

Week of Jan 31 – Feb 6

Sun 31	No run
Mon 1	No run
Tues 2 41° cldy	2 mi warm-up 3 x 1600 w/400 jog recovery 5:52.5, 5:52.5, 5:43.4 1 mi cool-down
Wed 3 43° cldy	5 miles (38:46)
Thu 4 41° cldy, It sprinkles	2 mi warm-up 4800M on the track continuous (12 laps), alternating 200 hard/200 easy (21:00) with SteveO, ave 45 secs for the hard 200s 2 mi cool-down
Fri 5 42° cldy, wet	10 miles (1:10:37)
Sat 6 38° cldy, windy	1 mi warm-up and cool-down Rhodes 4 mile race in 23:48, not an all-out effort, but did manage a kick on the track (78 seconds for last 400)
Summary	34 miles for the week Tuesday was the first run in 16 days. Hamstring/butt/lower back problems had made it too painful to run. Finally went to the doctor to get help. Results of MRI showed no stress fracture or hamstring tear, but still don't know what's wrong

Week of Feb 7 – 13

Sun 7 32° cldy	15 miles (1:49:31) – didn't push, steady comfortable pace
Mon 8 33° rain!	7 miles (51:21) easy recovery run, nasty weather!
Tues 9 29° cldy, windy	2 mi warm-up 12 x 200 with 200 jog recovery 37.1, 38.5, 38.4, 37.9, 37.6, 38.4, 37.3, 37.2, 37.6, 38.1, 38.3, 37.8 2 mi cool-down
Wed 10 31° cold	12 miles (1:25:24)
Thu 11 38° cool	2 mi warm-up 4 x 1600 with 400 recovery - 5:58.4, 5:59.1, 5:56.6, 5:40.3 Picked up and ran harder on the last one 2 mi cool-down
Fri 12 39° p.c.	10 miles (1:11:46)
Sat 13 47° cldy, windy	1 mi warm-up and cool-down 8K tempo run at Agri-Center in 32:19, cut it short because my I had a bad upset stomach; planned on going 10 miles at marathon pace
Summary	67 miles for the week

Week of Feb 14 – 20

Sun 14 38° cldy, windy	14 miles (1:44) on old G'town ½ course - terrible run, my butt/hamstring was really hurting, it was a struggle the whole way
Mon 15	No run, felt bad when I got home. Had a headache and went straight to bed.
Tues 16 31° cold, windy	2 mi warm-up 6 x 1200 with 400 jog recovery 4:19, 4:17, 4:16, 4:14, 4:14, 4:09 Felt much better, good workout! 1 mi cool-down
Wed 17 42° clear	12 miles (1:26:42)
Thu 18 46° cool	2 mi warm-up 2 sets of 4 x 400 with 400 recovery - 5 minutes between sets (75.2, 74.8, 73.8, 73.2) (73.3, 74.3, 74.3, 73.9) It was tough! Haven't done any hard speedwork in awhile. 1 mi cool-down
Fri 19 55° clear, nice	20 miles (2:18:21) got my long run in since I felt so good and the weather was so nice, quick Gatorade/Gu stop after 10 miles
Sat 20	No run, rest day after hard track day Thursday and long run last night
Summary	62 miles for the week (took off Monday and Saturday)

Week of Feb 21 – 27

Sun 21 62° cldy, lt rain	1 mile warm-up + a few strides MRTC 10K XC series race as a work out in 38:50, more of a tempo run, not an all out effort 5 miles easy after
Mon 22	No run, massage therapy session, got home late Rode stationary bike for 1 hour instead
Tues 23 40° cldy	2 mi warm-up 2 x 3200 with 800 jog recovery - 11:42.3, 11:33.1 Followed with 8 x 100 strides on the football field at 85% effort 2 mi cool-down
Wed 24	No run – Got a nerve block today for bulging disc in lower back, I got very sick from the anesthesia, it was a rough day! I hope it provides me some relief on sore butt/back/hamstring
Thu 25	“
Fri 26	“
Sat 20	“
Summary	22 miles for the week (took off Monday, Wednesday through Saturday)

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Week of Feb 28 – Mar 6

Sun 28 35° clr	20 miles + (2:44) from Shelby Farms with Joel & Tim Didn't plan on going that far, I was okay but was sore and tired towards the end – slow pace (~8 min/mile). I am not sure the nerve block helped.
Mon 1	8 miles (58:26) legs were sore from the long run yesterday
Tues 2 42° cldy, breezy	2 mi warm-up 6 x 1600 with 400 jog recovery 5:57.0, 5:56.0, 5:54.6, 5:54.0, 5:58.6, 5:43.8 picked up on last one Followed with 6 x 100 strides on the football field, fast & under control 1 mile cool-down I did notice that my butt/hamstring felt a lot better
Wed 3 46° clr	13 miles (1:33:51) maybe the nerve block did do some good
Thu 4 50° clear	2 mi warm-up Ladder: 400/800/1200/1600 with 400 recovery 82.2, 2:45.2, 4:08.4, 5:27.2 It was tough, haven't done much in the way of hard 5K type workouts 2mile cool-down
Fri 5 50° clear	10 miles (1:10:58)
Sat 6 40° clear	Met Darrell's Group at Germantown Centre 4 mile warm-up 9 x 1 hilly mile in Germantown (Boston simulation, downhill then up) 6:07, 6:18, 5:55, 6:20, 5:53, 6:14, 5:52, 6:05, 5:40 Look at the times to tell which direction it was run, I felt great! 4 mile easy cool-down
Summary	86 miles for the week / hamstring feeling much better

Week of Mar 7 – 13

Sun 7 65° nice!	12 miles (1:23:24) legs sore from the hills yesterday
Mon 8 65° nice	8 miles (1:01:20) late start after massage therapy session
Tues 9 58° cldy, breezy	2 mile warm-up 3 x 3200 with 400 jog recovery 11:54.7, 11:54.6, 11:48.6 - 10K - ½ marathon pace but it wasn't easy - butt/hamstring still holding up 2 mile cool-down
Wed 10 65° windy	10 miles (1:11:36) cut mid-week run a bit short, planned on 13 - legs were heavy from the start
Thu 11 60° cldy	10 miles (1:16) easy run from MUS with Joel & Steve
Fri 12	No run – rest day

Sat 13 40° clear	10 miles (1:08:14) woke-up feeling sick, better towards the end of the day – the run went fine, but I felt a bit weak – Put off long run until tomorrow
Summary	60 miles for the week (no run Friday)

Week of Mar 14 – 20

Sun 14 53° cldy, windy	22 miles (2:29:08) It went well! Legs felt rested, finished strong (last 5 miles in 32:33)
Mon 15	Recovery day – no run, rode stationary bike for 1 hour instead
Tues 16 53° cldy	1-1/2 mile warm-up 3 x 1 mile on hilly neighborhood behind MUS – 5:52, 5:38, 5:34 (3 minute recovery between each) 1/2 mile cool-down (Quick workout before going to Grizzlies game)
Wed 17 56° pc	13 miles (1:31:56) Felt pretty good! Decent pace without pushing
Thu 18 65° nice, brzy	~ 7 miles (56 min) - easy group run from MUS with Joel, Tim & Danny – Legs were dead after feeling good last night
Fri 19 60° sunny, brzy	12 miles (1:22:59) Felt a lot better after being so tired last night
Sat 20	No run – rest day for G'town ½ tomorrow – not much of a taper
Summary	60 miles for the week (no run Monday or Saturday)

Week of Mar 21 - 27

Sun 21 53° @ start 43° @finish rain, wind	Germantown ½ marathon in 1:21:25 – a very even paced effort, it went as well as I could've hoped in the conditions – I knew it wouldn't be fast, but it was a good effort in preparation for Boston – 1 mile warm-up + a few strides, 1 mile cool-down
Mon 22	Recovery day – came home with a headache, went to bed early
Tues 23 69° nice!	Took a sick day from work – I woke up feeling terrible, stayed in bed until about noon – finally started feeling better by afternoon – 12 miles (1:24:47) felt ok during the run, did get a bit tired toward the end
Wed 24	Got home late from work - stayed in and rode the stationary bike for 65 minutes instead of a run
Thu 25 60° cldy	2 mile warm-up Short hill repeats at MUS – 16 x ~200M (200M jog recovery back to start) Felt really good! Had some bounce in my stride, good workout 2 mile cool-down
Fri 26 55° pc	10 miles (1:12:26) Went easy, TGIF!
Sat 27 50° pc, windy!	Agricenter – Farm Rd. – 1 mile warm-up + a few strides Time trial: 15 miles in 1:35:37 (6:22/mile pace) even paced effort, out & back on 8K course (added 45 seconds to make full 15 miles) Very windy on the way out, it was tough!! Very good effort, glad to get

	through it, good confidence builder 3 weeks out from Boston 1 mile very slow jog cool-down back to the car
Summary	60 miles for the week (no run Monday or Weds)

Week of Mar 28 – Apr 3

Sun 28 50° cldy, windy	15 miles (1:46:03) steady pace, waited until afternoon, felt okay after hard run yesterday
Mon 29 60° nice	8 miles (1:00:09) sluggish, went very easy
Tues 30 70° nice!	1-1/2 mile warm-up 3 x ~ 1-1/2 miles on hilly neighborhood behind MUS – 9:00, 8:50, 8:45 – It was tough, legs were heavy before starting 2 mile cool-down
Wed 31 75° warmer	13 miles (1:31:04) good pace despite heavy legs
Thu 1 75° warm, humid	2 mile warm-up Short hill repeats at MUS – 16 x ~200M (200M jog recovery back to start) Same as last Thurs, but my legs are still heavy 2 mile cool-down
Fri 2 70° windy!	10 miles (1:09:05) – Good Friday, had the day off work – still waited until later, legs still feel heavy
Sat 3 50° pc, windy!	20 miles (2:14:15) – Last long run before Boston – it went very well! picked up the pace as I went (32:29 last 5 miles) – wore new racing flats to make sure they were okay to run in at Boston – short Gatorade/Gu stop after 10 miles
Summary	82 miles for the week

Week of Apr 4 - 10

Sun 4 75° warm, humid	4 miles (29:46) short run – legs were dead after yesterday
Mon 5 79° humid	10 miles (1:11:06) legs still a bit heavy, but not too bad
Tues 6	No run – Went to Grizzlies game – came home and rode the stationary bike for 1 hour
Wed 7 70° cldy, showers	12 miles total – changed workout when I saw storms coming – 10 miles in 1:03:04, quick pace with several long surges, tried to pick up pace on the hills – 2 miles easy afterwards
Thu 8 75° warm, Humid	2 mile warm-up Short hill repeats at MUS – 12 x ~200M (200M jog recovery back to start) Legs were heavy after last night, got through it 2 mile cool-down
Fri 9 80° warmer	10 miles (1:09:34) – good pace without pushing, legs felt better
Sat 10	No run – got up early & did yard work, then went straight to play golf –

	long day
Summary	43 miles for the week – cutting back mileage

Week of Apr 11 - 17

Sun 11 60° nice	13 miles (1:31:04) got it over early, wasn't pushing – nice spring day!
Mon 12	No run – planned day off
Tues 13 80° warm	2 mile warm-up 3 x 1 mile on hilly neighborhood behind MUS – 6:13, 6:10, 7:00 Backed off & ran with Steve & Joel on the last one – felt very flat 2 mile cool-down
Wed 14	No run – planned day off
Thu 15 75° warm, Humid	5 miles (35:12) easy run – put in 6 surges of ~ 30 seconds each to stretch my legs – still not feeling fresh – trying not to get worried
Fri 16 80° warmer	~ 7 miles (1 hour) easy run at Shelby Farms
Sat 17	No run – Travel day to Boston – Red Sox game PM
Summary	32 miles for the week – taper!

Week of Apr 18 - 19

Sun 18	No run – watched mile races in the morning – stayed off my feet in the afternoon
Mon 19	114 th Boston Marathon in 2:51:57 – Good Race! First time to negative split at Boston (1:26:03 at 1/2) Settled in after I felt being pulled out a little fast (40:15 at 10K) Ran well through the hills, (2:11:47 at 20 miles), picked up last 10K (40:10), it was a fun race!