

RUNS



1h 40m

WORKOUTS

1 - 6 OCT 4h 2m	7 - 13 OCT 3h 15m	14 - 20 OCT 5h 32m	21 - 27 OCT 47m	28 - 31 OCT 1h 15m
MO	MO	MO	MO	MO
TU	TU	TU	TU	TU
WE	WE	WE	WE	WE
TH	TH	TH	TH	TH
FR	FR	FR	FR	FR
SA	SA	SA	SA	SA
SU	SU	SU	SU	SU

October 2024

Activities

1 "I made it through the rain..."

2 km @ 6:30 /km

... but I wasn't really dressed for it, so I went home quickly!

⌚ 14m ⚡ 134 ⚡ 162 W

5 Muskoka half-marathon

21 km @ 5:22 /km

Training run with Nicholas Ormond and his mom Linda. Treated it as a progression run. Fun! Came within 30sec of my PB, set 15 yrs ago.

⌚ 1h 53m ⚡ 162 ⚡ 202 W ⚡ 54 m



PREVIEW

10 8x 400m intervals

8 km @ 6:27 /km

Cool, crisp morning in Toronto (6C)

⌚ 53m ⚡ 140 ⚡ 181 W ⚡ 29 m



11 Mobility

⌚ 14m ⚡ 75

12 Steady 20km

22 km @ 5:41 /km

Steady run at just below marathon pace... beautiful day! (Sad that Doug Ford has destroyed Ontario Place.)

⌚ 2h 7m ⚡ 150 ⚡ 191 W ⚡ 63 m



14 Mobility in taper

Getting loose both physically and mentally in advance of my "race" marathon Sunday ... gunning finally to break 4hrs!

⌚ 40m ⚡ 78





17 Easy run 5k

5 km @ 5:40 /km

Gorgeous crisp cold morning! Forgot to take a photo of the sun low on the horizon

⌚ 30m ⚡ 132 ⚡ 184 W ↗ 29 m

20 Warm up

3 km @ 6:31 /km

⌚ 19m ⚡ 153 ⚡ 156 W

TCS Toronto marathon

43 km @ 5:44 /km

Left it all out there! Didn't quite hit my target time of 4h00, but I set a new PR. I'm happy with my result. I started too quickly – not right away, but km 4-20 or so; I ran it more like a half marathon, which didn't leave me enough for the back half. I have to learn the discipline, especially in the first quarter / half of a race, to check my pace every km and force myself to walk if I'm ahead of target. Anyhow, it was fun to push myself to my limit on pace / speed! – a slightly different experience from pushing my limit on distance + elevation (as with Comrades, or Two Oceans).

⌚ 4h 2m ⚡ 165 ⚡ 190 W ↗ 126 m

28 Mobility / stability

Trying out David Roche's Ultra Legs workout; just bodyweight for now.

⌚ 44m ⚡ 88

30 Easy 5km

5 km @ 6:13 /km

Gorgeous warm night before Halloween... love the pumpkin my wife carved!

⌚ 31m ⚡ 138 ⚡ 178 W ↗ 18 m



26 Recovery run

8 km @ 6:08 /km

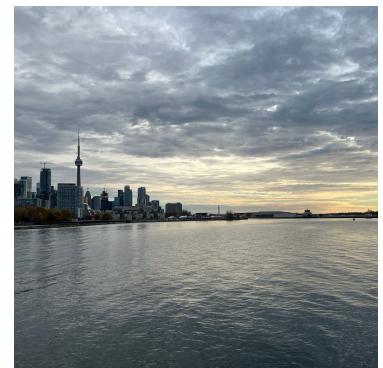
Gorgeous day! Some sort of Halloween fun at the Bentway...

⌚ 47m ⚡ 142 ⚡ 190 W ↗ 43 m



11.2024

November



20
ACTIVE DAYS





28
activities

108
km

duration
15h 6m



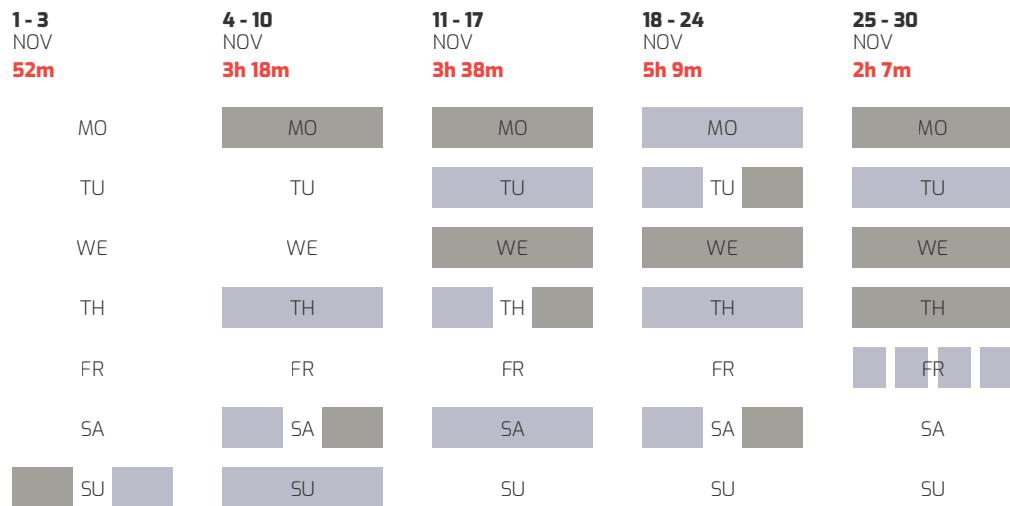
11h

RUNS



4h 6m

WORKOUTS



Spotlights

16 Bear Mountain bridge intervals



28m 58s



5 km



5:47 /km

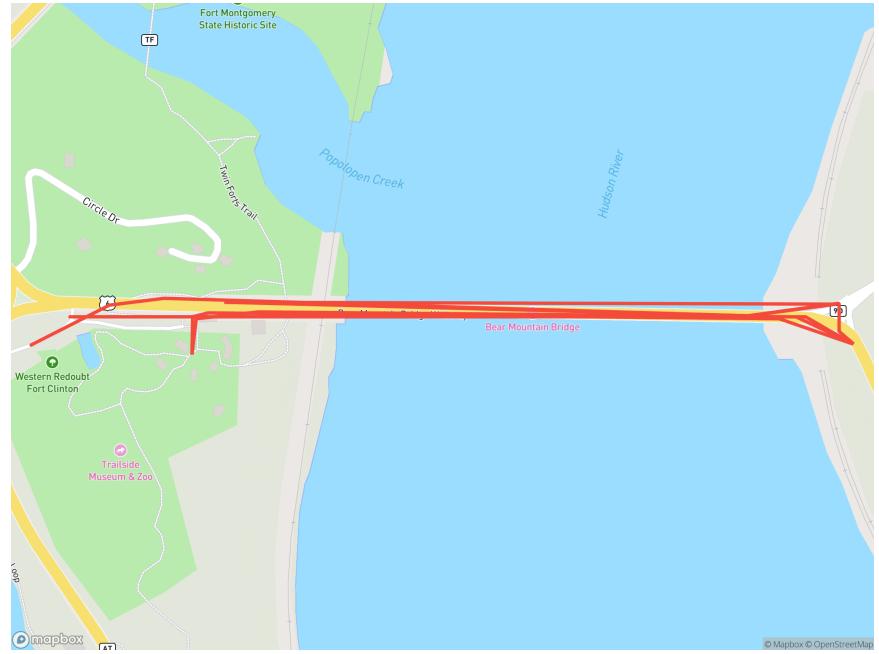


144 bpm



194 W

Totally rag-tag intervals — inconsistent effort, distance, pace. But gorgeous views!





23 Long(er) run

⌚ 1h 54m 3s
↑ 50 m

▷ 17 km

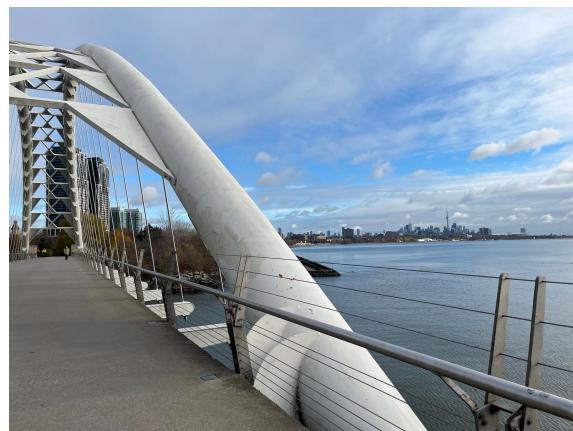
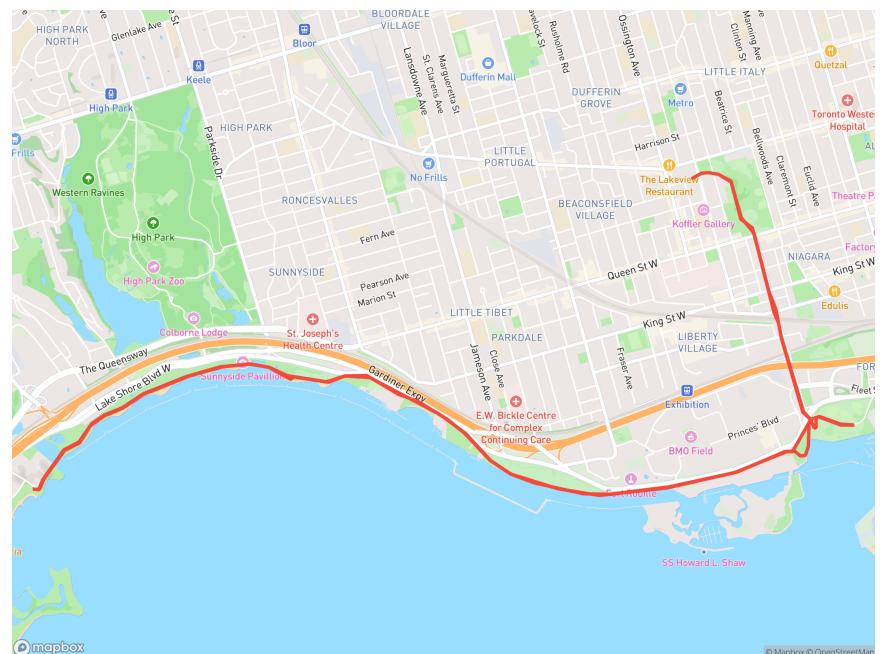
⌚ 6:49 /km

⚡ 144 bpm

⚡ 159 W

Cool fall day, lots of runners out by the lake!

Strides at 14km, before "cool-down" jog home



Activities

3 Mobility / stability

Very light, but included some simple calisthenics which I may move to evenings (a la SWAP)

⌚ 17m ⚡ 83

Final recovery run?

6 km @ 5:32 /km

...for this cycle. I'm supposed to start a 10km "speed block" tomorrow. Hoping my HR + HRV will go back to normal, they've been all over the place during my taper and post-marathon recovery.

⌚ 34m ⚡ 149 ⚡ 196 W ⚡ 37 m



4 Morning Workout

Simple bodyweight stretches + exercises

⌚ 35m ⚡ 83

7 Easy 5km

6 km @ 5:45 /km

Gorgeous day

⌚ 36m ⚡ 146 ⚡ 188 W ⚡ 37 m



9 Easy-ish 10km

10 km @ 5:54 /km

Gorgeous day

⌚ 59m ⚡ 162 ⚡ 189 W ⚡ 79 m



10 10km easy

10 km @ 5:43 /km

Beautiful fall day. Sad to see Ontario Place destroyed.

⌚ 8m ⚡ 146

11 Mobility + strength

⌚ 25m ⚡ 81

12 Intervals

6 km @ 6:18 /km

Took it easy, a bit tired. Beautiful crisp day, starting to feel a bit like winter.

⌚ 38m ⚡ 136 ⚡ 188 W ⚡ 35 m



13 Strength + mobility

Very light session; I'll probably beef this up on future Wednesdays

⌚ 43m ⚡ 102

14 Dark wet cool 10km

10 km @ 6:03 /km

First night run of the fall / winter season ... this will be "balmy weather" soon! ☺

⌚ 1h 1m ⚡ 152 ⚡ 186 W ⚡ 77 m

SWAP ultra legs

Feels good!

⌚ 20m ⚡ 123

16 Bear Mountain bridge intervals

5 km @ 5:47 /km

Totally rag-tag intervals — inconsistent effort, distance, pace. But gorgeous views!

⌚ 28m ⚡ 144 ⚡ 194 W ⚡ 47 m



18 Light run

5 km @ 6:04 /km

⌚ 31m ⚡ 149 ⚡ 190 W ⚡ 39 m

19 5x 400m hills

9 km @ 6:05 /km

Solid effort, not all-out but not super-easy either. Classic fall night: inky black, cool, misty weather

⌚ 55m ⚡ 149 ⚡ 179 W ⚡ 77 m

SWAP Mountain Legs

15x step-through lunges, 25 step-ups each side, 10 calf raises each side

⌚ 6m ⚡ 132

20 SWAP Speed Legs + upper body

2 circuits, with weights. Very tiring, feels good

⌚ 32m ⚡ 106

21 Easy run

10 km @ 6:11 /km

A bit sore from yesterday's weight training

⌚ 1h 2m ⚡ 150 ⚡ 182 W ⚡ 77 m

23 Long(er) run

17 km @ 6:49 /km

Cool fall day, lots of runners out by the lake! Strides at 14km, before "cool-down" jog home

⌚ 1h 54m ⚡ 144 ⚡ 159 W ⚡ 50 m



SWAP mountain legs

12+8 step-through lunges; 30 step-ups each side; 15 single-leg calf raises each side Followed by hot bath (not included in the time here!)

⌚ 7m ⚡ 133

25 Light stability

Band walks, glute bridges, clam shells, pushups. Legs are a bit sore, taking it easy as this is a recovery week. (I chalk this up to getting used to the SWAP strength work.)

⌚ 10m ⚡ 78

November 2024

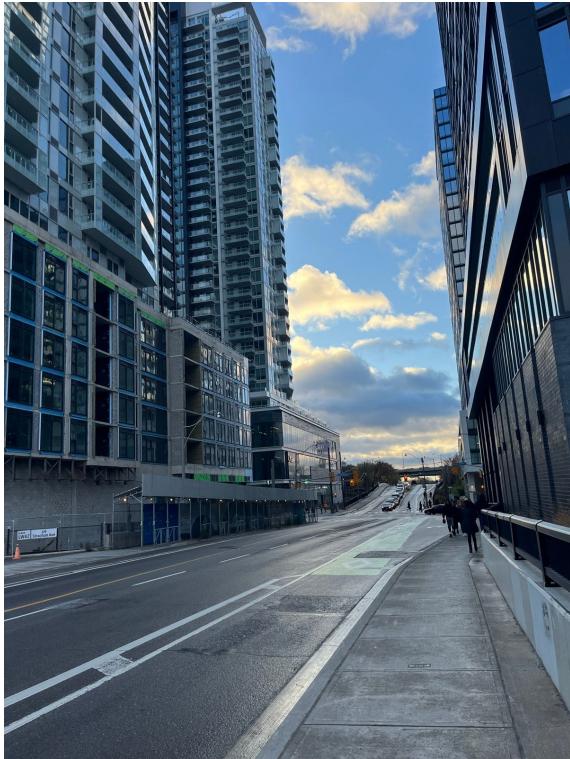
Activities

26 8x1min intervals

7 km @ 6:27 /km

Recovery workout, to prep for time trial Saturday. 8x 1min at 4:30 target pace (I mostly seem to have been around 4:05.)

⌚ 44m ⚪ 138 ⚪ 180 W ⚪ 25 m



27 SWAP heat training (just a hot bath!)

25min in hot bath. Bath may not have been hot enough – closer to 36C than 40C target. HR stabilized at 92bpm when submerged; jumped to 110+ as soon as I stood up. O2sat was as low as 85% on the finger reader in the bath, jumped to 94% as soon as I got out.

⌚ 25m ⚪ 87

28 Morning Workout

3x simple upper body circuit: pushups; dumbbell rows; deadlifts. Last circuit, step-down weights to exhaustion

⌚ 13m ⚪ 115

29 Indoor warmup

946 m @ 6:50 /km

⌚ 6m ⚪ 128

Failed tracking experiment

252 m @ 8:39 /km

Indoor run. Tried to measure as outdoor.

⌚ 2m ⚪ 130 ⚪ 120 W

Indoor time trial 5k = 22:21

5 km @ 4:51 /km

Big improvement! 2 min off previous PB of 24:21. Apple Watch measured wrong distance on indoor track. (I'm trusting the track's official measurement.) I guess I should have braved the outdoors...

⌚ 22m ⚪ 173

Indoor Running

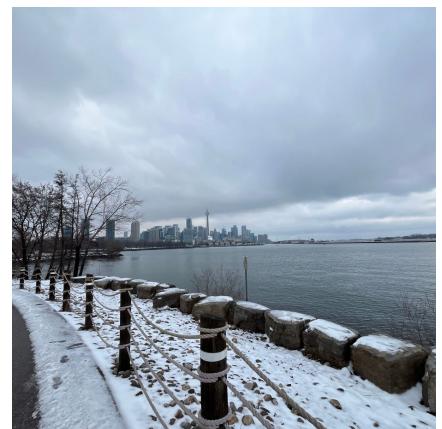
514 m @ 6:58 /km

⌚ 3m ⚪ 150



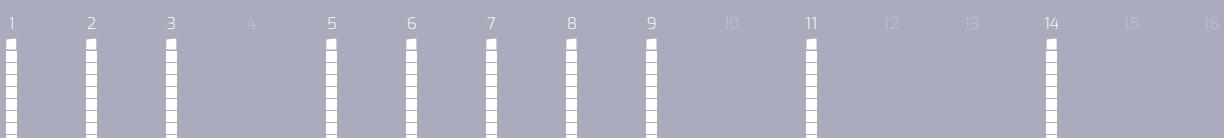
12.2024

December



19

ACTIVE DAYS





30
activities

160
km

duration
22h 26m



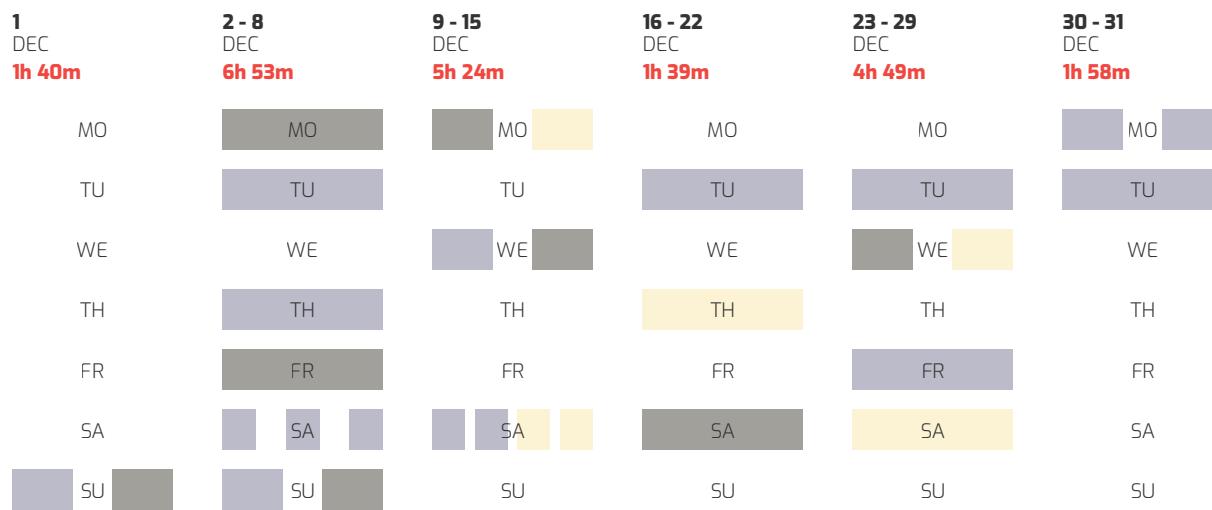
RUNS



WORKOUTS



WALKS



Spotlights

14 Character-building! ☺



1h 10m 0s



8 km



8:45 /km

Struggled back against a cold wind, after tweaking my hamstring. I should just have taken an Uber!



27 Easy run with 30s strides



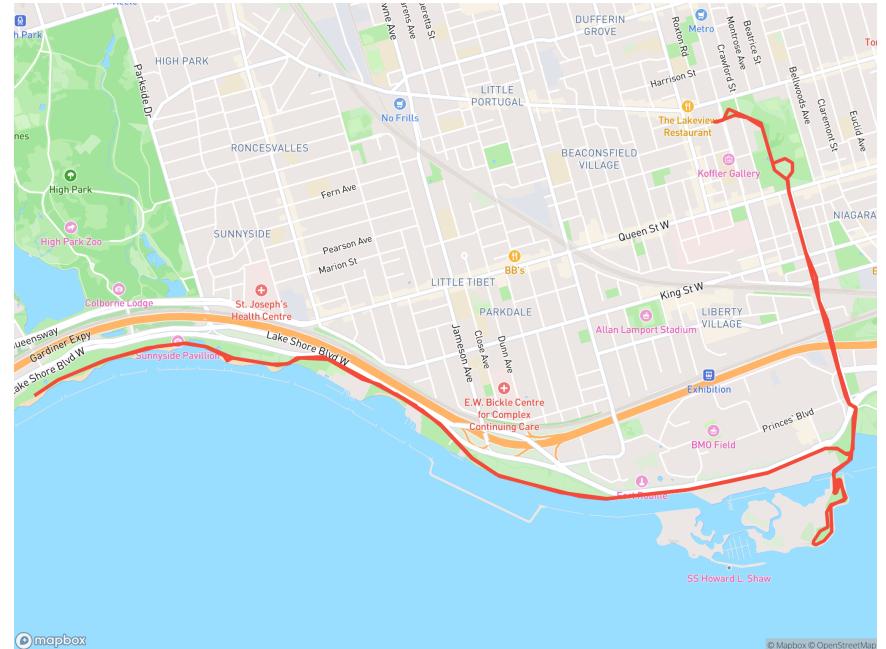
17 km

6:29 /km

148 bpm

170 W

Feeling mildly sore all over ... not sure if it's the holidays / too much food and wine, not enough sleep; or cumulative fatigue from the year; or,? Hamstrings okay through strides, but I could feel them tighten in proportion to my pace, so I didn't push them past "mildly uncomfortable".



December 2024

Activities

1 Long(er) run

15 km @ 6:14 /km

⌚ 1h 33m ⚡ 156 ⚡ 180 W ↗ 55 m



SWAP mountain legs

20 step-through lunges; 25 steps per side

⌚ 6m ⚡ 131

2 Monday strength

Mobility, bands, glute bridges, clams, SWAP speed legs, upper body, core; yoga

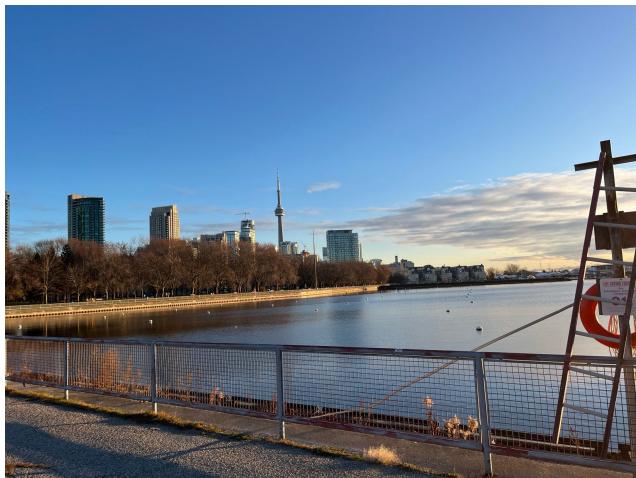
⌚ 55m ⚡ 87

3 Toronto - 3-step @ 4:00

8 km @ 7:02 /km

3x 300m; 3x 400m; 3x 200m Went pretty well, I think; though my paces ran a few seconds slower than target and I had to lengthen a couple of the recoveries. Hopefully I'll get the hang of this over the next 2 weeks as I repeat it

⌚ 52m ⚡ 144 ⚡ 170 W ↗ 27 m



5 Indoor run

12 km @ 6:40 /km

Nice and warm ... and fun to watch the pickup basketball game in the gym beneath me. Apple Watch distance more accurate this time.

⌚ 1h 16m ⚡ 142

6 "Heavier" strength

3 sets of 5x reps with "heavier" weights (in my case, 20lbs per dumbbell). SWAP speed legs; upper body; core

⌚ 40m ⚡ 108

7 Long run pt1

13 km @ 6:24 /km

Taking it super-easy, pace-wise. Stopped to buy some new shoes (will pick them up later).

⌚ 1h 21m ⚡ 146 ⚡ 182 W ↗ 110 m

pt2

m

ning store... till watch died

⌚ 37m ⚡ 152 ⚡ 185 W ↗ 18 m

Pt3: Finish run after watch died

3 km @ 6:04 /km

⌚ 18m

8 Easy run 6km

6 km @ 6:24 /km

Nice and easy. Gorgeous sunny day, should've taken a picture!

⌚ 38m ⚡ 136 ⚡ 170 W ↗ 31 m

SWAP hot bath

Much hotter + harder than last time. Heart rate peaked at 120 BPM. Still sweating, 10 minutes after getting out!

⌚ 12m ⚡ 98

9 Morning Workout

Mobility + light strength

⌚ 50m ⚡ 88

Walk to Eataly

3 km @ 9:57 /km

⌚ 30m ⚡ 111 ↗ 20 m



11 FundThrough fun run

16 km @ 5:45 /km

First (semi-annual) FundThrough fun run! With Megan Richer. Easy-ish run for me; Megan kindly ran slowly with me.

⌚ 1h 32m ⚡ 153 ⚡ 193 W ↗ 52 m

SWAP mountain legs

20 lunges; 20 step-ups; 12 calf raises

⌚ 4m ⚡ 138

14 Messed-up tempo intervals @ 4:45

7 km @ 5:55 /km

Neither watch app nor body cooperated with the official plan!
😊 oh well, this is how we build character

⌚ 41m ⚡ 154 ⚡ 183 W ↗ 11 m

"Recovery run" — tweaked hamstring 😊

2 km @ 7:11 /km

⌚ 16m ⚡ 146 ⚡ 149 W ↗ 10 m

Struggle back (walk)

2 km @ 9:09 /km

⌚ 18m ⚡ 121

Character-building! 😱

8 km @ 8:45 /km

Struggled back against a cold wind, after tweaking my hamstring. I should just have taken an Uber!

⌚ 1h 10m

17 Easy easy run

4 km @ 7:21 /km

Testing out hamstring. Still needs rest and stretching.

⌚ 31m ⚡ 119 ⚡ 145 W ↗ 25 m

19 Brisk walk

3 km @ 10:04 /km

Just getting to dinner

⌚ 27m ⚡ 104

21 Light weights

Working back. No pain in hamstrings!

⌚ 40m ⚡ 103

24 10km easy

10 km @ 6:31 /km

Testing out hamstring ... pretty good at easy pace. Started to tighten up after 1km @ 5:00, but relaxed again in long easy cool down.

⌚ 1h 7m ⚡ 150 ⚡ 169 W ↗ 43 m



25 Light strength

⌚ 44m ⚡ 98

Christmas family walk

2 km @ 13:41 /km

⌚ 32m ⚡ 88



December 2024

Activities

27 Easy run with 30s strides

17 km @ 6:29 /km

Feeling mildly sore all over ... not sure if it's the holidays / too much food and wine, not enough sleep; or cumulative fatigue from the year; or,? Hamstrings okay through strides, but I could feel them tighten in proportion to my pace, so I didn't push them past "mildly uncomfortable".

⌚ 1h 48m ⚡ 148 ⚡ 170 W ⚡ 56 m



28 Walk with Helen

3 km @ 10:51 /km

⌚ 36m ⚡ 88 ⚡ 17 m

30 Jog to Union Station

7 km @ 6:09 /km

Sebastian Neale -- here's a busier part of the city than my usual routes! (I once worked in the gold tower.)

⌚ 43m ⚡ 142 ⚡ 177 W ⚡ 21 m



Jog back home

4 km @ 6:22 /km

Easy jog home, mild strides near the end

⌚ 25m ⚡ 149 ⚡ 171 W ⚡ 18 m

31 2000km for year! (or thereabouts)

8 km @ 5:53 /km

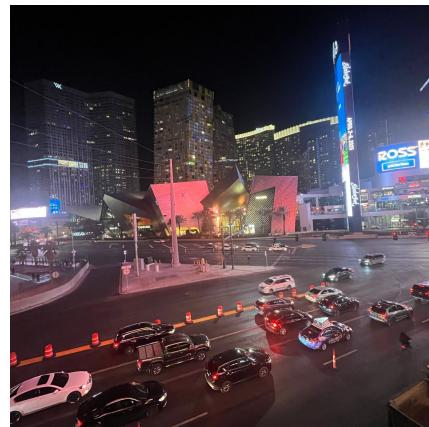
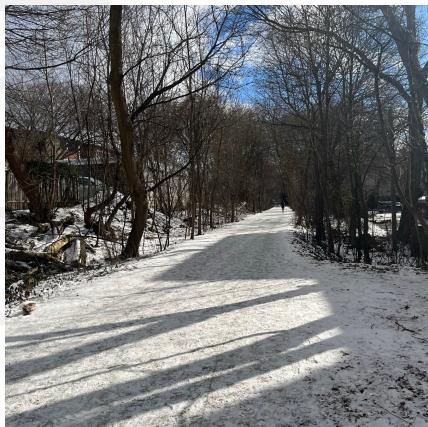
Easy run with some strides

⌚ 48m ⚡ 147 ⚡ 188 W ⚡ 43 m

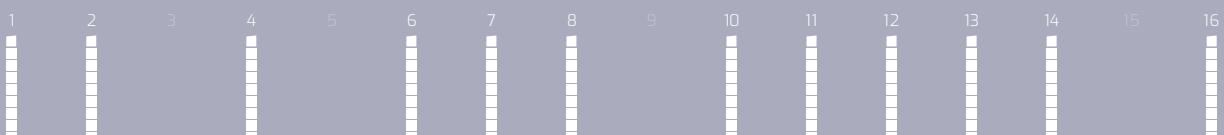


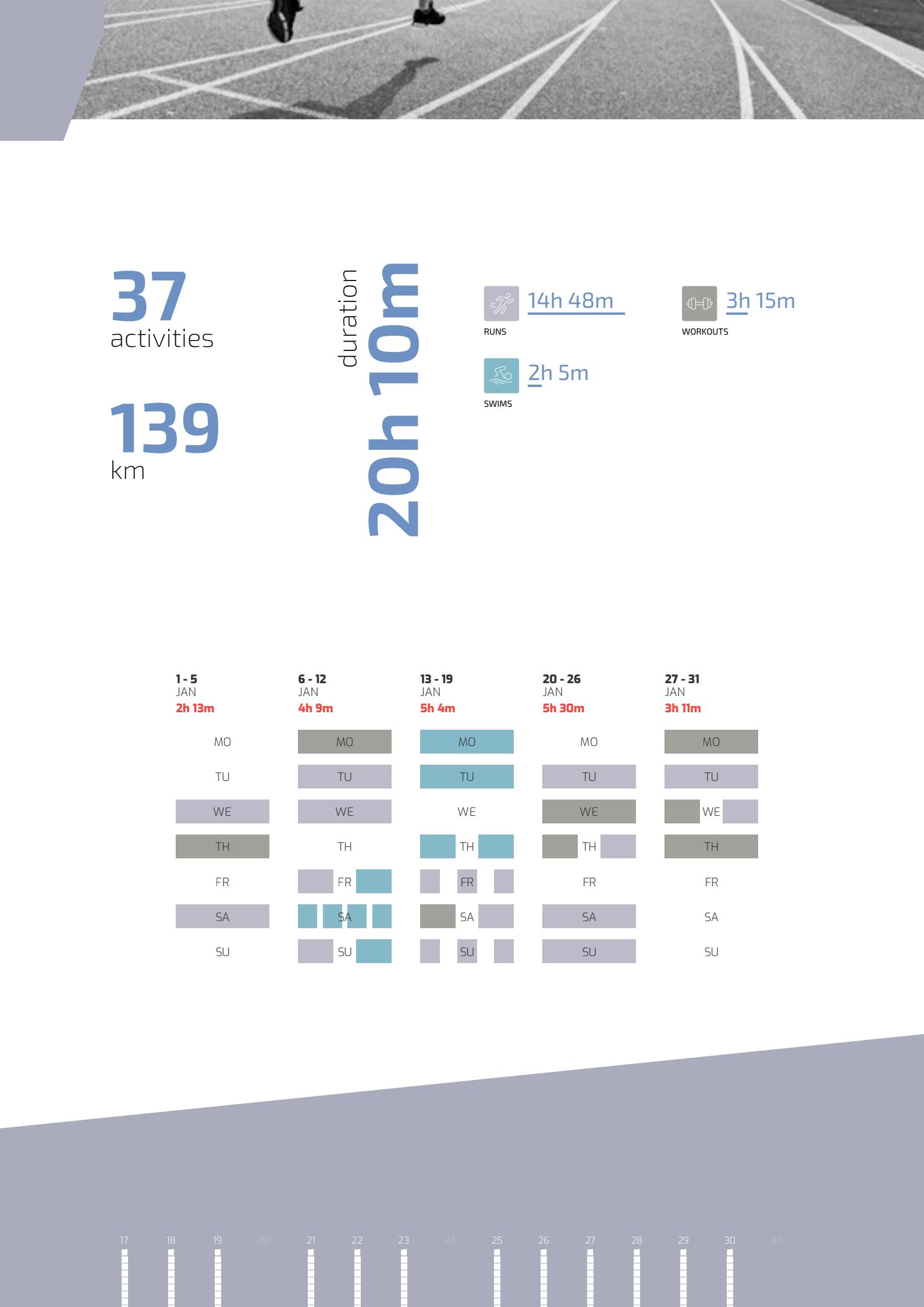
01.2025

January



24 ACTIVE DAYS





37
activities

139
km

duration
20h 10m



RUNS



WORKOUTS



SWIMS

1 - 5 JAN 2h 13m	6 - 12 JAN 4h 9m	13 - 19 JAN 5h 4m	20 - 26 JAN 5h 30m	27 - 31 JAN 3h 11m
MO	MO	MO	MO	MO
TU	TU	TU	TU	TU
WE	WE	WE	WE	WE
TH	TH	TH	TH	TH
FR	FR	FR	FR	FR
SA	SA	SA	SA	SA
SU	SU	SU	SU	SU

January 2025

Spotlights

10

Barefoot on the beach!



40m 18s



5 km



7:21 /km

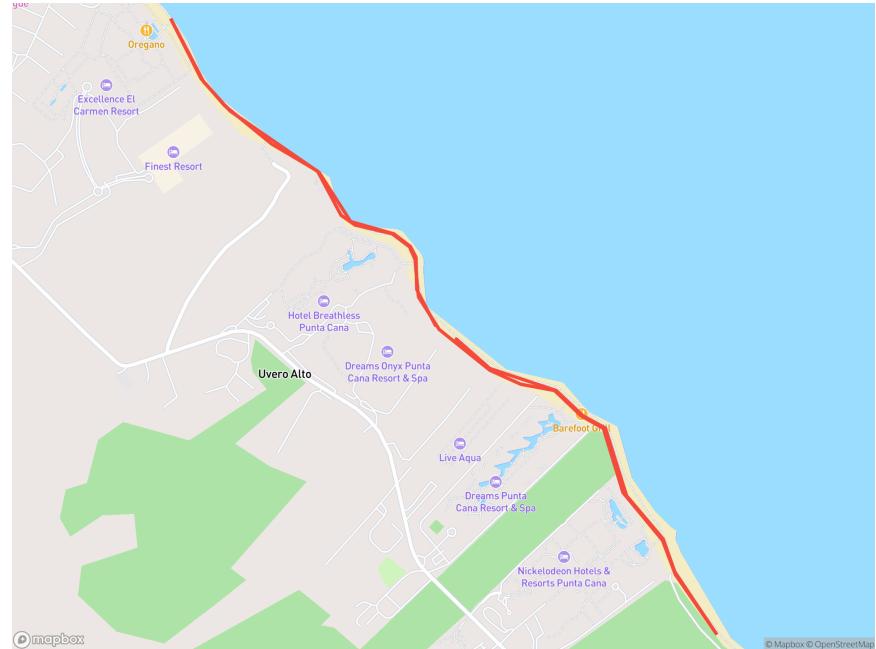


131 bpm



154 W

Gentle walk / jog. Glorious weather.





10 Testing, testing...



4m 49s



171 m

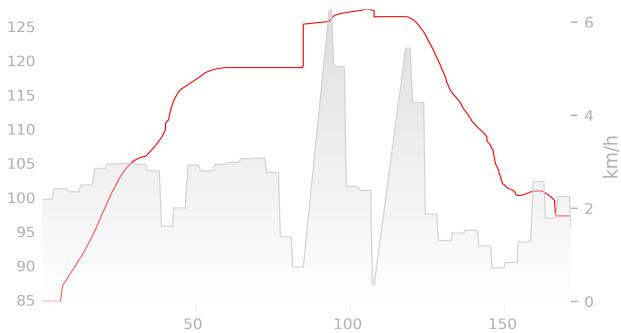


2:49 /100m



111 bpm

First pass at swimming



January 2025

Activities

1 2-step (~4:45)

10 km @ 6:26 /km

3x 1km @ 4:45-4:50, plus 3x 400m @ 4:30 Felt good. Nice way to ring in the new year! Plus a light version of Mountain Legs at the end: 10 step-through lunges; 12 step-ups; 12 calf raises

⌚ 1h 4m ⚡ 157 ⚡ 177 W ↗ 37 m

2 Night Workout

⌚ 4m ⚡ 111

4 Morning Run

10 km @ 6:23 /km

Easy-ish with fartlek strides

⌚ 1h 4m ⚡ 147 ⚡ 179 W ↗ 63 m

6 Morning Workout

⌚ 17m ⚡ 62

7 Morning Run

10 km @ 6:43 /km

Crisp, clear, cold day. Body feels exactly why

⌚ 1h 8m ⚡ 131 ⚡ 166 W ↗ 77 m

8 8x 1m recovery intervals *

6 km @ 6:51 /km

Moving the legs... Probably ran a bit too hard. -15C with wind chill *

⌚ 37m ⚡ 143 ⚡ 157 W ↗ 30 m



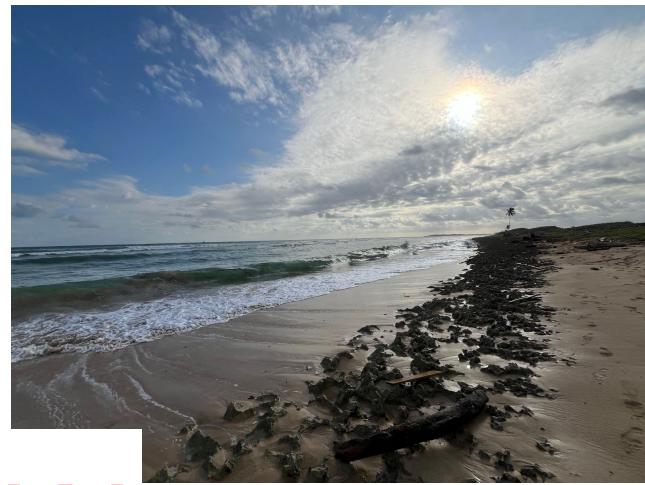
10 Barefoot on the beach!



5 km @ 7:21 /km

Gentle walk / jog. Glorious weather.

⌚ 40m ⚡ 131 ⚡ 154 W



PREVIEW

testing...

100m

First pass at swimming

⌚ 4m ⚡ 111

11 Building up ocean stamina!

532 m @ 2:30 /100m

I seem to be freaking out the lifeguards. I'll try to swim closer to shore

⌚ 13m ⚡ 119

Afternoon Swim

286 m @ 2:43 /100m

⌚ 7m ⚡ 113

Afternoon Swim

290 m @ 2:37 /100m

⌚ 7m ⚡ 104

Circular pool!

227 m @ 2:43 /100m

⌚ 6m ⚡ 106



12 Treadmill

5 km @ 7:04 /km

Remembering why I dislike treadmills! 1km 5:00; 1km 4:48; 500m 4:48 pace

⌚ 36m ⚡ 145

Building endurance 2 ♂

373 m @ 2:39 /100m

On my way to 1km uninterrupted, in ocean waves. (Lifeguards want me close to shore, so lots of surf swells.)

⌚ 9m ⚡ 126

13 1km ocean swim

1,035 m @ 2:47 /100m

⌚ 28m ⚡ 122

14 Afternoon Swim ♂

1,245 m @ 3:01 /100m

Yet another gorgeous day! Waves a bit choppy.

⌚ 37m ⚡ 120



16 Final Swim

278 m @ 2:35 /100m

Last short swim before heading back to cold Toronto ... I can see how hard it must be for lifeguards to spot swimmers against the waves! ♂

⌚ 7m ⚡ 90

Morning Swim

109 m @ 2:37 /100m

⌚ 2m ⚡ 107

17 Failed time trial 😞

4 km @ 5:33 /km

My watch stopped the segment after roughly 2km, and my mind / body decided that was enough.... I'll regroup and reach out to the Coach Parry team for next steps. I suspect it's time for some low-heart rate training to rebuild my capacity that somehow eroded these past 2 months.

⌚ 23m ⚡ 146 ⚡ 199 W

Morning Run

130 m @ 6:37 /km

⌚ ⚡ 150 ⚡ 125 W

Cool down

3 km @ 8:09 /km

Walk / jog home

⌚ 23m ⚡ 127 ⚡ 135 W ↗ 23 m

18 Mobility / stretching

⌚ 10m ⚡ 75

Change of pace

13 km @ 6:44 /km

Easy, easy run, on a route I haven't used in a while, in an attempt to change the channel a bit. Felt good, with some mild strides at the end.

⌚ 1h 26m ⚡ 140 ⚡ 168 W ↗ 74 m

19 Hair / cut ✂

6 km @ 6:31 /km

Easy run pt1, with a pit stop at the barber

⌚ 36m ⚡ 141 ⚡ 180 W ↗ 31 m

Pre-cookie

5 km @ 6:50 /km

Easy run pt 2 — started to flag at 4km, realized I hadn't eaten any proper food all day. ☺

⌚ 34m ⚡ 138 ⚡ 166 W ↗ 12 m

Post-cookie

2 km @ 6:01 /km

Thank goodness for those 200 calories! Made it home in much better shape

⌚ 12m ⚡ 151 ⚡ 187 W

January 2025

Activities

21 Chilly in Vegas! ❄️

7 km @ 6:04 /km

Easy run. Photo from last night

⌚ 43m ⚡ 146 ⚡ 188 W ⚡ 32 m



22 Morning Workout

⌚ 42m ⚡ 69

23 Morning Workout

⌚ 32m ⚡ 100

Gentle hill

8 km @ 6:43 /km

A bit tough slogging ... first "double" in a while

⌚ 56m ⚡ 138 ⚡ 170 W ⚡ 59 m

25 Not-so Easy run

7 km @ 6:09 /km

Still feeling quite sluggish. Nice to get outside though! Cold weather with strong wind (feels like -12C); seemed at times like I was running with a parachute!

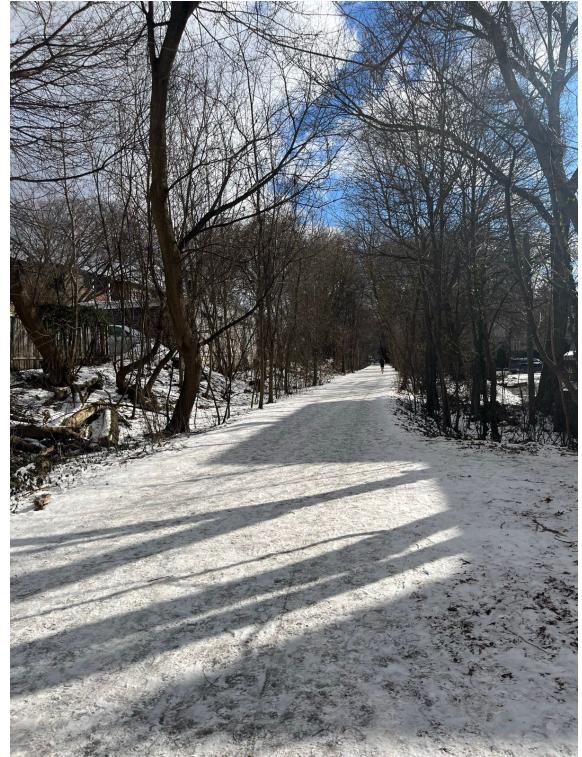
⌚ 41m ⚡ 148 ⚡ 187 W ⚡ 30 m

26 Off the hook 📞

16 km @ 7:01 /km

Extending my long run, slow and easy. Nice day out! Walked 30 minutes in the middle for a phone call...

⌚ 1h 53m ⚡ 137 ⚡ 159 W ⚡ 101 m



27 Monday injury prevention

Coach Parry program — light; keeps me in balance

⌚ 43m ⚡ 80

28 Cotton ball squeak! 🏃‍♂️❄️

6 km @ 5:56 /km

Love the sound of snow squeaking underfoot like cotton balls! Gorgeous morning Easy-ish tempo run

⌚ 36m ⚡ 149 ⚡ 192 W ⚡ 33 m





29 Wednesday strength

⌚ 33m ⚡ 79

Night Run

10 km @ 6:42 /km

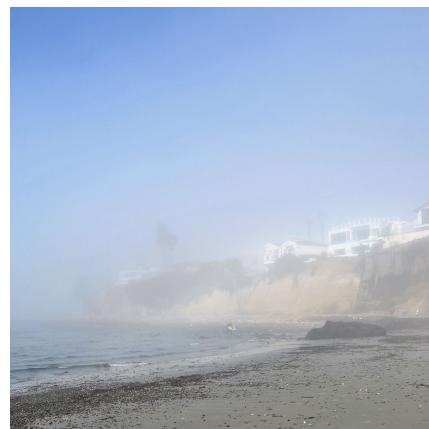
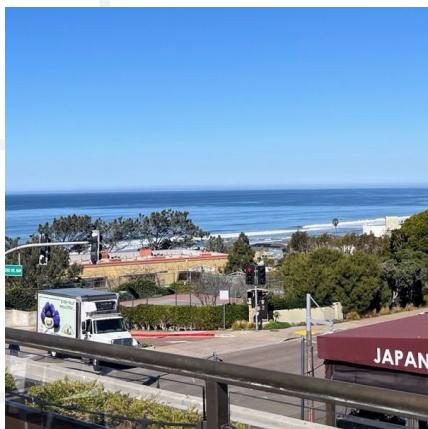
⌚ 1h 7m ⚡ 139 ⚡ 171 W ⚡ 77 m

30 Mobility

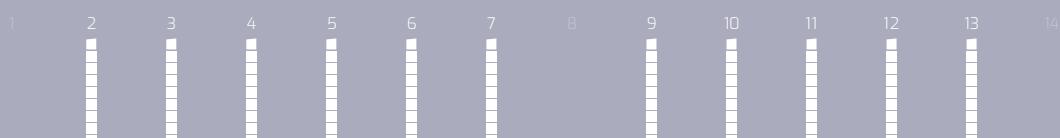
⌚ 10m ⚡ 89

02.2025

February



20
ACTIVE DAYS





21
activities

181
km

duration
24h 24m



19h 12m

RUNS



3h 48m

WORKOUTS



1h 24m

NORDIC SKIS

1 - 2
FEB
1h 56m

3 - 9
FEB
7h 22m

10 - 16
FEB
4h 25m

17 - 23
FEB
6h 54m

24 - 28
FEB
3h 45m

MO	MO	MO	MO	MO
TU	TU	TU	TU	TU
WE	WE	WE	WE	WE
TH	TH	TH	TH	TH
FR	FR	FR	FR	FR
SA	SA	SA	SA	SA
SU	SU	SU	SU	SU

15

16

17

18

19

20

21

22

23

24

25

26

27

28

February 2025

Spotlights

13 Got my wish! ❄️



1h 24m 4s



5 km



3.3 km/h



132 bpm

Gorgeous day for x-country skiing — feels like a trip out of town, right in the city!

TIL... X-country ski in the woods = awkward, skinny snow shoe.





18 3-min tempo intervals



1h 4m 9s



10 km



6:22 /km



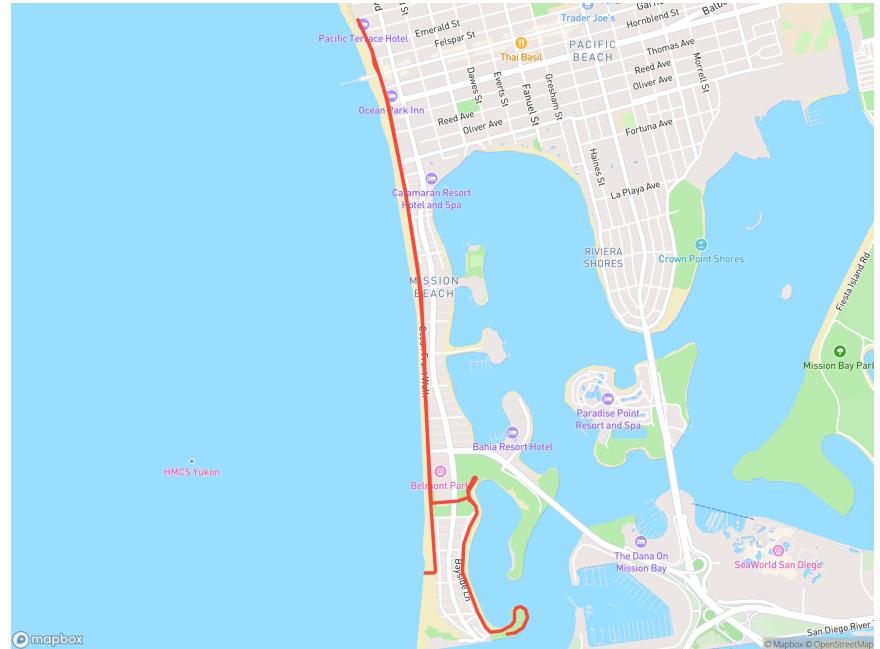
139 bpm



174 W

6x 3min marathon pace (3min rest)

These are easy intervals, felt great — especially in the relative warmth of San Diego, vs snow and ice in Toronto! I'm guessing, the idea is not to tax myself too hard as I start to build volume more seriously towards Comrades



February 2025

Activities

2 Gentle hill run ☀

18 km @ 6:28 /km

Felt great. Decided not to overdo it by jogging back, took a ride instead.

⌚ 1h 56m ⚡ 146 ↗ 183 m

3 Mobility stability

Coach Parry easy Monday

⌚ 37m ⚡ 75

4 Round and round...

9 km @ 8:10 /km

Circling the basketball court, where seniors were playing pickle ball, on an 80m track.

⌚ 1h 9m ⚡ 131

Easy-ish strides

1,014 m @ 5:23 /km

Getting used to moving my legs

⌚ 5m ⚡ 154

5 Wednesday strength

First time trying single-leg squats... lots of room to improve!

⌚ 43m ⚡ 83

6 Winter wonderland ☀

8 km @ 6:31 /km

Gentle easy run in fresh snow. Followed by half-dose of Mountain Legs (in case I don't get to finish my 1:20 run time for the day later).

⌚ 53m ⚡ 138 ⚡ 171 W ↗ 58 m



7 Friday Night Lights

14 km @ 6:32 /km

Feels like I'm finally kicking into Comrades training... Very slowly!!

⌚ 1h 31m ⚡ 144 ⚡ 175 W ↗ 103 m



9 I'd rather be skiing! ❄️

21 km @ 6:38 /km

Gorgeous day, perfect for x-country skiing. Given other commitments, not possible — so I stuck to my Comrades training program instead. (Probably a good thing; I'm way behind on my training... but I'm sure I'll get there!)

⌚ 2h 21m ⚡ 145 ⚡ 169 W ⚡ 67 m



13 Got my wish! ❄️

5 km @ 3.3 km/h

Gorgeous day for x-country skiing — feels like a trip out of town, right in the city! TIL ... X-country ski in the woods = awkward, skinny snow shoe.

⌚ 1h 24m ⚡ 132 ⚡ 37 m



10 Monday mobility + light strength

Coach Parry class — I'm finally learning how _easy_ strength classes help stabilize and loosen up my body after a relatively tougher weekend... trusting the process, rather than adding extra weight and reps just because I can (then discovering I don't have energy for intervals the next day!) ☺

⌚ 40m ⚡ 78

11 Easy-ish intervals

7 km @ 6:20 /km

I can definitely feel the effects of upping my volume last week!

⌚ 41m ⚡ 134 ⚡ 175 W ⚡ 28 m

12 Wednesday strength

Coach Parry... building on those single-leg squats; week 2

⌚ 35m

February 2025

Activities

15 Chasing the snow plow ☃️😊

10 km @ 6:13 /km

Gorgeous day, very busy by the waterfront! I guess people are getting ready for the Chilly Half and Around the Bay...

⌚ 1h 4m ⚡ 146 ⚡ 178 W ⚡ 41 m



18 3-min tempo intervals

10 km @ 6:22 /km

6x 3min marathon pace (3min rest) These are easy intervals, felt great – especially in the relative warmth of San Diego, vs snow and ice in Toronto! I'm guessing, the idea is not to tax myself too hard as I start to build volume more seriously towards Comrades

⌚ 1h 4m ⚡ 139 ⚡ 174 W



20 Tempo on the beach

15 km @ 6:28 /km

Easy run with tempo finish. Cool, misty morning before the fog had burned off

⌚ 1h 37m ⚡ 155 ⚡ 17 m



22 Mission Beach (& Sea World)

25 km @ 6:32 /km

Nice long run. Felt great. Experimenting with fueling on long runs.

⌚ 2h 46m ⚡ 146 ⚡ 171 W ⚡ 56 m





23 Del Mar sunshine!

14 km @ 6:19 /km

Gorgeous last beach run, before heading back to Toronto

⌚ 1h 26m ⚡ 137 ⚡ 177 W ⚡ 43 m



24 Mobility stability

Monday Coach Parry class

⌚ 31m ⚡ 86

25 3-min tempo intervals

10 km @ 6:26 /km

6x 3-min @ marathon pace, 3-min recovery @ roughly
Comrades pace Easy enough, beautiful evening

⌚ 1h 6m ⚡ 141 ⚡ 171 W ⚡ 33 m

26 Wed strength

Coach Parry Wed strength — finally getting the hang of single-leg squats! (Of course, next week we move to a new routine.)

⌚ 41m ⚡ 95

27 "Neither sleet nor snow ..." ❄️

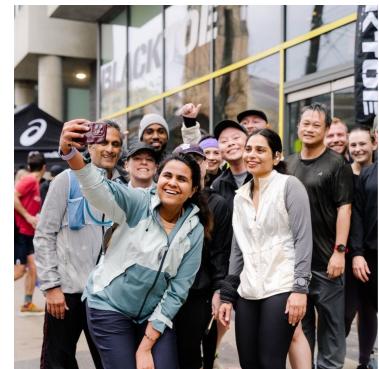
13 km @ 6:26 /km

Easy run by the lake... gorgeous through the sleet and wet snow.

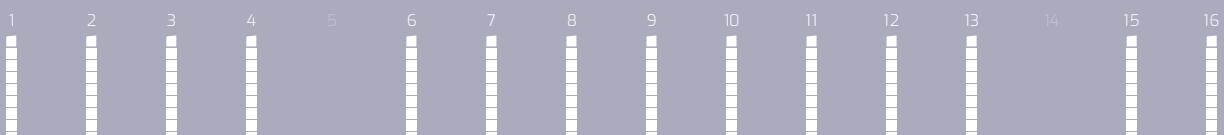
⌚ 1h 26m ⚡ 141 ⚡ 176 W ⚡ 58 m



March



27 ACTIVE DAYS





32
activities

292
km

duration
37h 26m



31h 1m

RUNS



6h 1m

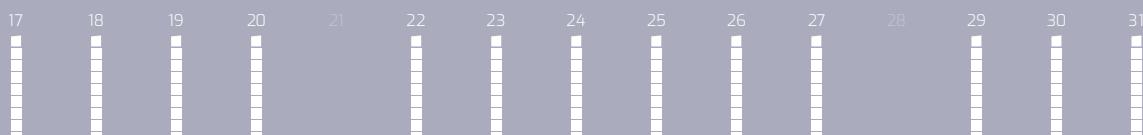
WORKOUTS



23m

WALKS

1 - 2 MAR 4h 59m	3 - 9 MAR 5h 58m	10 - 16 MAR 8h 46m	17 - 23 MAR 7h 55m	24 - 30 MAR 9h 14m	31 MAR 31m
MO		MO	MO	MO	MO
TU	TU	TU	TU	TU	TU
WE	WE	WE	WE	WE	WE
TH	TH	TH	TH	TH	TH
FR	FR	FR	FR	FR	FR
SA	SA	SA	SA	SA	SA
SU	SU	SU	SU	SU	SU



March 2025

Spotlights

01 Trail run



Gorgeous day in sunny PA. Got to complete the IATF 5km loop, which I've never managed quite to navigate the full way in the past...





02 Chilly ❄️ time on feet (3hr)

⌚ 3h 5m 13s
↑ 205 m

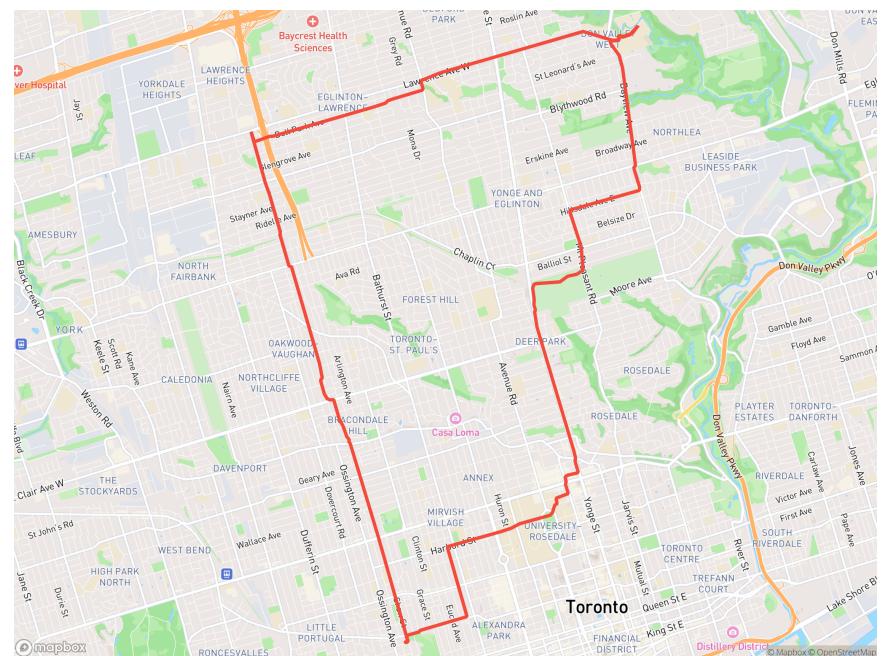
▷ 28 km

🕒 6:43 /km

⚡ 141 bpm

⚡ 169 W

Long slow run, essentially at Comrades pace.
Probably went a bit longer than I should have, given
yesterday's trail run. Gorgeous day! *



March 2025

Activities

1 Trail run

15 km @ 7:32 /km

Gorgeous day in sunny PA. Got to complete the IATF 5km loop, which I've never managed quite to navigate the full way in the past...

⌚ 1h 54m ⚡ 147 ⚡ 167 W ↗ 390 m



2 Chilly ☃ time on feet

28 km @ 6:43 /km

Long slow run, essentially at Comrades pace. Probably went a bit longer than I should have, given yesterday's trail run. Gorgeous day! *

⌚ 3h 5m ⚡ 141 ⚡ 169 W ↗ 205 m

3 Monday mobility

Coach Parry class

⌚ 34m ⚡ 75

4 4x 400m activation

6 km @ 6:10 /km

Prepping for a time trial Saturday... legs tired from a heavy weekend (by my recent standards); but it felt great

⌚ 38m ⚡ 133 ⚡ 179 W ↗ 37 m

6 Easy-ish 10km

10 km @ 6:17 /km

Wow, that 2nd shingrix shot hit me like a truck Tuesday! Just now feeling better. Westward by the lake felt like a wall of wind ... took it easy.

⌚ 1h 4m ⚡ 144 ⚡ 178 W ↗ 47 m



PREVIEW

"on pace" 5km time trial 28:11

⌚ 1h 11m ⚡ 6:21 /km

Ran into a wall of wind on the lake, but more importantly, just didn't have it in me today. Very slow time trial — same pace as my last marathon!; ~5min slower than last outdoor 5km. Took the opportunity to add some slow kilometres at the end, to fill out volume. Evidently these days, for whatever reason, I only have one gear – slow.

⌚ 1h 30m ⚡ 147 ⚡ 180 W ↗ 53 m

8 Long slow run

16 km @ 6:36 /km

Gentle hills.

⌚ 1h 46m ⚡ 138 ⚡ 173 W ↗ 108 m



9 Toronto emerging from the snow ☃️☀️

2 km @ 10:26 /km

Nice walk on my day off

⌚ 23m ⚡ 96



16 Black Toe LSR

20 km @ 6:27 /km

Long slow run, following part of the May 4 Toronto Marathon route. First time running with a group! Fun... today came with free breakfast + a beer after!

⌚ 2h 9m ⚡ 138 ⚡ 170 W ↗ 86 m



10 Monday mobility stability

Coach Parry Monday workout

⌚ 33m ⚡ 74

11 6x 2min hills

11 km @ 5:56 /km

Speed work is definitely not my strength at the moment! But still feels good ... gorgeous weather, nice to see spring turning!

⌚ 1h 17m ⚡ 126 ⚡ 159 W ↗ 91 m

12 Wed strength

Coach Parry class – learning another new skill, this time eccentric step-downs

⌚ 30m ⚡ 80

13 Easy run

13 km @ 6:26 /km

Long run up local hills. Gorgeous day

⌚ 1h 26m ⚡ 147 ⚡ 178 W ↗ 109 m

15 10km tempo / time trial

12 km @ 5:16 /km

After last week's failed 5km time trial, decided to try 10km this week (as part of Around the Bay "Hammer"). Nice day – warm, raining off and on.

⌚ 1h 3m ⚡ 160 ⚡ 215 W ↗ 27 m

Cool down

5 km @ 7:15 /km

⌚ 37m ⚡ 147 ⚡ 161 W ↗ 30 m

Close out "time on feet"

8 km @ 7:01 /km

Finishing long slow run for the day

⌚ 52m ⚡ 135 ⚡ 163 W ↗ 44 m

SWAP hot bath

Starting up the heat training (20min hot baths). Maybe too much this week, on the back of a hard weekend? I'll take it easier next week, build up gradually

⌚ 15m

17 Monday mobility stability

Monday Coach Parry. Feels good after probably pushing too hard on the weekend

⌚ 36m ⚡ 75

18 Hills

10 km @ 6:19 /km

Gorgeous crisp morning! Stayed a bit on the conservative side of my intervals, given that I'm doing tempo-style sessions on Saturdays this month. Met up with @Jacquie Jacobs, who's also prepping for Around the Bay!

⌚ 1h 5m ⚡ 142 ⚡ 184 W ↗ 94 m

March 2025

Activities

19 Wed strength

Coach Parry Wednesday strength with Liz. Today's learning: figuring out how to hold an isometric leg extension with my back to the wall...

⌚ 31m ⚡ 89

20 Easy up, fun downhill

10 km @ 6:10 /km

Probably pushed far too hard on the downhill, but it was too fun to resist. I'll likely pay for it in my 15km tempo slot on Saturday.

⌚ 1h 2m ⚡ 139 ⚡ 188 W ↗ 80 m

22 15km progressive (sort of)

22 km @ 6:16 /km

15km tempo run for Around the Bay "hammer" series. Gloomy day!, but some nice art installations by the lake. Felt good, though I probably continue to push a bit too hard vs ideal for Comrades training. Still, I figure I'll slow down my training in April to get used to Comrades pace.

⌚ 2h 20m ⚡ 155 ⚡ 177 W ↗ 68 m



SWAP hot bath

Not as hot, I guess; so I stayed in longer.

⌚ 40m

23 (Short) long run

15 km @ 6:30 /km

Gentle run, RPE 4 up and down Cold and crisp! ***. But nice to see the sun out.

⌚ 1h 39m ⚡ 141 ⚡ 175 W ↗ 100 m

24 Morning Workout

Monday Coach Parry

⌚ 38m ⚡ 78

25 Hills!

10 km @ 6:19 /km

Finally nailed this workout, on the 4th (and last?) week. Hit the target pace up (usually go too fast); and therefore could stick to the prescribed rest periods (usually take a bit longer between reps). Felt great!

⌚ 1h 4m ⚡ 136 ⚡ 181 W ↗ 94 m

26 SWAP hot bath

⌚ 37m ⚡ 80

27 Easy up and down

16 km @ 6:20 /km

Gorgeous crisp day, with beautiful morning sun

⌚ 1h 42m ⚡ 137 ⚡ 179 W ↗ 107 m

29 Easy up & down

16 km @ 6:16 /km

Nice easy run, practicing steady up then steady down. (Of course, hills here aren't nearly as steep as Comrades, but it's the best I can do...)

⌚ 1h 40m ⚡ 146 ⚡ 179 W ↗ 105 m

SWAP hot bath

⌚ 33m ⚡ 95

30

Around the Bay 30km

30 km @ 5:57 /km

My fastest Around the Bay to-date, even though it was supposed to be a training run. It was fun — I started out at what should have been a "slow"-ish pace (but still much faster than my planned Comrades pace); managed to maintain very even splits despite the hills in the last 10km. Great to run with JC and Megan Richer. (Megan came in 5th among the women!) All in all, a nice way to spend a cold, wet day.... Now, back to the usual scheduled programming of long slow runs to build up volume in April and May.

⌚ 2h 57m ⚡ 161 ⚡ 192 W ⚡ 180 m



31

Mobility strength

Coach Parry Monday session

⌚ 31m ⚡ 81

04.2025

April



17

ACTIVE DAYS





26
activities

219
km

duration
27h 17m



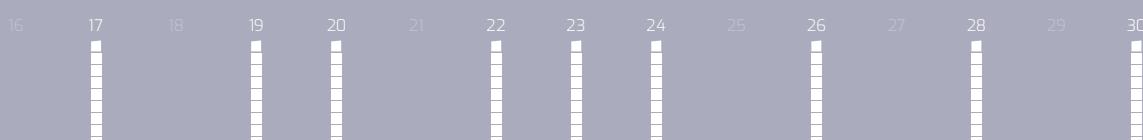
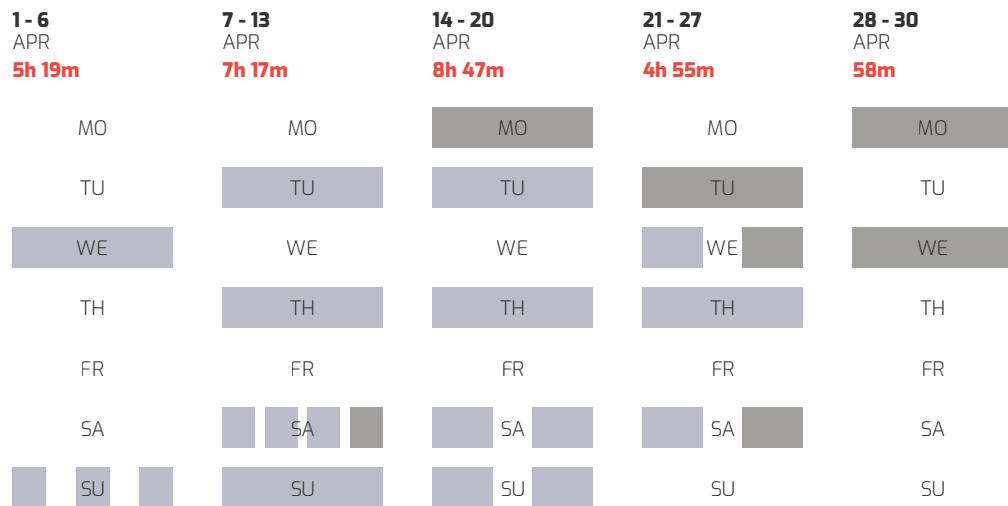
24h 22m

RUNS



2h 55m

WORKOUTS



Spotlights

02 “Easy” trail run



57m 24s



7 km



7:51 /km



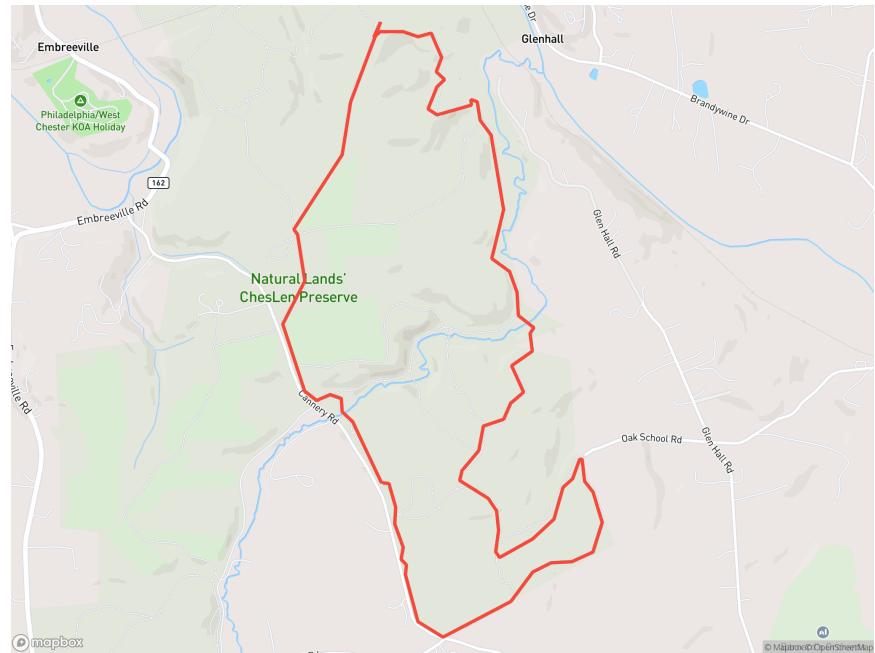
132 bpm



163 W

Tried somehow to combine a gentle recovery run, some hills, and cover the strength training I'm likely going to miss today. Predictably, did none of the above super well!

Still, a gorgeous morning on the trail, even if it's a bit cool for local standards. Sunny, trail in good shape, despite recent rain.





15 6x 3min+3min trail run

⌚ 1h 21m 44s
↗ 310 m

▷ 10 km

🕒 7:51 /km

⚡ 140 bpm

⚡ 163 W

Another gorgeous day at the ChesLen Preserve, my favourite place to run when I'm in the area.

Ran to RPE, rather than pace, given that I was on a trail. Took it relatively easy on the uphills, and practiced rolling down the downhills, even when technical or mucky.



April 2025

Activities

2 "Easy" trail run

7 km @ 7:51 /km

Tried somehow to combine a gentle recovery run, some hills, and cover the strength training I'm likely going to miss today. Predictably, did none of the above super well! Still, a gorgeous morning on the trail, even if it's a bit cool for local standards. Sunny, trail in good shape, despite recent rain.

⌚ 57m ⚡ 132 ⚡ 163 W ⚡ 192 m



6 SLOW solo marathon (pt1)

22 km @ 6:58 /km

Slow, Comrades pace run; trying to get some rolling hills in.

⌚ 2h 31m ⚡ 151 ⚡ 166 W ⚡ 198 m



SLOW solo marathon pt2

12 km @ 8:10 /km

DNF, but declared victory based on sore legs + time on feet. Not worth pushing an injury in the middle of peak training. Evidently last week's cold wet race + following mild infection + busy week at work = still need time to recover fully!

⌚ 1h 36m ⚡ 141 ⚡ 136 W ⚡ 104 m



8 January in April! ❄️

8 km @ 6:39 /km

Recovery run, on a cold windy morning (-16C with wind chill?!). Felt great — more limber and relaxed at the end.

⌚ 52m ↗ 128 ⚡ 168 W ↗ 55 m



12 Long slow run pt1

18 km @ 6:25 /km

Gorgeous day

⌚ 1h 57m ↗ 158 ⚡ 180 W ↗ 180 m

LSR pt2

14 km @ 6:27 /km

Nice, easy finish. May have pushed a bit too hard in pt1, let's see tomorrow.

⌚ 1h 31m ↗ 149 ⚡ 169 W ↗ 14 m



"Steady" 10km

10 km @ 5:55 /km

Time-constrained today, so turned my 90m easy run into a 60m "steady" (MP). Felt nice to move smoothly over the ground.

⌚ 59m ↗ 138 ⚡ 189 W ↗ 79 m

Trot home

1,449 m @ 6:38 /km

... stopped for brunch with a friend

⌚ 9m ↗ 172 ⚡ 175 W

Hot bath for the win!

I swear, this is a legitimate workout! ☺☺ Ask David Roche, or Sebastian Neale ! SWAP hot bath for heat acclimatization. (It's cold here, I need to be able to manage 15-20C.) I promise, this is my last post today! Also, no photos, sorry...

⌚ 15m

April 2025

Activities

13 Steady run

14 km @ 6:27 /km

Time-constrained again, so added intensity in the form of 2x 1km fartleks near the end. Gorgeous day!

⌚ 1h 32m ⚡ 138 ⚡ 184 W ⚡ 56 m



14 Mobility stability

Monday Coach Parry strength

⌚ 32m ⚡ 89

15 6x 3min+3min trail run

10 km @ 7:51 /km

Another gorgeous day at the ChesLen Preserve, my favourite place to run when I'm in the area. Ran to RPE, rather than pace, given that I was on a trail. Took it relatively easy on the uphills, and practiced rolling down the downhills, even when technical or mucky.

⌚ 1h 21m ⚡ 140 ⚡ 163 W ⚡ 310 m



17 Fun run

15 km @ 5:39 /km

6x 1km+60s ⚡ 10k pace (RPE) up and down a mild hill

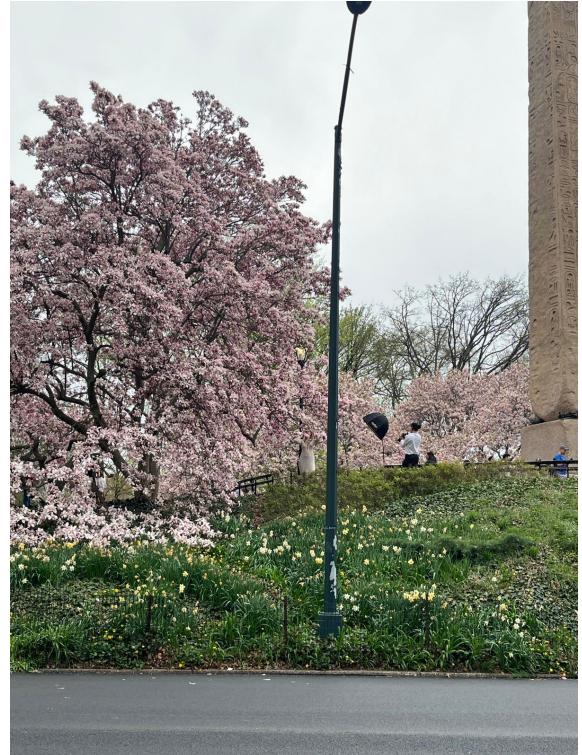
⌚ 1h 23m ⚡ 138 ⚡ 119 m

19 New York Minute...

22 km @ 7:14 /km

Slow steady long run in NYC, at Comrades pace. A bit slow, still recovering from Thursday when I probably pushed a bit too hard. Discovered Morningside park, with the local turtle and a beautiful waterfall. Glorious weather! So nice to get a taste of spring, a full month ahead of Toronto...

⌚ 2h 40m ⚡ 136 ⚡ 165 W ⚡ 238 m



Long run pt2

6 km @ 7:11 /km

Finishing out the time on feet...

⌚ 44m ⚡ 145 ⚡ 166 W ⚡ 13 m



20 NYC fun with Maya! ❤

16 km @ 6:26 /km

Back to Morningside Park to see the turtle! Gorgeous sunny day. Fun run with Maya Steckly

⌚ 1h 44m ⚡ 143 ⚡ 190 W ⚡ 145 m



Trot back to hotel

3 km @ 6:09 /km

... after fun family brunch

⌚ 21m ⚡ 129 ⚡ 170 W

22 Mobility stability

Monday Coach Parry, a day late because travelling. Felt good after a lot of mileage on the weekend.

⌚ 32m ⚡ 81

23 Easy run

10 km @ 6:18 /km

Gorgeous evening. Step-back week, after a bit of overdoing it on elevation + distance + work stress last week

⌚ 1h 3m ⚡ 137 ⚡ 179 W ⚡ 80 m

Hot bath

Keeping track here, because otherwise I won't remember to do this 3x/week to acclimatize to heat.

⌚ 15m ⚡ 103

24 5km time trial 25:00

9 km @ 5:32 /km

All-out effort, slower than most recent time trial (24:08, last Sep). I'm relatively happy with the result. Legs feel a bit tired, I guess because I'm in the peak volume weeks of prepping for Comrades. Gorgeous day out!

⌚ 50m ⚡ 154 ⚡ 200 W ⚡ 32 m

26 Long slow run

18 km @ 6:16 /km

In honour of Monday's election, I (kind of) toured parts of my newly redefined federal riding. Beautiful day, if grey and a bit cold.

⌚ 1h 50m ⚡ 145 ⚡ 179 W ⚡ 116 m



Hot bath

Not so hot, sadly...

⌚ 23m ⚡ 104

28 Mobility stability

Coach Parry Monday class

⌚ 35m ⚡ 75

30 Wed strength

Half a session is better than none! Coach Parry Wednesday strength — first time in over a month; my body is definitely missing the strength work. Also, I seem to have caught a small bug; plus work has been a bit exhausting lately. Hopefully I can rest it out and get a solid training marathon in on Sunday.

⌚ 22m ⚡ 93

05.2025

May



23 ACTIVE DAYS





34
activities

242
km

duration
36h 18m



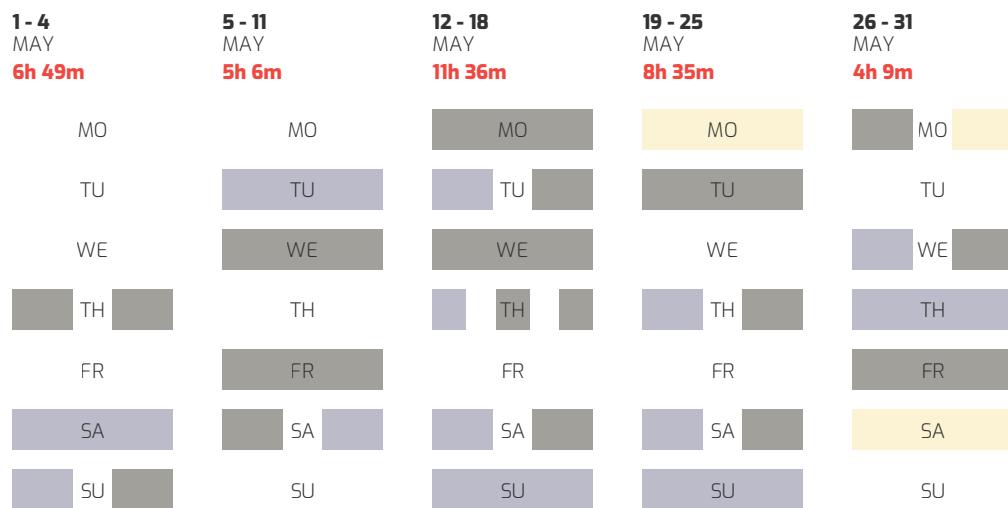
RUNS



WORKOUTS



WALKS



May 2025

Spotlights

06 Recovery trail run



1h 23m 44s



11 km



7:31 /km



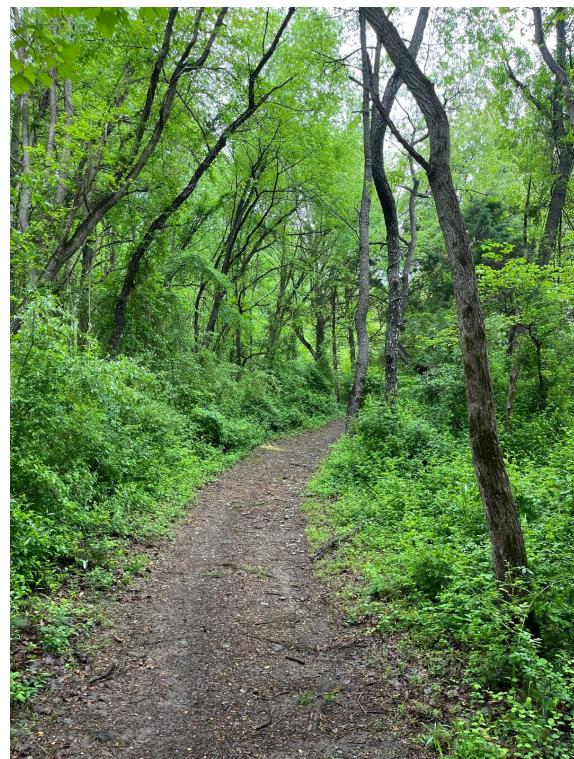
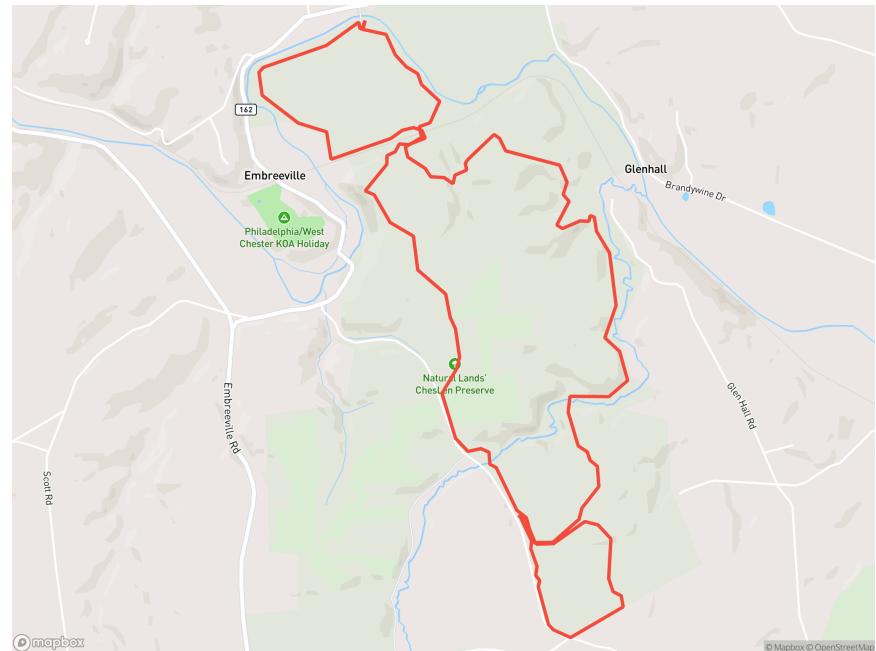
131 bpm



164 W

Gorgeous day at the ChesLen Preserve. Warm and muggy — exactly what I need, after too many cold wet runs lately!

Took it VERY easy. Love the smells and sounds of the forest in spring!





13 10x (1min+2min) trail run

⌚ 1h 26m 28s
↗ 178 m

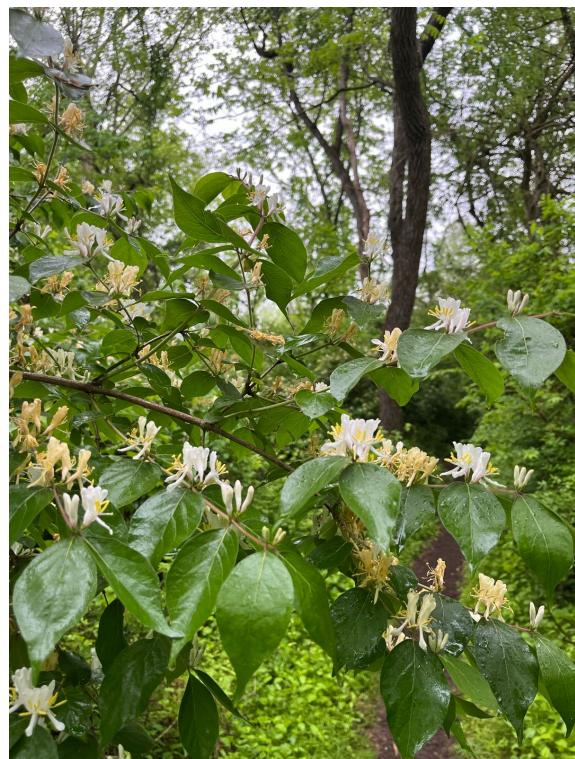
▷ 11 km

🕒 7:32 /km

⚡ 137 bpm

⚡ 153 W

Went by RPE instead of target pace, because on a trail. Beautiful day, though drizzling.



May 2025

Activities

1 Thu strength / plyometrics

Thursday Coach Parry workout — bodyweight plyometrics. Did this in place of a run, since I seem roughly recovered from my couple days' flu, but it's pouring and cold outside, so didn't want to chance getting sick right away again.

⌚ 32m ⚡ 99

Hot bath

⌚ 21m ⚡ 104

3 Shakeout run

10 km @ 6:27 /km

Gentle run to warm up the legs after a week off running (mild infection, or very severe hay fever; I can't really tell). I should be good for the marathon tomorrow; may run just 42km instead of 50km.

⌚ 1h 6m ⚡ 144 ⚡ 179 W ⚡ 78 m

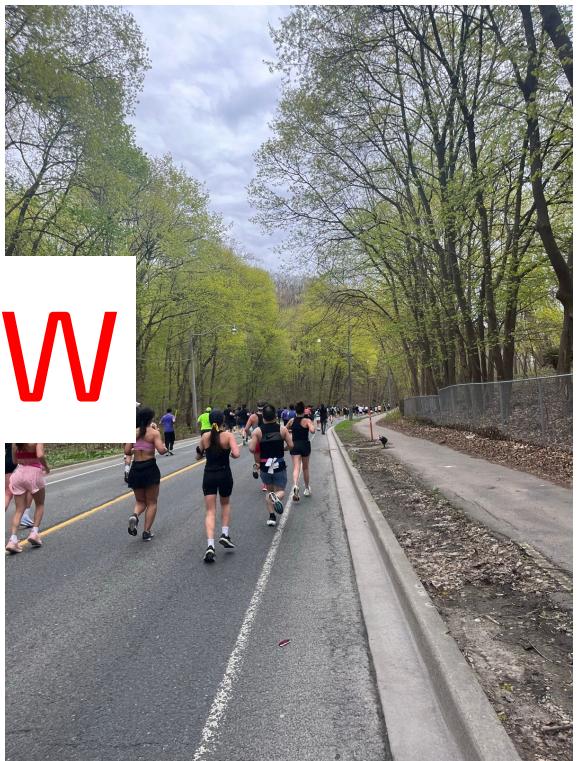


4 Toronto marathon (training)

43 km @ 6:15 /km

A bit too fast for a training run, but satisfying nonetheless. Cool crisp weather, sort of useless for heat training Note: for those following a little too closely at home, this replaces a previous entry that was inaccurate. I'm testing whether Strava on my phone records long runs accurately; sadly, the answer is no. This is the Apple Watch record, which is much more consistent with reality.

⌚ 4h 24m ⚡ 161 ⚡ 183 W ⚡ 156 m



PREVIEW

Heat bath

Hot! Felt gods after the run

⌚ 25m

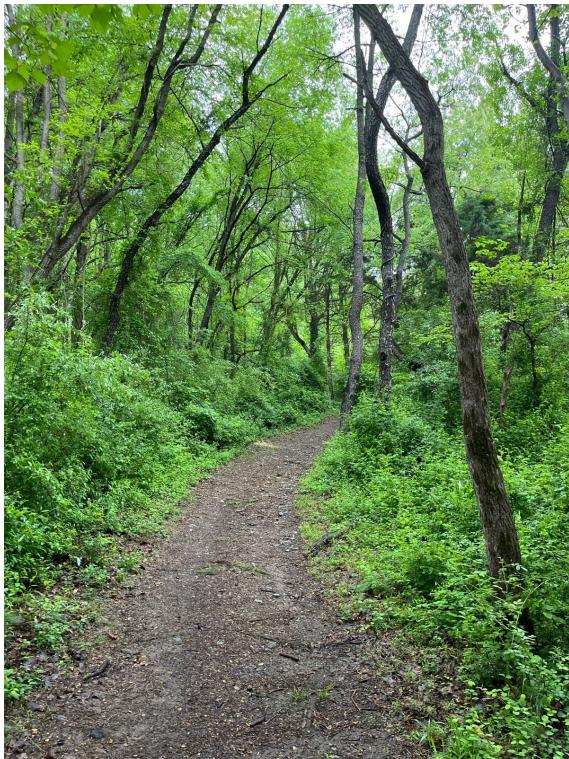


6 Recovery trail run

11 km @ 7:31 /km

Gorgeous day at the ChesLen Preserve. Warm and muggy — exactly what I need, after too many cold wet runs lately! Took it VERY easy. Love the smells and sounds of the forest in spring!

⌚ 1h 23m ⚡ 131 ⚡ 164 W ↗ 250 m



10 Hot bath

Hot, after hard run

⌚ 20m

Fun run

22 km @ 6:05 /km

Gentle ramp up, then some fun fartlek-type running at 10k to HM pace, with 60s rest every 1-2km. The past couple of weeks have been low-volume, so it feels good to get some speed in.

⌚ 2h 11m ⚡ 144 ⚡ 184 W ↗ 61 m



12 Mobility stability

Monday Coach Parry class

⌚ 34m ⚡ 80

7 Wed strength

Wednesday strength class, Coach Parry. Felt good — as much mobility as strength.

⌚ 38m ⚡ 77

9 Thursday strength

Coach Parry strength + plyometrics Didn't have time for a run, will build the distance into the weekend

⌚ 33m ⚡ 104

May 2025

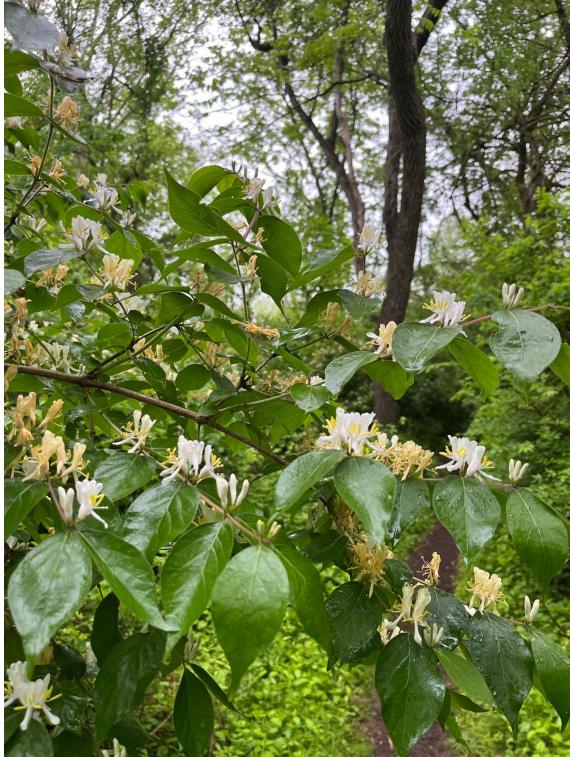
Activities

13 10x (1min+2min) trail run

11 km @ 7:32 /km

Went by RPE instead of target pace, because on a trail. Beautiful day, though drizzling.

⌚ 1h 26m ⚡ 137 ⚡ 153 W ↗ 178 m



Hot bath

Continuing heat training...

⌚ 15m

14 Wed strength

Coach Parry class

⌚ 46m ⚡ 83

15 Thursday easy-ish

18 km @ 6:03 /km

Ok, still not as easy as it should be. Gorgeous warm evening by the lake.

⌚ 1h 50m ⚡ 147 ⚡ 188 W ↗ 60 m



Hip flexor exercise

As per physio

⌚ 2m ⚡ 129

Hot bath

Continuing to prep for Comrades ... 3 Sundays left, then the race

⌚ 17m ⚡ 108



17 "Comrades pace" dry run

35 km @ 6:58 /km

Proof to myself -- and perhaps my likely running partner Charlene Nixon -- that I _can_ run at our target Comrades pace! Gorgeous weather! Toronto's lilacs are fully in bloom, giving me itchy eyes, and a big smile! Definitely felt the high-volume week by the end, but feeling confident about the big day June 8

⌚ 4h 1m ⚡ 140 ⚡ 170 W ↗ 314 m



Hot bath

Continuing to try this out, three days a week, ideally after workouts, in the final build to Comrades.

⌚ 18m

18 (Tired) fun in the sun

16 km @ 7:32 /km

Gorgeous day. Ran down the ravine near my parents' house, including a mountain-bike trail of steep ups and downs. Doubled back to "save" a turtle on a bench, only to discover it was dead all along... ☹

⌚ 2h 3m ⚡ 133 ⚡ 165 W ↗ 126 m



19 Silver Springs trail walk

8 km @ 16:00 /km

Fun walk with my wife Alex & sister-in-law Linda. Gorgeous day! Nice lunch at the Copper Kettle in Glen Williams after.

⌚ 2h



20 Monday mobility / stability

Monday Coach Parry class, a day late... Felt good

⌚ 44m ⚡ 74

22 Slow easy run

12 km @ 6:35 /km

Feels like Noah's Ark around here... small break after 36 hrs (?) rain... I wore a toque and gloves and winter clothing today, even though it was 10 C — an attempt to approximate heat training.

⌚ 1h 19m ⚡ 134 ⚡ 172 W ↗ 91 m

Hot bath

Building up to Comrades

⌚ 21m ⚡ 104

May 2025

Activities

24 Long-ish run (tapering)

18 km @ 6:26 /km

Tapering on the way to Comrades. Ran in winter clothing, as a type of heat training. Beautiful day, the rain seems largely to have passed?

⌚ 1h 57m ⚡ 142 ⚡ 174 W ↗ 133 m



Stability drills + hot bath

15 days to go...

⌚ 29m ⚡ 94

25 It's all downhill from here...

17 km @ 6:17 /km

Nice downhill run from my parents' house. No real logic to my pacing, just went by RPE / feel.

⌚ 1h 43m ⚡ 134 ⚡ 178 W ↗ 90 m

26 Mobility stability

Focus on hip stability

⌚ 16m ⚡ 80

Testing Coros

1,158 m @ 12:04 /km

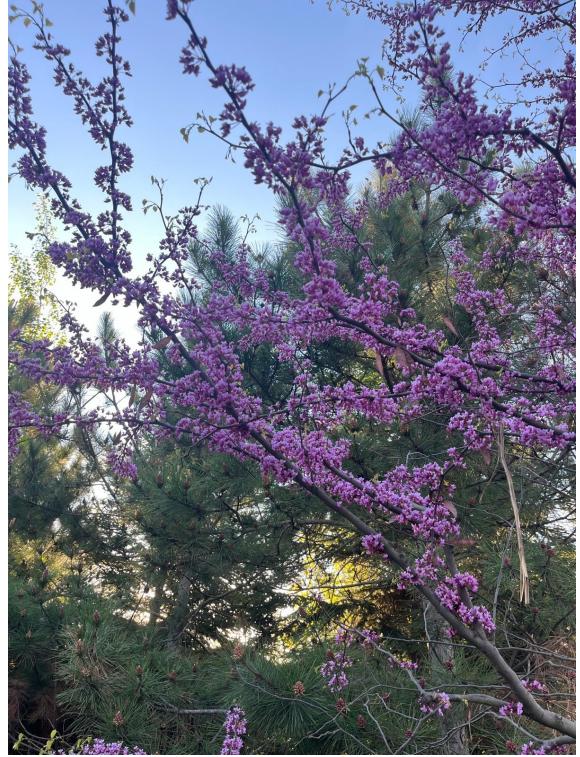
⌚ 13m ⚡ 74

28 6x 1'+1' intervals

8 km @ 6:43 /km

Testing Coros Pace 3 for Comrades. Gorgeous day out!

⌚ 55m ⚡ 128 ⚡ 180 W ↗ 39 m



Hot bath + mobility

trying to get ready for the warmer weather at Comrades

⌚ 30m ⚡ 111

29 Light jog

6 km @ 6:29 /km

Freshening up. City shrouded in mist. Gorgeous morning.

⌚ 39m ⚡ 143 ⚡ 175 W ↗ 42 m





30 Stability

Glute bridges, clamshells, leg curls

⌚ 6m ↗ 72

31 Anniversary hike

6 km @ 14:54 /km

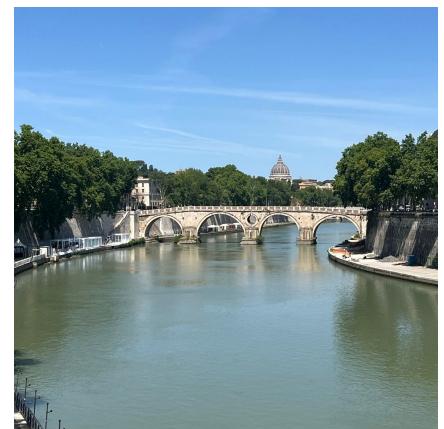
Redux of the trail near Silver Creek, followed by lunch at the Copper Kettle

⌚ 1h 28m ↗ 79 ↛ 51 m



06.2025

June



5 ACTIVE DAYS





6
activities

118
km

duration
15h 54m



13h 1m

RUNS



2h 21m

HIKES



30m

WORKOUTS

1 JUN 1h 29m	2 - 8 JUN 14h 24m	9 - 15 JUN	16 - 22 JUN	23 - 29 JUN	30 JUN
MO	MO	MO	MO	MO	MO
TU	TU	TU	TU	TU	TU
WE	WE	WE	WE	WE	WE
TH	TH	TH	TH	TH	TH
FR	FR	FR	FR	FR	FR
SA	SA	SA	SA	SA	SA
SU	SU	SU	SU	SU	SU

Spotlights

02 Wandering through Rome



2h 21m 51s



9 km



4.0 km/h

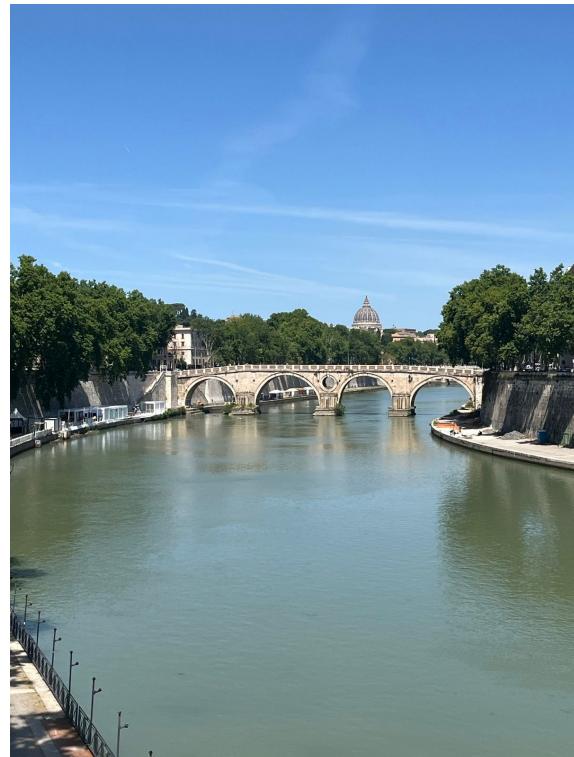


87 bpm



98 m

My favourite city in the world, and easy to remember why ... but oh how many tourists!! I gather it's Republic Day here, plus the Jubilee year and a new Pope — so half the tourists or more are apparently Italian.



04 Gentle 5k by the Tiber



33m 4s



5 km



6:24 /km



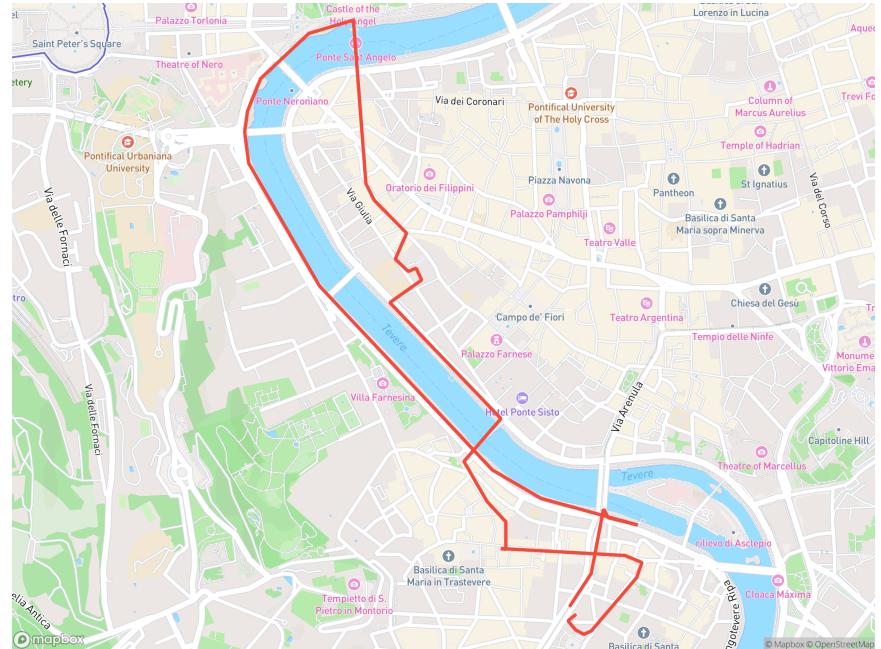
128 bpm



170 W

I ❤️ Roma. Gorgeous sunny day

(Edit: added a carb-loading photo)



Activities

1 5km steady (half-marathon pace)

10 km @ 5:45 /km

Another gorgeous day by the lake! I'll be using my Coros watch for this month, I think, to see how it does; and because my Apple Watch can't handle Comrades. 137 Training Load -- from COROS

⌚ 58m ⚡ 148 ⚡ 201 W ⚡ 54 m



PREVIEW

Stability and hot bath

Final hot bath at home in Toronto, before getting on the road this evening. Plan to spend a few days in Rome, getting used to the time zone in my favourite city, then head to Durban on Thursday for the race Sunday.

⌚ 30m ⚡ 109

2 Wandering through Rome

9 km @ 4.0 km/h

My favourite city in the world, and easy to remember why ... but oh how many tourists!! I gather it's Republic Day here, plus the Jubilee year and a new Pope -- so half the tourists or more are apparently Italian.

⌚ 2h 21m ⚡ 87 ⚡ 98 m





4 Gentle 5k by the Tiber

5 km @ 6:24 /km

I ❤️ Roma. Gorgeous sunny day (Edit: added a carb-loading photo)

⌚ 33m ⚡ 128 ⚡ 170 W ⚡ 22 m



6 Durban international shakeout

2 km @ 6:11 /km

Fun meeting fellow runners from Canada + the US! Incl Cathy Hopkins & Charlene Nixon — you've got this! 30 Training Load -- from COROS

⌚ 13m ⚡ 146 ⚡ 182 W



8 Comrades 2025 down

91 km @ 7:25 /km

Wonderfully supportive race and community. Started with Charlene Nixon, but quickly lost her in the madding crowd... Proud to earn my back-to-back medals... I'll definitely need time to digest if I want to do this again! 1019 Training Load -- from COROS

⌚ 11h 15m ⚡ 139 ⚡ 157 W ⚡ 1,137 m





PREVIEW

My athlete book

DEEPAK RAMACHANDRAN

