

(Sat Oct 11, 2003, 10.25 miles on the treadmill in a little under 7:30/mile.)

Mon Oct 13, 2003, 5 miles on roads, most miles where slow but included 2 half mile runs in 3:09 and 2:53

Total for the week: 30.5 miles

Sat Oct 18, 2003, 6 miles including 4 mile road race in 25:44.
Splits: 6:08 (some down hill), 6:21,6:18,6:57(some up hill)

Tues Oct 21, 2003, 4 miles on treadmill, 7:34/mile

Wed Oct 22, 2003, 5 miles on treadmill, 7:30/mile

Total for the week: 22 miles

Sat Oct 25, 2003, 11 miles on treadmill, 7:30/mile

Wed Oct 29, 2003, 5.5 miles on treadmill, including 2x1 mile each in 6:27. The rest of the run was at 7:55/mile.

Total for the week: 28.5 miles

Sat Nov 1, 2003, 6 miles on treadmill, 7:30/mile

Wed Nov 5, 2003, 4 miles on roads, most miles where slow but included 2 half mile runs in 3:31 and 2:56

Total for the week: 25 miles

Sat Nov 8, 2003, 12.5 miles including 12 miles on treadmill averaging 7:30/mile. I got light headed. I needed to drink something during the run.

Tues Nov 11, 2003 5.5 miles including drills and five miles on treadmill. The first, third and fifth were about 8:00 each. The second and fourth were 6:19.

Total for the week: 31 miles

Sat Nov 15, 2003, 5 miles including drills and 3.25 mile tempo run at 6:49/mile on treadmill.

Sun Nov 16, 2003, 3.4 miles including 2 miles on the indoor track in 6:24+7:00 and half mile on a treadmill in 3:00. I wasn't planning on running this fast but for some reason I felt good and just did it.

Wed Nov 19, 2003, 3.25 miles on indoor track. The first two miles in 7:25+7:20. The rest was slower.

Total for the week: 22.7 miles

Sat Nov 22, 2003, 5.5 miles including 5k road race in 19:19.
Splits: 6:02, 6:21, 6:22, 33

Wed Nov 26, 2003, 6 miles including drills and 4 mile tempo run at 6:49/mile on treadmill.

Total for the week: 23.5 miles

Sat Nov 29, 2003, Shoveled snow for 45 minutes. Ran 6 miles on a snowy road at a good pace with Tom Welsh and Ibrahim Sulai. Great workout!

Tues Dec 2, 2003, 14.7 miles. 0.7 mile warm up on indoor track. 14 miles on treadmill averaging 7:30/mile. Halfway through the run I rested for 40 seconds and drank Gatorade with Power Gel in it. This enabled me to keep my pace without getting light headed as on Nov 8.

Total for the week: 32.2 miles

Sat Dec 6, 2003, 5.75 miles including drills and 4 mile tempo run at 6:46/mile on treadmill.

Tues Dec 9, 2003, 5.25 miles including 1 mile on indoor track in 7:54, ¼ mile of drills and 4 miles on treadmill including 1 mile in 6:00 and 2x880yd each in 3:00.

Fri Dec 12, 2003, 5.75 miles including drills and 4 mile tempo run at 6:45/mile on treadmill.

Total for the week: 25.3 miles

Sick with the flu. There were only 2 days when I ran a little more than 1 mile. The rest were all 1 mile days.

Total for the week: 11.3 miles

Still not feeling very well.

Tues Dec 23, 2003, 5 miles mainly around 8:00/mile but including 1 mile on treadmill in 6:58.

Total for the week: 11.1 miles

Mon Dec 29, 2003, 10 miles on roads: 0.2 mile warm up, 2x(morning loop) = 9.4 miles, 0.4 mile jog. The 9.4 mile, up and down hill run was in 1:15:36 or 8:03/mile.

Thurs Jan 1, 2004, 4 miles on the roads including one mainly downhill mile in 5:58 and one up and down hill 880 yard run in 3:08.

Total for the week: 24 miles

Sat Jan 3, 2004, 5 miles on roads: 0.2 mile warm up, one morning loop = 4.7 miles, 0.1 mile jog. The 4.7 mile, up and down hill run was in 36:39 or 7:48/mile.

Sun Jan 4, 2004, 2.2 miles with Jamie. Ran to the cemetery loop, 5 times around and home. Most of the run was slow except for 2x510m in 1:49 and 1:50. There was a 510 jog between them. It was about 32 degrees out.

Wed Jan 7, 2004, 5.75 miles including drills and 4 mile tempo run at 6:42/mile on treadmill.

Fri Jan 9, 2004, 5 miles including 1 mile on the indoor track in 7:45 going faster at the end, 440 yds of drills, 6x440 on a treadmill in 90s each with a 440yd slower run (about 1:56) between each, and $\frac{3}{4}$ mile warm down.

Total for the week: 23 miles

Mon Jan 12, 2004, 5.5 miles on treadmill. First 1.5 miles at 7:54/mile. Then 8x440yds all in 90s with a 440 after each. The 440's after each interval were at changing paces with each averaging about 2:17.

Wed Jan 14, 2004, 2 miles including 1.5 miles on indoor track at 7:15/mile pace.

Thurs Jan 15, 2004, 6 miles including drills and 4 mile tempo run at 6:42/mile on treadmill.

Fri Jan 16, 2004, 2.2 miles on treadmill including 1x440 yds in 87.5s. (Trying faster treadmill)

Total for the week: 21 miles
