

Training Log-Feb-May 2005

MENTAL BREAK-THRU'S

mileage progression: 73/83/95/72/90/95/61/91/82/96/84/70---12 weeks totaling 992 miles, average 82.7 miles

Everything run solo; this is my build up after experimenting with 100 mile weeks the previous winter in which I ran a few PRs (personal records). During this block of training, I had mental break thrus, while training smarter, not harder. It was after this block of training that I decided to get back into wrestling. I'm not sure how smart this was, but before I knew it, I gave up my first love of running and since 2004, have consumed my life with wrestling. To put the arguement to rest, running hurts more than wrestling!



LIFETIME PERSONAL RECORDS	
150 meters-:16.7	3 miles-14:45
200 meters-:22.9	5000 meters (3.1 miles)-15:30
300 meters-:35.6	8000 meters (5 miles)-25:38
400 meters-:49.5	10,000 meters (6.2 miles)-33:15
500 meters-1:05.4	10 miles-54:55
600 meters-1:22.3	13.1 miles (half marathon)-1:12
800 meters-1:52.9	18 miles-1:36
1000 meters-2:30.0	20 miles-1:55
1200 meters-3:12	22 miles-2:08
1600 meters (mile)-4:27	Most miles run in a week-130
2000 meters-5:20	bench press-255lbs
3000 meters-8:55	squat-405lbs
3200 meters (2 miles)-9:40	power clean and split jerk-245lbs



Racing on the track, 2003, enroute to a PR for my sponsor Reebok

Racing Cross Country in Boston 2004 and 40lbs lighter!

Week 1	AM/PM miles	type of workout	times/rest/notes
20-Feb	0	off	recovery---coming off a month of being sick and very low mileage
21-Feb	13	medium long run	1:23:29 for 13
22-Feb	8	easy run	
23-Feb	3/13	double with PM 3x400/400/800	72/70/2:25/71/70/2:25/72/70/2:24 at Reggie Lewis Indoor Track
24-Feb	10	easy run	
25-Feb	3/10	double	10 miles in 64:17
26-Feb	12/4	double with AM 5 mile tempo	5 mile tempo in 26:26-splits-2.5 miles-13:16/2.5-13:10-real icy
TOTAL	73 miles	9 workouts	

Week 2	AM/PM miles	workout	times/rest/notes
27-Feb	13	medium long run	1:21:47--was planning on 18 or 20 but dehydrated
28-Feb	10	easy run	10 miles cruising in 63:13
1-Mar	3/6	double	PM practice canceled b/c of snow
2-Mar	3/10	double with PM indoor track work	mile in 4:53-7x400, 90 rest-67/67/67/68/68/69/69
3-Mar	13	medium long run	1:21:31---too fast but cold
4-Mar	9	easy run	9 miles easy in 59:14

5-Mar	3/13	double with PM workout	25 min tempo, roughly 4.6 miles, about 5:25 pace relaxed
TOTAL	83 miles	10 workouts	
Week 3	AM/PM miles	workout	times/rest/notes
6-Mar	20	long run	2:06:42 with an ending heart rate of 140bpm-inspired by Lee Bong Ju
7-Mar	10	easy run	10 miles easy 70:16
8-Mar	3/11	double with PM indoor track work	3x1200 in 3:45, 3:30 rest
9-Mar	14	medium long run	14 miles in 91:32, felt great
10-Mar	4/9	doubles easy	
11-Mar	9	easy run	no watch
12-Mar	3/13	double with PM tempo	real wet, cold and slushy, 4 mile tempo around boston, 22:02, felt real easy
TOTAL	95 miles	10 workouts	
Week 4	AM/PM miles	workout	times/rest/notes
13-Mar	8	easy run	every 2 weeks, taking a down week, so no Sunday long run
14-Mar	0	off	recovery day---first day off in exactly 3 weeks
15-Mar	3/10	double with PM long intervals	3x1 mile, 3:30 walk/jog recovery-5:09/5:03/4:57
16-Mar	14	medium long run	14 miles in 1:29:24--felt like crap first 45 minutes but settled down
17-Mar	3/9	double with PM De Oliveria drills	3x:90/:75/:60 drills with 100meter run btw and 200 btw every 3rd drill-4:43 mile after=1set
18-Mar	9	easy run	no watch
19-Mar	3/13	double with AM body circuits PM threshold workout	2x3.45 miles, 5 minute recovery-18:23 (5:24/5:27:5:20)/18:24 (5:18/5:28/5:26)
TOTAL	72 miles	9 workouts	
Week 5	AM/PM miles	workout	times/rest/notes
20-Mar	4	wasted workout	major hangover and only managed 4 miles---suppose to be my long run day
21-Mar	20	long run	bounced back from yesterday and ran 20 miles in 2:05:53, last 7 in 43:29
22-Mar	10	easy run	
23-Mar	3/10	double with AM body circuits PM long intervals	6x1000 meters with 2 min walk/jog recovery-3:03/2:52/2:55/2:53/2:57/2:47
24-Mar	14	medium long run	
25-Mar	4/8	double with AM body circuits PM De Oliveria Drills	3x:90/:75/:60 drills with 100meter run btw and 200 btw every 3rd drill (30/29/29, 28/28/27), 2 sets
26-Mar	3/13	double with AM body circuits PM threshold run	5.75 miles in 31:28-5:35/5:35/5:38/5:30/5:28
TOTAL	90 miles	10 workouts	
Week 6	AM/PM miles	workout	times/rest/notes
27-Mar	20	long run	very full from easter dinner-ran 2:04:24, last 7 in 42:22
28-Mar	9	easy run	

29-Mar	3/10	double with AM body circuits PM "MICHIGAN"	Mile-4:54/1200-3:16/800-2:08/400-:68-recovery was 4/3/2
30-Mar	14	medium long run	felt great, floating along
31-Mar	4	double with AM body circuits PM De Oliveria Drills	3x:90/:75/:60 drills with 100meter run btw and 200 btw every 3rd drill (28/28/28, 26/26/27, 2 sets with an 800 at end of each set (2:16/2:08)
1-Apr	10	easy run	63:57 for 10
2-Apr	3/13	double with AM body circuits PM threshold workout	2x2.3 miles-12:12 (5:23/5:23); 11:56 (5:15/5:15) wanted to do 3 at 5:20 pace, but second too fast
TOTAL	95 miles	10 workouts	

Week 7	AM/PM miles	workout	times/rest/notes
3-Apr	0	prescribed day off-down week every 2 weeks	no long run today
4-Apr	9	easy run	
5-Apr	3/13	double with PM long intervals and body circuits	3xmile, 3:30 recovery walk/jog-4:52/4:44/4:44-3 weeks ago (3/15), could only go 4:57
6-Apr	14	medium long run	1:25---too fast, hurt when I tried to slow down--hit a pedestrian on my bike going 25mph down boylston street earlier that day and may have contributed to my lower back being sore
7-Apr	4/4	double, no PM workout	lower back still bad from yesterday, so no workout
8-Apr	9	easy run	still a little off
9-Apr	3/4	double with AM body circuits, no PM workout	lower back still pretty bad---thankfully this is my down week anyways and get some rest
TOTAL	61 miles	9 workouts	

Week 8	AM/PM miles	workout	times/rest/notes
10-Apr	20	long run	same 20 miler that I did 2 weeks ago, but 7 minutes faster-1:57:41---adjusted stride to take pressure off lower back and felt effortless the entire way, ending heart rate 140bpm
11-Apr	10	easy run	67 mins
12-Apr	3/11	double with AM body circuits PM long intervals	8x1000, 2 min recovery-got snow in boston and real cold, but ran well again, 3:07/2:54/2:58/2:46/2:53/2:46/2:50/2:44--3 weeks ago (3/23) did 6, but not as fast---fitness level obviously getting better and better every week
13-Apr	14	medium long run	
14-Apr	4/7	double with AM body circuits PM De Oliveria Drills	3x:90/:75/:60 drills with 100meter run btw and 200 btw every 3rd drill (26/26/25, 25/25/27, 2 sets with 400 at end of each set :54.4 (26/28) and :53.5 (26/27)---fasted 400s in a while--felt great in the middle of a 90 mile week
15-Apr	9	easy run	
16-Apr	3/8	double with Am body circuits, no PM workout	allergies wrecked havoc, decided not to run workout
TOTAL	91 miles	10 workouts	

Week 9	AM/PM miles	workout	times/rest/notes
17-Apr	20	long run	2:00:21, first 13 in 1:18:07, next 7 in 42:14, ending heart rate, 140bpm, after 1 minute, heart rate under 100bpm
18-Apr	10	easy run	65 minutes around the charles
19-Apr	3/10	double with PM MICHIGAN and body circuits	mar 29, ran this in Mile-4:54/1200-3:16/800-2:08/400-:68-recovery was 4/3/2....today ran in Mile 4:40/3:19/2:09/:62----allergies sucked but said screw it and "just run"
20-Apr	14	medium long run	1:25---too fast, but felt good in some humid gross weather
21-Apr	9	easy run	planned workout passed on b/c tossing and turning, no sleep last night
22-Apr	4/9	double with AM body circuits	
23-Apr	3	easy run with body circuits	rough day, no workout
TOTAL	82miles	9 workouts	

Week 10	AM/PM miles	workout	times/rest/notes
24-Apr	0	prescribed day off	read Gerry Lindgren's book (1972 olympian) and confirmed to me that in order to be successful in running and in life itself, attitude and mentality to run in the benefit of someone other than yourself can really make a difference, not for awards, PRs, but for some selfless meaning---for me its for those people who are unable to physically walk or enjoy running like I do
25-Apr	10	easy run	63 mins around the charles
26-Apr	3/12	double with AM body circuits PM intervals	2x800/800/400 with 1:30 rest, 4 mins btw sets---2:24/2:17/71 and 2:09/2:16/:66---then 4x200 with 90 sec rest-25/25/25/24---felt incerdibly good
27-Apr	14	medium long run	best night's sleep in a while, 10 hours plus
28-Apr	4/8	double with PM 200s	6x200 at 30, instead of skippin b/c of eyes watering, chest congested, and runny nose, stuck it out in a short workout
29-Apr	9	easy run	
30-Apr	3/12	double with AM body circuits PM time trial	4 mile time trial, 20:26, ran 20 second PR, wanted to break 20
TOTAL	82miles	9 workouts	

Week 10	AM/PM miles	workout	times/rest/notes
1-May	20	long run	fastest 20 miler to date, 1:55:15, passed 13 in 1:14:45, which was surprising, but starting really picking it up from there and felt it over last mile
2-May	10	easy run	turned into an easy surpringly fast run, 59:49
3-May	3/11	double with PM hill repeats	read bill roderger's marathoning book and inspired to run the same hill he raced up during the old freedom trail race...did 6x roughly 350 meters up beacon hill twice with 3 minutes btw---68/72/71/70/72/70---68/70/70/70/71/69

4-May	14	medium long run	1:18:40 for 14 miles
5-May	9	fartlek	off and on whenever I felt like it
6-May	4/9	double, both easy	
7-May	3/9	double with PM 200s	24x200 meters all within 30-31, 1 min recovery jogs, no stopping---6 min recovery then ran 1000 meters in 2:33 (61/61/31)
TOTAL	96 miles	10 workouts	

Week 11	AM/PM miles	workout	times/rest/notes
8-May	20	long run	2:08---stomach bothered me from mother's day lunch, otherwise, felt good in rain and high winds
9-May	10	easy run	ran last 2 miles near 10 minutes flat---early in run legs felt heavy and sore until they stretched themselves out
10-May	3/9	double with PM hills	beacon street hills again, but this time going 500 meters-1:46/1:45/1:45/1:44, then 6x150s---sprinted passed a bike messenger going up the hill, which was funny!
11-May	14	medium long run	1:21:56 for 14 miles
12-May	3/6	double with PM 300s	workout ended after 3, 300s in 43.7/42.3/41.7--felt horrible-allergies again
13-May	9	easy run	second Friday the 13th in last 9 months...real easy around charles
14-May	3/5	double, both easy	no workout, felt bad, think I have cold, but could be allergies---april and may have always been the worse months for me, especially running, but this is actually the best ive run in, not only during these months, but the best ive run ever in my life
TOTAL	84 miles	10 workouts	

Week 12	AM/PM miles	workout	times/rest/notes
15-May	0	scheduled day off	
16-May	5	easy run	rough nite---do not recall much except that I ran into paterno during a late night jaunt around the charles and he drove me home
17-May	9	easy run	56:54 around charles
18-May	3/10	double with PM MICHIGAN	3rd MICHIGAN workout in 2 months---going into workout, wanted to push hard, but stay relaxed along the way...mile-4:34/1200-3:12/800-2:09/400-61
19-May	14	medium long run	1:17:29, chest opened up, no congestion
20-May	3/11	double	PM 11 miler in 1:11:24
21-May	3/9		
TOTAL	70miles	9 workouts	

Week 13	AM/PM miles	workout	times/rest/notes
22-May	0	recovery	achilles twinging more than usual
23-May	3	easy run	trying to take it easy on achilles

24-May	10	easy run	
25-May	3/5	double	
26-May	9	easy run	
27-May	9	easy run	achilles really bad
28-May	5	easy run	felt horrible
TOTAL	44 miles	7 workouts	

BEST BLOCK OF TRAINING I'VE EVER HAD, BUT ONCE AGAIN, MINOR INJURY PUT A HALT TO MY ENJOYMENT OF RUNNING FOR THE SAKE OF ITS SIMPLICITY

			like death, and just about anything in life, you gotta roll over it. It's the only way to grow and progress as a person-Bob Schul-Olympic gold medalist--this quotes keeps everything in perspective for me
5/29-6/4	16 total miles	3 workouts	
6/5-6/11	65 total miles	8 workouts	12 miler in 68:21---everything else this week okay
6/12-6/18	18 total miles	4 workouts	rough patch of training last couple week, very inconsistant and getting frustrated
6/19-7/2	50 total miles	7 workouts	June 20th, weighed 145lbs, decided to compete in Bay State Games, July 16th
7/3-7/9	84 total miles	12 workouts	down to 134lbs and still eating a ton
7/10-7/16	69 total miles	10 workouts-1st wrestling tournament in 10 years!	wrestled 125lbs! Won first match, lost second, too tired to compete in 3rd!

