

Sat Sept 25, 2004, 7 miles on the high school track running wide so each lap was 440 yds. ½ mile jog and ¼ mile of drills. 6 miles of continuous running in 44:20 with every other mile somewhat fast. Jogged ¼ mile.

Splits on continuous run: 8:01+6:57+7:58+6:52+8:00+6:31.5 = 44:20.

I think I am getting back into shape.

Tues Sept 28, 2004, 3 miles on the high school track. 1 mile warm up including 400m of drills. 4x400m with 400m jogs between. Jogs took 2:45. Jogged 400m slowly.

Times on 400's: 88.8s, 90.5s, 85s, 85s.

Wed Sept 29, 2004, 2 miles including 1 mile on treadmill in 7:55, 1 cycle in weight room and 1 mile on treadmill in 7:01. The 7:01 mile was run at an ever increasing speed starting at 7:30/mile and ending at 6:30/mile pace.

Total for the week (9/25/04-10/1/04): 26 miles

Sun Oct 3, 2004, 3.5 miles on high school track. 1.5 mile warm up including 440 yds of drills. 1 mile in 6:35. 1 mile jog. The splits for the 1 mile were: 1:41+1:41+1:38+1:35.

Mon Oct 4, 2004, 2 miles including ½ mile on treadmill in 3:58, a few minute rest, and 1.5 miles on the indoor track averaging 7:05/mile running a various paces.

Tues Oct 5, 2004, 6.5 miles on the high school track running wide so each lap was 440 yds. 1.25 mile warm up including ¼ mile of drills. 5 miles of continuous running with odd numbered miles faster. Jogged ¼ mile.

Splits on continuous run: 6:55+8:00+6:48+8:00+6:25.5

Thurs Oct 7, 2004, 2 miles on treadmill in 8:56 and 6:53. The second mile included a ½ mile in 3:00.

Total for the week (10/2/04-10/8/04): 21 miles

Sat Oct 9, 2004, 3 miles including 1 mile on indoor track going faster as I ran in 7:41, a few minute rest and 2 miles on treadmill in 15:00. Splits for the 2 miles on treadmill: ¼ in 2:00, ¼ in 90s, ½ in 4:00, ¼ in 90s and ¾ in 6:00.

Sun Oct 10, 2004, Walked a mile in 14:20. 4 miles on treadmill in 7:55+7:30+7:30+6:54 = 29:49. the last mile included a ½ mile in 3:12.

Mon Oct 11, 2004, 6 miles on a hilly course in 9:42+8:12+8:16+8:28+7:16+7:54 = 49:47
That's 8:18/mile

Tues Oct 12, 2004, 6.5 miles on the high school track running wide so each lap was 440 yds. 1.25 mile warm up including ¼ mile of drills. 5 miles of continuous running with odd numbered miles faster. Jogged ¼ mile.

Splits on continuous run: 6:45+8:04+6:35+8:54+6:14.4 (see Oct 5, 2004)

Total for the week (10/9/04-10/15/04): 31 miles

(I am going to taper for a ½ marathon on Oct 24, 2004. The taper will include some fast running but not a lot).

Sat Oct 16, 2004, 4 miles on hilly course in 35:55 (about 9:00/mile)

Sun Oct 17, 2004, 3 miles on treadmill in 23:58 going faster as I ran. (about 8:00/mile)

Mon Oct 18, 2004, 3 miles on treadmill in 23:05 going faster as I ran. (about 7:42/mile)

Tues Oct 19, 2004, 5 miles including 1.25 miles in the indoor track in 9:57, a few minute rest, and 3.75 miles on a treadmill in 27:51. The splits on the treadmill were: ¼ in 1:59, 2 miles in 15:00, 1 mile in 7:08, ½ mile in 3:44. The mile in 7:08 was faster as I ran starting at 7:24/mile and ending at 6:49/mile pace.

Wed Oct. 20, 2004, 3 miles on a hilly course. Splits: 8:36+8:07+7:13.

Thurs Oct 21, 2004, 3 miles on treadmill all in 8:30/mile.

Fri Oct 22, 2004, 2 miles on roads in 8:31 and 8:27

Total for the week (10/6/04-10/22/04): 23 miles

Sat Oct 23, 2004, 1 mile slowly on roads.

Sun Oct 24, 2004, 14.25 miles including the Casino Niagara ½ marathon in Niagara Falls Canada. I warmed up with about a mile before and some stretching etc. and did a very little bit of jogging after. The weather was cool with cloud cover and very little wind, so it was ideal. I used two Power Gels during the run and drank some Gatorade and water a few times. I ran in control the whole way actually trying to hold myself back for a lot of the race. I think I could have run faster.

Splits:	1	6:27	6	6:52	11	6:55
	2	6:46	7	6:59.8	12	6:49
	3	6:54	8	6:56	13	6:36
	4	6:53	9	6:58	13.1	0:38
	5	6:52	10	6:59		