

BEN ROSARIO

TRAINING LOGS 1997 – 2003

Everything you see below is copied straight from my logs as I originally wrote them. I hope you can get some ideas from some of the things I did. I've taken a week or two that I would consider a typical week from each year so you can see the progression. I've also put my PR's from each year. Enjoy!

1997- Junior Track/Senior XC in High School

Feb 16th – Feb 22

Goals for week- Run Everyday

Sunday- 10. 5/5 double. 5 in the morning- went to play- got home & ran 5 more- both runs pretty quick.

Monday- 9. Kind of slow, but not too bad.

Tuesday- 10. Great Run. FAST after 2 ½ miles smooth. Great weather. Shorts & t-shirt

Wednesday- 9. Another Great Run- Fast- Shorts & T-Shirt. Sunny.

Thursday- Workout w/ Coach. 6.2 Bike Path. Me, Christie, Reichert, Graesser. 6:15's or 6:30's for first 4 last 2 took off as Coach suggested. I finished 38:06. Christie 38:34 roughly.

Friday- 4 miles- slow. Windy. Just wanted a relaxing almost jog. Had to work at 5:00.

Saturday- 10 – Great Run. Fast, Smooth. Home Course.

Summary- Another Good Week

Week's Total- 58

July 13th – 19

Goals for week- Try some doubling. See if it helps.

Sunday- 10. At home. Frances 9 + Ridgewood Mile. FAST.

Monday- 8. Ran w/ John C. and Scott. Timed run through Forest Park. One stretch where we flew thanks to Scott. It took an hour, it might have been a little over 8.

Tuesday- 10. After weights (very good lifting day for me). Ran w/ Graesser. Decent Pace

Wednesday- 12. At home. Very Fast After about 5. Frances Park course.

Thursday- 8. Grass Loop after weights.

Friday- 12. At home- At 9:00 A.M. – VERY HOT. Probably shouldn't have gone so far but I did.

Saturday- 8 – Great Run. Fast, Smooth. Home Course.

Summary- 58- Good Week but I wanted 60 [ED. NOTE- this was actually 68 so forgive my math!]

Sep 21 – 27th

Goals for week- Work on Crunches / Finish in Top 3 at Hancock

Sunday- 9. Home course Fun Quick Run By Myself after work

Monday- 5 Tempo Run 5:49/ 11:34/ 17:10/ 23:04/ 28:43.
5:49/ 5:45/ 5:44/ 5:46/ 5:39

*The course was probably a couple seconds fast each mile, we didn't go the last right tree on aviation. I led, Ted was 29:00, Scott was 29:11, Christie was 29:31

Tuesday- 8. Old Grass Loop w/ Christie, Scott, Graesser, Ramsey, Schulte, Ken, Mark & Abbott. It was raining but we did grass 'cause Christie's knee hurt

Wednesday- 5. 12 Hill Circuits. 6 Lydiard Bounding. 6 Race Pace Cruising. I ran with the Super Sophs- Mark, Murph and Ted.

Thursday- 8. Grass Loop w/ everybody. Just a healing day

Friday- 3. Ran course at Jeff Barracks. Didn't feel too great.

Saturday- 4 – HANCOCK. My best performance yet. I got out well. I ran in 3rd for a lot of the race. Cordes caught me at the 2 mile (10:33) after a 5:15 mile. We caught Winter w/ about 600 to go & those 2 took off. They put 16 seconds on me from there to the finish. That was the only bad part. I was tough on the hills. I got 4th (16:48)

Summary- 42 – Great Week, I did get a lot of Crunches & will keep that up. I got 4th instead of 3rd, but at least I can go after Cordes at P.W.I. [ED. NOTE- In High School and early in College I never counted warm-up and cool-down jogs as miles even though I should have. That would have given me 12 more miles on the week so 54 total]

1997 - TRACK- 1600- 4:37 3200- 10:03 5K XC- 16:22

1998- Senior Year Track in HS/ Freshman Year XC in College

April 19th – 25th

Goals for week- Most important for down the road is two hard workouts but set big PR in 2 mile on Thursday & win going away

Sunday- 8. At Home by Myself. OK run

Monday- 4. 7 800's on Track. 2:38/ 2:30/ 2:26/ 2:24/ 2:23/ 2:22/ 2:17. The last one was 67/70. Christie wasn't there. Ken & Graesser didn't run w/ me on the last 4. Ken was 2:21 for the last one. I felt great, best w/o of season so far.

Tuesday- 8. Grass Loop w/ Christie & Graesser. I didn't feel fresh, partly from yesterday's wrkout & weights today & partly because I am getting sick. My calf was sore from yesterday.

Wednesday- 2. Easy Grass Loop before tomorrow's race. The virus I had was gone this morning. I felt better after the run.

Thursday- 4. Ladue Invitational I ran 4 x 8 & 3200. In 4 x 8 Ramsey handed me the baton in dead last I ran us into 4th (2:03). 2 mile- I felt good from the start. Got to the leader Sullivan on the 3rd lap. Came through the mile 4:54 & felt fine. I surged but he covered. I surged again on lap 7 & kicked lap 8 in 68 for the win.

70/ 2:25/ 3:38/ 4:54/ 6:08/ 7:25/ 8:41/ 9:49

70/ 75/ 73/ 76/ 74/ 77/ 76/ 68

Friday- 8. Grass Loop w/ Christie

Saturday- 8. At Home – Hilly Course. Was going to do 400's at Wash U but I didn't feel recovered yet from Thurs.

Summary- 42 – Great Week, My best of the track season so far [ED. NOTE- With warmup and cool-down jogs this would have been 50]

Sept 27th – Oct 3rd

Goals for week- Higher mileage than last week. Really test myself at Notre Dame.

Sunday- 10. Rosco Run by Myself when I got home. 61:30 Good Pace, Real Smooth.

Monday- 4/7 (11) High School 4 in A.M. 7 1-mile repeats in P.M. 5:11/ 5:20/ 5:28/ 5:12/ 5:24/ 5:18/ 5:19

The 1st one was too fast & I didn't feel fresh. I did well to really push 4-7 on heavy legs.

Tuesday- 3.5/5.5 (9) Hardee's Run in Morning 5.5 in P.M. Legs felt dead

Wednesday- 7. Jim Robertson Run. Legs still dead

Thursday- 3. Ran first 5k at Notre Dame

Friday- 5. Notre Dame Invitational I got 32nd, we got 7th in Gold D. Andy missed the bus. Scott was 23rd. Nick was 25th. I ran 25:26 Brian was 37 (25:28). I went out too fast for 2 miles & hung on from there. I kinda underestimated the field. Time was fast but course was short.

Saturday- 3. 20 min jog w/ Judson to get race off my legs

Summary- 48 – Learned something from Fri., & had a fun race. Good workout on Mon. because I pushed when I wasn't at my freshest [ED. NOTE- With warmup and cool-down jogs this would have been 56]

1998 - TRACK- 1600- 4:28. 3200- 9:48 8K XC- 27:29

1999- Freshman Track/ Soph XC in College

Aug 22nd – 28th

Goals for week- Have a good hard workout Tues & don't get carried away Sat, just Tempo Run it.

Sunday- 10. Caboose Rosco w/ DeBold & Judson- Shotwell pulled away and everybody else went shorter.

Monday- 5/3 (8) Hwy P in A.M. Hollisters in P.M.

Tuesday- 5.5/5.5 (11) Extended Ct. Grove in A.M. + ran home. Extended H.S. 4 in P.M.

Wednesday- 4/10 (14) H.S. 4 in A.M. Hard 8 mile at 6 wrkout in P.M. Supposed to go 6 min miles, but me, Dick & Andy went 5:21 for mile 1, we went 5:50 2nd mile then, there were 5:45, 5:35 & 5:30 & 6:30 and I don't remember the others but it hurt real bad. Me and Andy finished in 46:36 for 8

Thursday- 5. Hwy P w/ Nike – Slow Recovery

Friday- 4/8 (12) Hollisters + Cottage Grove Patterson in A.M. Orrick in P.M.

Saturday- 10. Purple & White Alumni Meet I wanted to relax for 3 miles & run the last 2 hard, the first 1 was good 5:04 all downhill I was in back of pack but ran 5:08 2nd mile & caught Matt, Dick, Aaron right after 3 miles - 16:05. Matt pulled away in the last mile & ½. I finished in 26:35 tied w Aversman. Andy- 26:10 Helbig 26:2?
Jacob- 26:08

Summary- 70 – Good Week. Good wrkout Wed & I see Sat. as another good wrkout.

1999 -TRACK- 3k- 8:57. 5k- 15:42 10k- 32:18 8K XC- 25:37

2000- Soph Track/ Junior XC in College

Jan 10th – 16th

Goals for week- More big miles & go for school record 3k Sat.

Monday- 4/10 (14) Little over 4 in A.M w/ Nick. Little under 10 (Caboose Roscoe w/ DeBold) in P.M. 1:00:06 for Roscoe

Tuesday- 13/ 6 (19) 13 in A.M- From my house did Long Trails came back Michigan & then back nice run. 6 in P.M. – 1st St. in 38:??

Wednesday- 4/9 (13) H.S. 4 in A.M. 2 mi wrmup 30 min Kenyan on Patterson 2 mi cooldown in P.M. Great Workout- Came back 20 sec's faster than went out.

Thursday- 4/5 (9) 4 in A.M. Razorback + add-on on P.M.

Friday- 7 Extended H.S. 4 + 10 extra minutes on Patterson

Saturday- 5. Iowa Indoor. I ran the 3k. Went out in 70 then 2:20 for the half then picked up a little (4:38) at mile then Andy took the lead from an Iowa guy then I took it from him & opened up a big lead. I won in 8:42, Nordheim from Iowa 2nd 8:51, Andy 3rd (8:51). 7 sec's off school record, but I'll get it next time. Very fun race.

Sunday- 14. Long Trails from my house and back.

Summary- 81 – Another Great Week, but this was probably my best yet considering 2 long runs, 1 hard workout & probably my best track race ever.

2000- TRACK- 3k- 8:39. 5k- 15:00 10k- 31:09 8K XC- 25:34

2001- Junior Track/ Senior XC in College

July 22nd – 28th

Goals for week- 94 miles, 18 miler in Columbia on Sun & have good runs in CO.

Sunday- 18. Extremely hot & humid + 100 heat index. Started out well (did MKT Trail) was hitting 6:20's & down to 6:07. Hit 10 miles in around 62:30 but heat got to me. I quit lookin at the splits after a while. Finished around 2:02. A little long.

Monday- 4/6 (10) 4 in AM. 6 in PM w/ Ken

Tuesday- 5/10 (15) 5 in AM w/ pylons and striders. 10 (scariest run ever) in PM. I started at 8:30 & went to the trail, by the time I got 5 miles out it was dark, I could barely see anything, but I was flyin'.

Wednesday- 12. WOW! In Colorado. We stopped in Longmont (between Ft. Collins & Denver). I went out 6 miles along Rt 119 into BOULDER COUNTY which got me pumped and I smoked the way back.

Thursday- 4/10 (14) 4 in AM, drove to & ran in Boulder suburbs, slow & easy. 10 in PM on HORsetooth Park Trail. UNBELIEVABLE, easily the most beautiful run ever. Tons of trails at the base of Horsetooth Mtn.

Friday- 10.5/5.5 (16) Spent night at Aunt Sandy's & ran horsetooth trail in the morning again. From hotel in PM, did 38 minutes.

Saturday- 10. Horsetooth Trail again.

Summary- 95 – What a Week! Mileage PR. Loved Colorado

Sept 23rd – 29th

Goals for week- Big wrkout Tues & otherwise get some nice runs

Sunday- 11. Jim Robertson solo from house. Nice, but felt slow. Relaxing though.

Monday- 5/8 (13) Hwy P in A.M. Coach drove us to trails & we ran them & took Mich. home for 8. Nice Run

Tuesday- 4/10 (14) Ct. Grove in AM. 7 mile repeats in PM. 5:00/ 5:01/ 5:00/ 4:59/ 4:57/ 5:01/ 4:51. Great wrkout for whole team. Andy avg. 4:49. I pry should've pushed a little more.

Wednesday- 4 Easy Recovery

Thursday- 5/8 (13) H.S. 4 + ran back home in AM. Pheasant in PM

Friday- 4/7 (11) Elizabeth in AM. In PM ran to Hollisters did 6 30 sec surges w/ DeBold & P. Boyle w/ 90 sec recovery then ran 4mile push from there to H.S. 4 & in w/ 3 laps on track 22:18 – 7 miles total w/ wrmup and cldown

Saturday- 4. Ran w/ Mike at 7AM before Mizzou/Nebraska game.

Summary- 70 – Another Solid Week. Best Mile repeats I've done since sophomore yr.

2001- 8K XC- 25:10 10K XC- 31:12

2002- Senior Track Indoor/ Chicago Marathon

August 18th – 24th

Goals for week- 100 w/ a segment workout Tues & Quad Killer Fri.

Sunday- 20. Ran up in Kirksville at around 7. Humid, but not too hot. Started slow, but got going pretty well by the end. 2:11?

Monday- 12. Ran w/ DeBold Pretty decent

Tuesday- 20 2up/ Mr. Nelson's segment workout/ 1.5 down. Surprisingly good. Didn't feel great going in but ran really well. Went from house to Rye Creek, Up 6 to behind Orrick, Orrick in to school, finished on track for 16.5 miles. 1x6, 2x5, 3x4, 5x2 w/ equal rest = 1:40 total

Wednesday- 12. Shit 12 – hot & humid ran for 1:22:3?

Thursday- 12 Felt like shit but ran ok. From house to school, out to Patterson, out 3 on Patterson & back the way I came. 1:21:??

Friday- 13 Quad Killer w/ 1 mi. warmup. Solid. UP the hill in 2:21/ 2:15/ 2:11. Me & DeBold ran the whole thing at a good clip – 1:15:48

Saturday- 11. Ran to school, did ext First St. w/ team (ran w/ Mike, Person, freshman Eli & Trey). We were moving good, I know one mi was 5:58. Anyway I added on random to go for 1:11?? Definitely 11.

Summary- 100– 100 in singles!

2002- TRACK- 3k- 8:33 5k- 14:27. 8K XC- 25:00 Marathon- 2:29:41

2003- Redshirt Senior Track Outdoor/ Chicago Marathon

April 6th – 12th

Goals for week- 90 miles, 2 tough workouts

Sunday- 20. Ran my out behind the state park 20. Very Fun. Chilly- but not too bad. Started sleeting around 10 miles but that almost made it better. A good reminder of how much fun running is.

Monday- 6/10 (16) 6 in AM 10 miles in PM – out 5 on Pheasant & back.

Tuesday- 8 2up/ 3 x 1000, 3 x 800/ 2.5 down 2:56/ 2:55/ 2:54/ 2:15/ 2:14/ 2:23 – 3 min rest. Nice workout – Me, Matt & Pat pushed it together. I died on the last one though. Matt ran 2:11, Pat 2:12, Mike 2:15

Wednesday- 10. Orrick + extended Lewis for 10

Thursday- 6/10 (16) 6 in AM solo. PM- Caboose Roscoe- 59:54. Nice Run- Felt Light

Friday- 10. Felt dead legged. Ran for 1:08:?? Random.

Saturday- 10. 3 up/ 4 mile tempo at Rye Creek/ 3 down (Beautiful Day)

4:47/ 9:50/ 14:34/ 19:23

4:47/ 5:03/ 4:44/ 4:49 – Very encouraging – I was totally under control

Summary- 90 Nice Week – Fought through and had a great workout on Sat.

[ED. NOTE- Ran a 30:13 10k on week later]

August 31st – Sept 6th

Goals for week- Just get back to the regular schedule & enjoy the fact I survived a little blip in the training

Sunday- 20. Ran at Royal Oak – did 8 mile loop twice & then out 2 & back for 20. Ran w/ Fox & Linden. Nice Run. Pretty much clicked off sub 6's for most of it included a couple 5:30's at the end. 1:58:50 or so.

Monday- 10/4 (14) AM – Bloomer Trails PM Solo 4 out & back P.C.

Tuesday- 22. Crazy Workout 2up/ 5 miles in 26:57 (5:25s), 1 mile jog/ 4 miles in 21:17 (5:20s), 1 mile jog/ 3 miles in 15:45 (5:15s), half mile jog, 2 miles in 10:32 (supposed to be 5:10s), half mile jog/ 1 mile in 4:56 (supposed to be 5:05).

Wednesday- 10/4 (14) AM 10 miles – took it real easy –let the group go. PM easy again

Thursday- 10/6 (16) AM – Shepard loop + add on – felt good, better than expected. PM 6 at the Oak- nice & smooth

Friday- 12. Absolutely hammered through Bloomer & Cider Mill trails w/ Fox- couldn't have gone any faster. Fun though.

Saturday- 10/4. (14) AM – 10 miles – ran S.C. trails PM – 4 miles – P.C. out & back

Summary- 112 Nice Week – Killer workout Tuesday- big for confidence. Fun, fast run Friday.

2003- TRACK- 10k- 30:13. Marathon- 2:21:58

2004- Oly Trials Marathon/ Cal International Marathon

Nov. 7th – 13th

Goals for week- 3 x 4!!!

Sunday- 20. Ran the Loop at the Boat Launch right around 60 minutes w/ Clint & Linden, then back home & added on out & back on Clinton River Trail. Nice Run Sub 6 most of the way, but probably no faster than 5:45. Felt Smooth.

Monday- 10/6 (16) AM – We ran pretty much random in Bloomer w/ the whole group. PM 6, First 2 w/ Terry and Carly. – bit of a sore throat today.

Tuesday- 18 2up/ 3 x 4 mile @ 5:10 w/ 1 mile jog recovery/ 2 down
20:31/ 20:34/ 20:18 (5:03/5:04/5:07/5:04)

WOW. Great Wrkout. Felt light, fast & strong. Had a nasty cold though.

Wednesday- 10/6 (16) Felt Good No Ill Effects

Thursday- 10/6 (16) Still feeling good.

Friday- 16. Ran 30 min w/ Cordes then we met the group & did Twinkler – Little faster than I would've liked. Clint was pushin'

Saturday- 10/4. (14) 10 w/ Cordes @ 6:00 before our flight. 4 in Palm Beach – felt stiff.

Summary- 116 Really solid week. Tuesday's workout was one of my best as a Hanson.

2004 TRACK- 10k- 29:56 Marathon- 2:18:53

2005- DID NOT KEEP A LOG ☹️

2005 PR's- TRACK – 5k 14:24 8k Road- 24:30 Marathon- finished 2nd at US Championships 2:20 (not a PR but very humid conditions)

2006- Grandmas Marathon/ US Club XC Champs

May 7th – 13th

Sunday May 7: 21 miles. Ran to FP and met Jason, Matt and Brian for the downtown 15 mile loop, then tacked on three more with Brian to get 21 on the day. Felt quite good.

Monday May 8: am 8 miles pm 12 miles, felt really tired at work all day so took a nap when I got home and then 12 with Mike at night. Felt good.

Tuesday May 9: am 4 miles pm 2up/3 x 3 miles with 1 mile jog recovery/ 3 down. Ran this workout with Brian. Supposed to go 5:00 pace. We did it at Katy Trail, but the first mile was 5:13 and I think it was long because our next one was 4:51 and then 5:02 for 15:06. Then on the second one Brian pulled away on the third mile and ran 14:58 and I came across in 15:07. I had some major stomach issues, most likely due to a bran muffin I ate for lunch. After a bathroom break I felt a bit better for the third repeat but Brian still rolled on me. He was 14:51 and I was 15:06. All in all not too bad. Great one for Brian.

Wednesday May 10: am 6 miles pm 10 miles, ran with JCR and Brian for the first 5 and solo for the second 5.

Thursday May 11: am 6 pm 10 miles

Friday May 12: am 6 miles pm 6 miles with Matt and Brian

Saturday May 13: am 4 miles pm 2.5 up/10k at the Tennessee Distance Solution, 1st place, 29:44 (pr)/3.5 down I

had a rabbit take me through 5k in 14:45 and then I was on my own for the second half. I hit every lap after that in 72 with a couple of 71 highs and then I closed in 68 for the 29:44 which is a 12 second PR. Very happy to run this at the end of a 120 mile week.

Weekly Total: 121 miles, 13 runs

Nov. 27th – Dec 3rd

Monday Nov. 27th: am 9 miles with Jason, Liam and Zac. pm 6 miles at Queeny with Aitken and Dustin from Parkway West.

Tuesday Nov. 28th: am 13 miles. Ran the Clayton loop solo plus a little extra for 13. pm 6 miles at Queeny solo.

Wednesday Nov. 29th: am 6 miles, ran Jen's 5 mile tempo run with her (6:43 pace). She did a nice job. pm This was a big one. 2 up/ 6 x 1 mile with 3 min recovery/ 2 down. Actually did the first five at Central Fields then quickly jogged over to the track for the last one (probably about 10 minutes in between number 5 and 6). Anyway, hit 4:44/ 4:43/ 4:43/ 4:42/ 4:44 then over to the track and hit 4:31. Felt absolutely great! One of my best workouts ever without a doubt. Felt very controlled.

Thursday Nov. 30th: am 12 miles. Nothing like doing a workout yesterday afternoon with no shirt on and then waking up this morning to sub freezing temps and bitter cold rain. Ah, the midwest. Felt pretty good though. pm 6 miles on the treadmill at Golds Gym.

Friday Dec 1: am 12 miles in the snow (supposed to do a 20 second surge workout but obviously that wasn't happenin). Liam, Jason, Ben, Zac, Mike and Liam's friend Paul all braved the elements for this one. I wore shorts- no one else did. Don't know if that makes me tough or stupid? Felt good though. pm 6 miles with a couple SLU runners. We ran in Queeny and the trail was great- nice packed snow.

Saturday Dec. 2: am 12 miles with Jason, Liam and Paul. We ran on the roads in Forest Park as too many people have traversed the trail and it is all icy now. Nice run though. I felt good. pm 4 miles with Jen. Dark and cold.

Sunday Dec. 3: 15 miles. Progression Run- 30 minutes easy, 30 minutes medium, 30 minutes medium/fast. It was firkin freezin this morning and I was in a crappy mood for some reason so I just kind of got through this one. Went fine I guess. Timed one mile of the last 30 minutes and it was around 5:10-5:20, tough to say because there was ice covering the marker.

Weekly Total: 119 miles, 13 runs. [ED. NOTE- Finished 7th at the US Club XC Champs a week later]

2006 PR's- TRACK – 10k 29:44 4 mile Road- 18:46

2007- Boston Marathon/ Oly Trials Marathon

March 12th – March 18th

Monday March 12: am 8 miles nice and easy. pm 4 miles slow.

Tuesday March 13: am 2 miles warmup/ 10 x 800 with 2 min jog recovery/ 2 miles cooldown. Ran this one with Zac on Skinker in the Park. We marked out a course that was about a 250 meter flat stretch and then it began to go uphill and got pretty steep over the last 400 meters. We would go out that way then back the other way so it was basically an uphill repeat followed by a downhill repeat. We hit: 2:30/ 2:14/ 2:28/ 2:12/ 2:26/ 2:11/ 2:26/ 2:10/ 2:25/ 2:10. I was very pleased and felt pretty in control on this one. As always Zac was tough on those uphill ones and dragged me along but I felt like I held up my end of things on the downhills and flats. pm easy 4 miles at the store, left hammy a little tight.

Wednesday March 14: 15 miles in Queeny. Definitely tired for this one, but running those hills tired is great practice for Boston.

Thursday March 15: am 10 miles pm 6 miles with Ryan at the Thursday Group Run.

Friday March 16: am 10 miles in downtown St. Louis. I wanted to run the course for tomorrow's St. Pat's Race. I think that it is a course, much like Boston, that can be fast but only if you run smart. With the major hills early I will try to relax as much as possible for the first 2 miles before really getting after it as we head downhill on Olive St. I don't race very often because when I do I expend a lot of energy and really get into it. Because this race is in my hometown and my family will be there watching I plan on putting on a good show. We'll see. pm 4 miles at the store. I definitely have that day before the race nervousness going. That's good and that's what I'm talking about with races being very important to me. Like I learned from my friend Clint Verran- A race should be a big deal no matter where it is and it's your job to make it a big deal for yourself. Prepare for it like you would any other big race.

Saturday March 17: ST. PATRICK'S DAY!!! am got up and did a 10 minute shakeout run at 5am at my house. Went into the kitchen only to find that we were out of bread so my race day breakfast was a hamburger bun with some jelly on it. Got down to the race-site at 6:45 am to set up our tent- it was COLD! I sat in the car with the heat on for a while after that and warmed up. Our team all met and warmed up together which was fun. I felt really good and just had the sense that it would be a good day. The gun went off and a couple of guys went out real hard but Zac and I kind of stuck together up Market, catching the early leader at the top of the hill. I hit the mile in 4:49 which was a little off record pace but good for that uphill first mile. I started to pull away at that point and from there on was on my own. I got in a good zone though and rolled pretty good all the way to the finish (24:00, PR). Very pleased and had a ton of fun out there. It was great to have people cheering for you as you went by. The St. Patrick's Day Parade Run Committee was great to me and gave me a chance to speak at the awards ceremony. For me to win the mens race and Katie Sutton to win the womens race was a special day for the Store. pm 6 miles at Forest Park- tried to get the race off my legs. Felt good out there and just overall I am really pumped about running right now, probably more than ever.

Sunday March 18: 20 miles at Castlewood. Had a nice group this morning. On the way out it was me, Zac, Brian, Serena, Kozi and Steve. At some point the pace picked up and Zac, Kozi and I got going a bit. Eventually Zac and I were rolling pretty good, maybe around 5:30s, for the last part of the trail. I had gotten a little over 3 in beforehand so I needed 10 more minutes at the end and we went up the big Grotepeter hill which Zac kicked my butt on. Glad it was all downhill from there.

Weekly Mileage: 109 miles, 12 runs.

2007 PR's- 5 mile Road- 24:00

2008- Indoor Mile/ US Club XC Champs

January 14th – January 20th

Monday January 14th- 14 miles at the Monday Afternoon High School Run. Great group again today. I ran three loops today and used this as my long run since I had the busy morning yesterday. I felt great though. Could've run all day. That's the best I've ever felt doing three loops at Queeny. 28 is treating me well so far.

Tuesday January 15th- 50 + minutes solo when I got home from the store. Ran to Francis, did 4 laps and came back. Dark, cold and windy.

Wednesday January 16th- 3 up/ Mile/ 400/ 400/ Mile/ 400/ 400/ 3 down. Did this one with Matt, Brian and Carter. Matt and Carter did 1200 instead of the full mile but that still allowed for us to switch off laps which is always nice. Anyway I hit: 4:40/ 61/ 62/ 4:39/ 61/ 62. Very pleased. Those were the exact times we were shooting for so it's always nice to nail the workout. I felt very controlled on the miles. The second set of 400s were tough but I didn't tie up or anything and never really felt like I wasn't going to hit it. We had a 400 jog after the miles and 200 jog in between the 400s so not too much rest.

Thursday January 17th- 50 minutes solo at about 8:30pm. Felt pretty darn good.

Friday January 18th- 40 minutes solo at about 8:30 again. Cold but felt good.

Saturday January 19th- am: 1 mile shakeout pm: 3up/ 3k at the Redbird Invitational at Illinois State, 1st place, 8:18 (PR)/ 3 down. Fun race. At the last minute Brian decided to do the race (and I do mean last minute as he pulled into the parking lot as we were beginning our jog) so we had quite a few guys capable of running fast. The plan was

fro Brian to lead 3 laps, then Jeremy for 3, then me for 3 and then every man for himself over the last 6 laps. That all kind of went haywire as there was 17 guys in the race so Brian was unable to get to the front. I led the first lap and a half and was right on but then another guy took the lead for three laps. He was hitting slightly slower than I wanted but not bad so we let him lead. Then as soon as he slowed just a bit Brian and Jeremy and I went by (in that order). I let them do the work for a bit and we came through the mile around 4:28 as planned. I went to the lead one lap later and cranked it up a bit, hitting some low 33s. One lap was a 34.0 because I had to move way outside to pass lapped runners. I closed in 30 on the last lap for an 8:18 PR and a win. I feel good about the time especially with the fact that the track had really tight turns. Looking forward to the mile next week in Boston. I think a 4:08 or 4:09 is right there for the taking.

Sunday January 20th- 16 miles. Ran at Grant's Trail. Had a HUGE group even with the 6 degree temps. Almost every one of our training team members showed up which was awesome! As always we had a good number of our racing team there as well. I ran out to the end of the trail with Adam, Brian and Matt A. Adam and Matt pulled away from us on the way back. I knid of hit the wall, probably a case of being tired from the race and the fact that I hadn't eaten since 4:30 yesterday.

Weekly Total: 70 miles, 7 runs. I am definitely on a bit of a roll with 2 PRs in 2 weeks. Now, it's a matter of not doing too much this week and closing out this mini-indoor season with a big Mile. [ED. NOTE- Ran 4:06 for the mile one week later]

2008 PR's TRACK- Mile- 4:06 3k- 8:18 8K XC- 24:10

2009- Indoor Mile/ US Club XC Champs

January 12th - 18th

Monday January 12th- am 30 minutes out beyond the McGavock HS track and back. pm 55 minutes out and back on the Nashville Greenway Trail. The afternoon run felt better than the morning one. My hamstrings feel weak.

Tuesday January 13th- My Birthday!!! For me there is no better way to spend a birthday than running twice, hitting a nice workout and sitting around doing nothing the rest of the day. Mission accomplished! am 30 minutes easy. pm 2 miles up/ 8 x 1k in 2:55/ 2 miles down. The workout was way tougher than it should have been but at least I toughed it out and hit it. Splits were: 2:55/ 2:55/ 2:54/ 2:56/ 2:55/ 2:55/ 2:55/ 2:54. Wanted to go with 200 jog recovery but switched to 400 jog after #4.

Wednesday January 14th- 70 minutes out and back on the Greenway. Nice run. No ill effects from yesterday. I think all of the sleep I am getting as well as the extra stretching and core work are starting to pay off.

Thursday January 15th- am 30 minutes. pm 2 miles up/ 4 x 200, 3 mile tempo, 4 x 200/ 2 miles down. This was supposed to be a "warm weather" training trip but it's freezing in Nashville today so I made my way to Tennessee State University in the afternoon and did my workout on their indoor track. This was better than Tuesday's workout because I hit the times and actually felt pretty good. Hit 30/ 30/ 30/ 30 for the first set of 200s. Tested out my new spikes and really liked them. Then switched to racing flats for the 3 mile and ran 15:03. Wanted 15:00 but the track is a weird distance so I really had no splits and just had to kind of guess what I was running. It was an accurate 3 miles though. Then back to the spikes for 4 more 200s which I hit in 30/ 29/ 29/ 29. Felt smooth.

Friday January 16th- 60 minutes random around Nashville. FREEZING. My buddy I'm staying with said this was the coldest he's ever seen it here. Warmer than STL was though so I'll take it. Pm traveled home to STL.

Saturday January 17th- am 30 minutes Francis Loop. pm 2 miles up/ 15 x 400 in 65/ 2 miles down. Did the workout with Jeremy, Carter and Adam which was great. Adam and I hit all 15 and really they were pretty much all in 64. Felt super good. The best I have felt all week which tells me my week in Nashville was a big success and exactly what the doctor ordered.

Sunday January 18th- 90 minutes with Blair, Adam and Juan at the Sunday Group Run in Castlewood. Ran the Castlewood Cup Course and then added on. Cool Course!!

82 miles, 11 runs. Now that was a real week of training!! Very happy to be feeling fit heading into the race in Boston on the 24th. [ED. NOTE- Ran 4:03 for the mile one week later]

2009 PR's TRACK- Mile- 4:03