

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

Thurs March 25, 2004, 3.5 miles including 1 mile on indoor track in 7:55 and 2.5 miles on the treadmill. Normally I would have done drills after the mile but I am trying to keep stress off of my slightly tight inside left knee. The splits on the treadmill where ¼ mile in 1:57, 2 miles in 12:54 and ¼ mile in 1:57.

Total for the week: 20.5 miles

Wed March 31, 2004, 4 miles in Brookdale Park in Bloomfield NJ including 3.54miles (2x1.77 miles on measured hilly course) in 25:23 (7:10/mile). (See Sat April 10, 2004)

Fri April 2, 2004, 2.25 miles including 1 mile on indoor track in 7:15, ¼ mile of drills, one good cycle in the weight room (going light on leg curls to keep stress off of left knee) and 1 mile on the treadmill in 7:51. Note: I do this kind of workout once or twice/week.

Total for the week: 17.25 miles

Sun April 4, 2004, 9.25 miles including 1 mile on indoor track, ¼ mile of drills and 8 miles on the treadmill. I drank water with power gel during the 6th mile. My energy level wasn't very high. Inside of left knee hurt slightly.
Mile splits: 7:42, 7:36, 7:30, 7:24, 7:18, 7:41, 7:30, 7:18.

Thurs April 8, 2004, 4 miles including 1 mile on indoor track in 7:04 (last 200m fast), ¼ mile of drills, 2.5 miles on the treadmill and ¼ mile jog in gym. The splits on the treadmill where: ¼ mile in 1:59, 2 miles is 12:39 (6:27+6:12), ¼ mile in 1:55.

Total for the week: 24.25 miles

Sat April 10, 2004, 6.3 miles in Brookdale Park in Bloomfield NJ including 5.31 miles (3x1.77 miles on measured hilly course) in 37:16 (7:01/mile). (See Wed March 31, 2004)

Total for the week: 20.4 miles

Sat April 17, 2004, Ran with Tom Welsh. 7.5 miles including 2.25 mile warm up to high school track and around a few times with drills; 3x800 with 400m jogs between and 3.25 mile jog and run on roads. The 800's were in 2:57.2, 2:56.1 and 2:50.3

Tues April 20, 2004, 5.75 miles including 1 mile on indoor track in 7:18, ¼ mile of drills and 4.5 miles on the treadmill. Splits on treadmill: ¼ mile in 1:58, 4 miles in 27:01 and ¼ mile in 2:00. I was still tired from Saturday.

Total for the week: 28.25 miles

Sat April 24, 2004, 7.3 miles with Tom Welsh on a hilly course in 61:30 (8:25/mile). This was a good workout on the hills.

Sun April 25, 2004, 4.5 miles on high school track including 1 mile in 8:00, and two sets of 4x400m with 200m jogs between. Jogs took about 92s. Sets separated by 400m jog in 3:06. Times for 400's: (89.3, 91.6, 89.2, 89.0), (90.2, 85.6, 86.7, 83.8). Jogged ½ mile.

Wed April 28, 2004, 5.75 miles including 1.25 mile warm up, 8x400m on High School track with 400m jogs after each. Jogs took about 2:45.

Times for the 400's: 91.7, 87.1, 86.8, 85.4, 85.6, 83.8, 81.4, 80.0 Jogged ½ mile.

Note: Taking the 400m jog after each 400m (rather than 200m like on April 24) allows me to run faster. I think I will do my 400m intervals with 400m jogs because I need to keep my leg speed up.

Total for the week: 27.6 miles

Sat May 1, 2004, 5.5 miles including 1600m on high school track in 8:00, 400m of drills, 6400m tempo run in 26:15, 400m walk and 400m jog. The 1600m splits for the tempo run were: 6:38, 6:35, 6:36, and 6:26. The first 15 laps were in (99+/-1) s and the last lap was 91.4s. (1600m is about 2 seconds short of a mile)

Thurs May 6, 2004, 4.7 miles including 1mile warm-up, ¼ mile of drills, 3x1000m on the cemetery loop with 1040m jogs in 8:00m between each interval, and 500m jog. The cemetery loop is a measured 500m loop that is part down and part up hill on a road. The 500m splits and 1000m times were:

1:52.8+1:50.1 = 3:42.9

1:52.9+1:51.4 = 3:44.3

1:50.5+1:49.7 = 3:40.2

Total for the week: 22.7 miles

Tues May 11, 2004, 2.25 miles including 1 mile on treadmill in 7:45 going faster at the end, one cycle in the weight room and 1.25 miles on treadmill in 9:03. The second run on the treadmill included a ½ mile in 3:08.

Wed May 12, 2004, 4 miles on the roads in 34:10 including one slightly downhill mile in 6:10.

Total for the week: 19 miles

Sun May 16, 2004, 7.5 miles including Sallie Mae 10k in Washington DC. The humidity was 100%. After the third mile my left hamstring tightened and I didn't push hard after that to make sure I didn't pull the hamstring. The time was 40:43 with the first three mile splits being the fastest in 6:02, 6:19 and 6:30.

Total for the week: 19.5 miles

Mon May 24, 2004, My left hamstring is slightly injured so I have not been pushing hard since May 16. Today I ran 4 miles including 6x500m on the cemetery loop with 2 min rest between. My left hamstring tightened after the second one but I still ran. (I shouldn't have) Times: 1:55, 1:53, 2:00, 2:04, 2:23, and 2:31. I was running with other people and probably would have stopped if I had been alone.

Total for the week: 31.5 miles

My hamstring is getting better while I am running at a good pace but not real fast during my workouts.

Thurs June 3, 2004, In the morning, 4 miles in 34:34. In the afternoon, 3.25 miles on the high school track including 3x800m with 2 min rest between each. Times: 3:20, 3:20, and 3:16. My hamstring was only a little tight and I did not run the fourth and fifth one with the other runners to make sure I didn't hurt myself.

Fri June 4, 2004, 4.9 miles in 36:50. The first half at 8:04/mile and the second half at 6:57/mile

Total for the week: 40.25 miles

Tues June 8, 2004, 2 miles including 3x200m on the beginning of the cemetery loop which is slightly down hill. Times: 43, 43, 46. The first two made my hamstring tightened slightly and the third one felt ok. I think this means I will need a long warm up for the race tomorrow and I should not push very hard nor should I sprint at the end of the race.

Wed June 9, 2004, 5.25 miles including Strawberry Days 5k in Grove City. I ran well considering the high heat and humidity. Splits: 6:08, 6:21, 6:30, 0:37. Time: 19:37. My left hamstring was a little tight but I didn't hurt it.

Total for the week: 17.75 miles

Sat June 12, 2004 3.6 miles on course in Fairfield NJ in 29:16

Sun June 13, 2004 3.6 miles on course in Fairfield NJ in 26:53

Mon June 14, 2004 3.6 miles on course in Fairfield NJ in 25:59, also warmed up and warmed down a little before and after this run. The last 1.8 miles were sub 7:00/mile pace.

Thurs June 17, 2004 5.4 miles on high school track including 8x400m with 400m jogs between. I ran with Gary and Matt. Jogs took 3:00min.

Times on 400's: 95.7, 93.4, 90.1, 81.6, 93.5, 85.7, 77.7, 78.9. Hamstring is ok.

Total for the week: 30.1 miles