

Sun Jan 18, 2004, 6.3 miles including drills and 9x440 yds all in 90s with 440 after each. The 440's after each interval were at changing paces with each averaging about 2:18.

Thurs Jan 22, 2004, 18 miles including $\frac{3}{4}$ mile on indoor track with some drills and then 17 miles on the treadmill averaging 7:30/mile. I warmed down with a slow $\frac{1}{4}$ mile. Breathing was easy through 16 miles but after 17 miles I was pretty tired. I drank Gatoraide with Power Gel during the 6th, 11th and 16th mile. This helped a lot.

Fri Jan 23, 2004, 5k on indoor track in 23:43 or about 7:40/mile. I still had some energy after yesterday.

Total for the week: 34.6 miles

Mon Jan 26, 2004, 5.25 miles including drills and 4 mile tempo run at 6:40/mile on treadmill.

Thurs Jan 29, 2004, 4.5 miles including 1 mile on indoor track in 7:35 plus $\frac{1}{4}$ mile of drills. The on treadmill: $\frac{1}{4}$ mile in 1:57, 1 mile in 6:00, $\frac{3}{4}$ mile in 6:45, 1 mile in 6:00 and $\frac{1}{4}$ mile in 2:10. I am surprised I have so much energy having been shoveling a lot of snow and having tough workouts for a while.

Total for the week: 20.75 miles

Sun Feb 1, 2004, 5.25 miles including drills and 4 mile tempo run at 6:38/mile on treadmill.

Tues Feb 3, 2004, 3miles including 1 mile on indoor track in 6:53 (this run had 6 fifty meter pick-ups in it), $\frac{3}{4}$ mile jog, and 1550 meters on indoor track with varsity track runners. The time for the 1550 was 5:34 (5:45/mile pace). This is faster than I thought I would run.

Total for the week: 18.25 miles

Sat Feb 7, 2004, 6 miles including drills and 4 mile tempo run at 6:35.5/mile on treadmill.

Tues Feb 10, 2004, 8 miles including 1 mile on indoor track in 7:10, $\frac{1}{4}$ mile of drills, and 6.25 miles of intervals on the treadmill. The intervals were 12x440 yds with 440's between. The fast intervals were all in 90 s. The slower ones were at changing paces and were about 2:12 per 440. I felt stronger than on Jan 18.

Total for the week: 24 miles

Sat Feb 14, 2004, 12.5 miles including 1 mile on indoor track in 7:28, ¼ mile of drills, 11 miles on the treadmill averaging 7:10/mile. I drank Gatoraide with Power Gel during the 6th mile. Jogged ¼ mile. After the 4th mile my left hamstring tightened instantly and knocked me off stride. I stayed on pace and the leg slowly got better. Afterwards the hamstring was sore and tight. It slowly got better over the next two weeks. I eventually took this as a sign that I was getting myself tired from consistently hard workouts. This sign and others made me back off on the intensity of my workouts for a while.

Total for the week: 28.5 miles

Sat Feb 21, 2004, 2.25 miles including 1 mile on indoor track in 7:21, one cycle in weight room and 1 mile on indoor track in 6:45. My hamstring is almost all better. Note: I have been using the weight room about twice a week.

Tues Feb 24, 2004, 6 miles including drills and 4 mile tempo run at 6:30/mile on treadmill.

Total for the week: 20.2 miles

Sat Feb 28, 2004, 4.75 miles including 7:54/mile on indoor track, ¼ mile of drills then intervals on the treadmill. Times on treadmill: Continuous running of ½ mile intervals, 4:00, 3:00, 4:00, 3:00, 4:00; ¾ mile in 4:30 and ¼ mile in 2:00. The slower 1/2 's were at various paces.

I feel my energy level is low and I need to back off until the race in Washington on March 14.

Fri Mar 5, 2004, 5 miles including 1 mile on indoor track in 7:27 (going faster as I ran), ¼ mile of drills and ¼ mile intervals on the treadmill. On the treadmill I ran ¼ in 2:00, 5x440 with 440 between, ¼ mile in 2:00. The fast intervals were in 90s and the slow ¼'s about 2:11. The slow intervals were at changing speeds.

Total for the week: 22.4 miles

Tues Mar 9, 2004, 4 miles including 1 mile on indoor track in 7:02 (going faster as I ran) and ¼ mile of drills. Rested a few minutes. On treadmill running continuously: 440 yds in 2:15, 2 miles each in 6:27 and 440 yds in 2:15. Jogged 440 yds.

Thurs Mar 11, 2004, 2.25 miles including 8x60m pickups while running on indoor track.

Total for the week: 17.5 miles

Sun Mar 14, 2004, 8 miles including 10km St. Patrick's Day race in Washington DC.
Splits: 6:10, 6:17, 6:37, 6:32, 6:19, 6:27 plus 70s. Time: 39:32. This was the best run I
have had in a while. Age graded percentage is about 84%.

Total for the week: 26.75 miles
