

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Distance 12.02 mi Pace 6:54 /mi Time 1h 23m HR 153 ----- Distance 5.26 mi Pace 6:52 /mi Time 36m 7s HR 139	<b>5 MILE TEMPO</b> <b>4:53, 4:54, 4:50, 4:56,</b> <b>4:51</b> Distance 11.11 mi Pace 6:22 /mi Time 1h 10m ----- Distance 5.07 mi Pace 7:02 /mi Time 35m 42s	Paris Route Distance 11.01 mi Pace 6:52 /mi Time 1h 15m HR 155 ----- Distance 5.10 mi Pace 7:01 /mi Time 35m 48s HR 137	<b>Fatigued Mile Repeat</b> <b>1 mile warm up, 6 mile</b> <b>fatigue, 3x1600</b> <b>5:20ish average fatigue,</b> <b>4:32, 4:30, 4:30</b> Distance 13.01 mi Pace 6:12 /mi Time 1h 20m HR 154 ----- Distance 6.15 mi Pace 6:58 /mi Time 42m 48s HR 128	Distance 4.01 mi Pace 7:17 /mi Time 29m 15s HR 125 ----- Distance 9.34 mi Pace 6:41 /mi Time 1h 2m HR 171 ??	<b>Distance 18.04 mi</b> <b>Pace 5:54 /mi</b> <b>Time 1h 46m</b> <b>HR 144</b>	REST  <b>TOTALS:</b> <b>100.1 mi / 161KM</b> <b>10h 58m</b> <b>2,454 ft</b>
Distance 12.05 mi Pace 6:57 /mi Time 1h 23m HR 149 ----- Distance 5.05 mi Pace 7:04 /mi Time 35m 43s HR 150	<b>2x3 Mile</b> <b>4:41, 4:44, 4:47</b> <b>4:42, 4:55, 4:54</b> Distance 12.11 mi Pace 6:34 /mi Time 1h 19m HR 142 ----- Distance 6.23 mi Pace 6:49 /mi Time 42m 28s HR 140	Distance 12.08 mi Pace 6:58 /mi Time 1h 24m HR 163 ----- Distance 6.23 mi Pace 6:58 /mi Time 43m 29s HR 170	<b>2x(1600, 1200, 800)</b> <b>4:28, 3:18, 2:10</b> <b>4:32, 3:21, 2:08</b> Distance 12.09 mi Pace 7:06 /mi Time 1h 25m HR 140 ----- Distance 6.21 mi Pace 6:51 /mi Time 42m 33s HR 162	Distance 11.74 mi Pace 6:43 /mi Time 1h 19m HR 166 ----- Distance 6.21 mi Pace 7:02 /mi Time 43m 39s HR 165	<b>Distance 20.16 mi</b> <b>Pace 5:51 /mi</b> <b>Time 1h 57m</b> <b>HR 150</b>	REST  <b>TOTALS:</b> <b>110.2 mi/ 177KM</b> <b>12h 18m</b> <b>3,104 ft</b>

<p>Distance 12.00 mi Pace 6:43 /mi Time 1h 20m HR 160 ----- Distance 6.22 mi Pace 6:54 /mi Time 43m 0s HR 150</p>	<p><b>6 Mile Tempo</b> <b>4:49, 4:55, 4:56, 4:59,</b> <b>5:11, 4:53</b> Distance 12.15 mi Pace 6:11 /mi Time 1h 15m HR 149 ----- Distance 6.02 mi Pace 7:00 /mi Time 42m 13s HR 163</p>	<p>Distance 10.86 mi Pace 7:03 /mi Time 1h 16m HR 148 ----- Distance 5.06 mi Pace 6:57 /mi Time 35m 13s HR 171</p>	<p><b>12x1000</b> <b>2:53, 2:53, 2:53, 2:53,</b> <b>2:48, 2:49, 2:49, 2:49,</b> <b>2:49, 2:49, 2:50, 2:48.</b> Distance 13.38 mi Pace 6:44 /mi Time 1h 30m HR 140 ----- Distance 6.21 mi Pace 6:56 /mi Time 43m 4s HR 131</p>	<p>Distance 12.00 mi Pace 6:53 /mi Time 1h 22m HR 165</p>	<p><b>Distance 22.01 mi</b> <b>Pace 5:44 /mi</b> <b>Time 2h 6m</b> <b>HR 151</b></p>	<p>REST</p> <p><b>TOTALS:</b> <b>105.9 mi/170KM</b> <b>11h 34m</b> <b>2,303 ft</b></p>
<p>Distance 12.01 mi Pace 6:58 /mi Time 1h 23m HR 161 ----- Distance 6.20 mi Pace 7:01 /mi Time 43m 31s HR 143</p>	<p><b>Fatigued Mile Repeats</b> <b>8 Mile Fatigue at 4:29</b> <b>average</b> <b>3x1600, 4:31, 4:28, 4:24</b> Distance 14.51 mi Pace 6:17 /mi Time 1h 31m HR 151 ----- Distance 5.52 mi Pace 6:59 /mi Time 38m 34s HR 151</p>	<p>Distance 10.43 mi Pace 6:59 /mi Time 1h 12m HR N/A ----- Distance 6.24 mi Pace 6:59 /mi Time 43m 37s HR 150</p>	<p><b>4x2 Mile</b> <b>9:19, 9:21, 9:18, 9:23</b> Distance 14.32 mi Pace 6:31 /mi Time 1h 33m HR 151 ----- Distance 5.02 mi Pace 7:05 /mi Time 35m 36s HR 129</p>	<p>Distance 10.64 mi Pace 7:02 /mi Time 1h 14m HR 149 ----- Distance 5.11 mi Pace 7:03 /mi Time 36m 7s HR 122</p>	<p><b>Bolder Boulder Prep</b> Distance 25.02 mi Pace 5:56 /mi Time 2h 28m HR 146</p>	<p>REST</p> <p><b>TOTALS:</b> <b>115.0 mi/185KM</b> <b>12h 41m</b> <b>3,353 ft</b></p>

<p>Distance 12.01 mi Pace 7:02 /mi Time 1h 24m HR 154 ----- Distance 6.25 mi Pace 7:04 /mi Time 44m 9s HR 167</p>	<p><b>Broken Tempo 4mi, 2mi</b> <b>First DT Session</b> 4:50, 4:51, 4:48, 4:49   4:47, 4:50 <b>3 mins rest between</b> <b>4mi and 2mi</b> Distance 10.04 mi Pace 6:14 /mi Time 1h 2m HR 142 ----- <b>8x1000 Second DT</b> <b>Session</b> 3:04, 3:03, 2:57, 3:00, 2:55, 2:56, 2:54, 2:53  Distance 9.21 mi Pace 6:24 /mi Time 58m 57s HR 144</p>	<p>Distance 10.11 mi Pace 6:46 /mi Time 1h 8m HR 158 ----- Distance 1.94 mi Pace 10:34 /mi Time 20m 33s HR 133</p>	<p>Distance 10.65 mi Pace 6:43 /mi Time 1h 11m HR 161 ----- Distance 6.10 mi Pace 6:58 /mi Time 42m 28s HR 146</p>	<p><b>Tempo 1600, 1200,</b> <b>1000, 800</b> 4:39, 3:14, 2:39, 2:03 Distance 9.99 mi Pace 7:33 /mi Time 1h 15m HR 131 ----- Distance 6.00 mi Pace 7:03 /mi Time 42m 21s HR 147</p>	<p>Distance 5.02 mi Pace 7:18 /mi Time 36m 40s HR 145 ----- Distance 5.96 mi Pace 7:12 /mi Time 42m 58s HR 152</p>	<p>Distance 4.73 mi Pace 7:19 /mi Time 34m 37s HR 146  <b>TOTALS:</b> <b>98.0 mi/157KM</b> <b>11h 25m</b> <b>2,402 ft</b></p>
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<p><b>Bolder Boulder 10k</b>  <b>Distance 6.30 mi</b>  <b>Pace 4:42 /mi</b>  <b>Time 29m 39s</b>  <b>HR 175</b></p> <p>-----</p> <p><b>Distance 8.91 mi</b>  <b>Pace 7:09 /mi</b>  <b>Time 1h 3m</b>  <b>HR 138</b></p>	<p><b>Distance 14.37 mi</b>  <b>Pace 6:36 /mi</b>  <b>Time 1h 34m</b>  <b>HR 157</b></p> <p>-----</p> <p><b>Distance 4.00 mi</b>  <b>Pace 7:08 /mi</b>  <b>Time 28m 35s</b>  <b>HR 126</b></p>	<p><b>Distance 10.16 mi</b>  <b>Pace 6:55 /mi</b>  <b>Time 1h 10m</b>  <b>HR 149</b></p> <p>-----</p> <p><b>Distance 6.22 mi</b>  <b>Pace 6:54 /mi</b>  <b>Time 42m 57s</b>  <b>HR 144</b></p>	<p><b>5x2k, 1k</b>  <b>6:00, 5:59, 5:57, 5:59,</b>  <b>5:58, 2:57</b></p> <p><b>Distance 13.37 mi</b>  <b>Pace 7:00 /mi</b>  <b>Time 1h 33m</b>  <b>HR 150</b></p> <p>-----</p> <p><b>Distance 7.54 mi</b>  <b>Pace 7:20 /mi</b>  <b>Time 55m 20s</b>  <b>HR 145</b></p>	<p><b>Distance 10.74 mi</b>  <b>Pace 7:04 /mi</b>  <b>Time 1h 15m</b>  <b>HR 148</b></p> <p>-----</p> <p><b>Distance 5.54 mi</b>  <b>Pace 6:59 /mi</b>  <b>Time 38m 42s</b>  <b>HR 140</b></p>	<p><b>10 Weeks Out</b>  <b>First pickup of the</b>  <b>build. 3 miles. 4:48,</b>  <b>4:46, 4:42.</b></p> <p><b>Distance 25.03 mi</b>  <b>Pace 5:52 /mi</b>  <b>Time 2h 26m</b>  <b>HR 141</b></p>	<p><b>REST</b></p> <p><b>TOTALS:</b>  <b>115.1 mi/185KM</b>  <b>12h 44m</b>  <b>2,825 ft</b></p>
<p><b>Distance 13.32 mi</b>  <b>Pace 6:49 /mi</b>  <b>Time 1h 30m</b>  <b>HR 149</b></p> <p>-----</p> <p><b>Distance 6.28 mi</b>  <b>Pace 7:39 /mi</b>  <b>Time 48m 9s</b>  <b>HR 142</b></p>	<p><b>Hobble Creek</b>  <b>(HILLY WORKOUT)</b></p> <p><b>Distance 12.82 mi</b>  <b>Pace 6:11 /mi</b>  <b>Time 1h 19m</b>  <b>HR 148</b></p> <p>-----</p> <p><b>Distance 5.26 mi</b>  <b>Pace 6:55 /mi</b>  <b>Time 36m 28s</b>  <b>HR 140</b></p>	<p><b>DistanceE 13.10 mi</b>  <b>Pace 6:55 /mi</b>  <b>Time 1h 30m</b>  <b>HR 148</b></p> <p>-----</p> <p><b>Distance 6.22 mi</b>  <b>Pace 7:10 /mi</b>  <b>Time 44m 39s</b>  <b>HR 127</b></p>	<p><b>12x1000</b>  <b>2:57, 3:01, 2:56, 2:59,</b>  <b>2:54, 3:02, 2:55, 2:56,</b>  <b>2:56, 2:58, 2:54, 2:52</b></p> <p><b>Distance 13.91 mi</b>  <b>Pace 7:07 /mi</b>  <b>Time 1h 38m</b>  <b>HR 144</b></p> <p>-----</p> <p><b>Distance 5.21 mi</b>  <b>Pace 7:03 /mi</b>  <b>Time 36m 49s</b>  <b>HR 133</b></p>	<p><b>Distance 14.01 mi</b>  <b>Pace 7:01 /mi</b>  <b>Time 1h 38m</b>  <b>HR 146</b></p> <p>-----</p> <p><b>Distance 6.24 mi</b>  <b>Pace 7:00 /mi</b>  <b>Time 43m 40s</b>  <b>HR 134</b></p>	<p><b>15.5 on Deer Creek,</b>  <b>4-mile pickup on</b>  <b>Heber roads</b>  <b>4:53, 4:42, 4:46,</b>  <b>4:51.</b></p> <p><b>Cool down to make</b>  <b>it a 120 mile week.</b></p> <p><b>Distance 23.71 mi</b>  <b>Pace 5:55 /mi</b>  <b>Time 2h 20m</b></p>	<p><b>REST</b></p> <p><b>TOTALS:</b>  <b>120.1 mi/193 KM</b>  <b>13h 27m</b>  <b>4,829 ft</b></p>

<p>Distance 13.10 mi Pace 6:50 /mi Time 1h 29m HR 148</p> <p>-----</p> <p>Distance 6.24 mi Pace 7:04 /mi Time 44m 6s HR 139</p>	<p><b>8 Mile PMP</b> <b>4:48, 4:47, 4:49, 4:47,</b> <b>4:45, 4:47, 4:48, 4:48</b> <b>Predicted Marathon</b> <b>Pace.</b></p> <p>Distance 14.02 mi Pace 6:10 /mi Time 1h 26m HR 144</p> <p>-----</p> <p>Distance 6.21 mi Pace 6:55 /mi Time 43m 1s HR 131</p>	<p>Distance 12.64 mi Pace 6:48 /mi Time 1h 25m HR 149</p> <p>-----</p> <p>Distance 5.01 mi Pace 6:56 /mi Time 34m 46s HR 129</p>	<p><b>Fatigued Mile Repeats</b> <b>8 miles at 5:19 avg. 3 x</b> <b>mile at 4:22, 4:20, 4:17.</b></p> <p>Distance 14.51 mi Pace 6:01 /mi Time 1h 27m HR 148</p> <p>-----</p> <p>Distance 4.75 mi Pace 6:51 /mi Time 32m 34s HR 133</p>	<p>Distance 10.04 mi Pace 6:57 /mi Time 1h 9m HR 146</p> <p>-----</p> <p>Distance 6.03 mi Pace 7:08 /mi Time 43m 4s HR 128</p>	<p><b>4 mile uphill pickup.</b> <b>I love hills. 5:07,</b> <b>5:16, 5:21, 5:13</b></p> <p>Distance 18.01 mi Pace 6:00 /mi Time 1h 48m HR 137</p>	<p><b>REST</b></p> <p><b>TOTALS:</b> <b>110.6 mi/177KM</b> <b>12h 4m</b> <b>2,966 ft</b></p>
<p>Distance 13.33 mi Pace 6:42 /mi Time 1h 29m HR 146</p> <p>-----</p> <p>Distance 6.21 mi Pace 7:08 /mi Time 44m 20s HR 142</p>	<p><b>1600, 1200, 1000, 800,</b> <b>400</b> <b>4:24, 3:14, 2:40, 2:06,</b> <b>60</b></p> <p>Distance 11.31 mi Pace 7:18 /mi Time 1h 22m HR 126</p> <p>-----</p> <p>Distance 7.07 mi Pace 6:57 /mi Time 49m 11s HR 142</p>	<p>Distance 10.72 mi Pace 6:51 /mi Time 1h 13m HR 146</p> <p>-----</p> <p>Distance 6.17 mi Pace 7:00 /mi Time 43m 14s HR 127</p>	<p><b>Tempo 1600, 2x800</b> <b>3:39 (typo... 4:39 😊),</b> <b>2:10, 2:04</b> <b>Fast finish last 800.</b></p> <p>Distance 8.49 mi Pace 7:17 /mi Time 1h 1m HR 134</p> <p>-----</p> <p>Distance 5.04 mi Pace 7:06 /mi Time 35m 48s HR 127</p>	<p>Distance 5.04 mi Pace 7:25 /mi Time 37m 22s HR 121</p> <p>-----</p> <p>Distance 5.25 mi Pace 7:00 /mi Time 36m 48s HR 126</p>	<p>Distance 5.93 mi Pace 7:20 /mi Time 43m 30s HR 136</p>	<p><b>(WARM UP)</b> <b>Distance 2.89 mi</b> <b>-----</b></p> <p><b>Boston 10k</b> <b>Distance 6.23 mi</b> <b>Pace 4:35 /mi</b> <b>Time 28m 32s</b> <b>HR 177</b></p> <p>-----</p> <p><b>(LONG CD)</b> <b>Distance 7.09 mi</b></p> <p><b>TOTALS:</b> <b>100.8 mi/161K</b> <b>11h 37m</b> <b>2,448 ft</b></p>

<p>Distance 14.02 mi Pace 6:42 /mi Time 1h 33m HR 137</p>	<p>Distance 13.11 mi Pace 6:39 /mi Time 1h 27m HR 150 ----- Distance 6.28 mi Pace 6:59 /mi Time 43m 53s HR 123</p>	<p>Distance 12.00 mi Pace 7:15 /mi Time 1h 26m HR 138 ----- Missed 1.5 miles  Distance 4.75 mi Pace 7:03 /mi Time 33m 29s HR 125</p>	<p><b>6 mile, 4 mile</b> <b>4:49, 4:46, 4:48, 4:53,</b> <b>4:59, 4:59    5:03, 5:11,</b> <b>5:15, 5:04</b> Distance 16.07 mi Pace 6:04 /mi Time 1h 37m HR 153 ----- Distance 7.84 mi Pace 6:52 /mi Time 53m 48s HR 143</p>	<p>Distance 13.01 mi Pace 6:55 /mi Time 1h 29m HR 141 ----- Distance 6.40 mi Pace 7:05 /mi Time 45m 19s HR 129</p>	<p><b>16 miles on Deer</b> <b>Creek trail.</b> <b>4 mile pickup miles</b> <b>19 to 23. 4:43, 4:56,</b> <b>5:13, 4:46.</b>  Distance 25.04 mi Pace 6:00 /mi Time 2h 30m HR 145</p>	<p>REST</p> <p><b>TOTALS:</b> <b>120.0 mi/193KM</b> <b>13h 12m</b> <b>4,252 ft</b></p>
<p>Distance 13.23 mi Pace 6:41 /mi Time 1h 28m HR 135 ----- Distance 6.63 mi Pace 6:55 /mi Time 45m 55s HR 123</p>	<p><b>12x1000</b> <b>620m loop of death.</b> <b>2:59, 3:00, 2:58, 2:58,</b> <b>2:56, 3:01, 2:57, 2:58,</b> <b>2:56, 2:57, 2:57, 2:55.</b>  Distance 14.46 mi Pace 6:30 /mi Time 1h 33m HR 143 ----- Distance 5.40 mi Pace 6:55 /mi Time 37m 21s HR 131</p>	<p>Distance 12.07 mi Elev Gain 1,368 ft Time 1h 19m HR 143 bpm ----- Distance 6.09 mi Pace 6:48 /mi Time 41m 28s HR 126</p>	<p><b>Hobble Creek</b> <b>My fastest hobble yet.</b> Distance 12.38 mi Pace 5:57 /mi Time 1h 13m HR 157 ----- Distance 5.49 mi Pace 6:43 /mi Time 36m 58s HR 134</p>	<p>Distance 10.38 mi Pace 6:59 /mi Time 1h 12m HR 133 ----- Distance 6.02 mi Pace 7:34 /mi Time 45m 34s HR 112</p>	<p><b>Big run today. 12</b> <b>miles at 5:30 avg. 6</b> <b>miles at 4:53 avg. 2</b> <b>mile cool down.</b>  Distance 20.01 mi Pace 5:22 /mi Time 1h 47m HR 161 ----- Distance 6.21 mi Elev Gain 633 ft Time 39m 38s HR 140</p>	<p>REST</p> <p><b>TOTALS:</b> <b>118.4 mi/190KM</b> <b>12h 42m</b> <b>5,666 ft</b></p>

<p>Distance 12.23 mi Pace 6:45 /mi Time 1h 22m HR 136</p> <p>-----</p> <p>Distance 6.40 mi Pace 6:53 /mi Time 44m 4s HR 127</p>	<p><b>12 Mile PMP</b> 4:46, 4:48, 4:46, 4:50, 4:47, 4:44, 4:43, 4:42, 4:49, 4:46, 4:53, 4:51. 4:47ish avg. Distance 17.88 mi Pace 5:49 /mi Time 1h 44m HR 152</p> <p>-----</p> <p>Distance 6.22 mi Pace 6:34 /mi Time 40m 51s HR 142</p>	<p>Distance 12.07 mi Pace 7:00 /mi Time 1h 24m HR 127</p> <p>-----</p> <p>Distance 6.22 mi Pace 7:07 /mi Time 44m 17s 125</p>	<p><b>3x(Tempo Mile, 800)</b> 4:42, 2:06   4:39, 2:06   4:38, 2:02 Distance 11.44 mi Pace 6:55 /mi Time 1h 19m HR 135</p> <p>-----</p> <p>Distance 6.25 mi Pace 6:42 /mi Time 41m 55s HR 140</p>	<p>Distance 10.04 mi Pace 7:10 /mi Time 1h 12m HR 125</p> <p>-----</p> <p>Distance 6.02 mi Pace 7:07 /mi Time 42m 55s HR 120</p>	<p><b>Last 25 Miler</b> 16 on Deer Creek, 9 on Heber Streets. 4 mile pickup miles 19 to 23. 4:56, 4:57, 5:00, 4:30. Distance 25.44 mi Pace 5:57 /mi Time 2h 31m HR 141</p>	<p>REST</p> <p><b>TOTALS:</b> 120.2 mi/193 KM 13h 8m 4,859 ft</p>
<p>Distance 13.19 mi Pace 6:42 /mi Time 1h 28m HR 133</p> <p>-----</p> <p>Distance 6.18 mi Pace 6:56 /mi Time 42m 54s HR 125</p>	<p><b>4x3 Mile</b> 4:48, 4:47, 4:46    4:42, 4:45, 4:45    4:43, 4:42, 4:44    4:43, 4:40, 4:39 Distance 17.82 mi Pace 6:19 /mi Time 1h 52m HR 147</p> <p>-----</p> <p>Distance 6.06 mi Elev Gain 666 ft Time 39m 46s HR 135</p>	<p>Distance 12.05 mi Pace 7:02 /mi Time 1h 24m HR 126</p> <p>-----</p> <p>Distance 6.09 mi Pace 6:57 /mi Time 42m 21s HR 125</p>	<p><b>Fatigued Mile Repeats</b> 8 mile fatigue at 5:18 avg. 3xmile 4:24, 4:20, 4:17 Distance 15.18 mi Pace 6:10 /mi Time 1h 33m HR 144</p> <p>-----</p> <p>Distance 6.29 mi Pace 6:26 /mi Time 40m 27s HR 137</p>	<p>Distance 10.01 mi Pace 6:47 /mi Time 1h 7m HR 126</p> <p>-----</p> <p>Distance 5.10 mi Pace 6:58 /mi Time 35m 32s HR 123</p>	<p><b>Great crew. Great pickup miles 17 to 21.</b> 4:38, 4:42, 4:43, 4:36. Distance 23.06 mi Pace 5:33 /mi Time 2h 8m HR 149</p>	<p>REST</p> <p><b>TOTALS:</b> 121.0 mi/194 KM 12h 56m 3,494 ft</p>

<p>Distance 13.18 mi Pace 6:40 /mi Time 1h 27m HR 130</p> <p>-----</p> <p>Distance 6.05 mi Pace 7:03 /mi Time 42m 40s HR 122</p>	<p><b>Hobble Creek</b> <b>Good day. A new PB by</b> <b>about 55 seconds.</b></p> <p>Distance 12.34 mi Pace 6:00 /mi Time 1h 14m HR 148</p> <p>-----</p> <p>Distance 6.26 mi Pace 6:09 /mi Time 38m 31s HR 146</p>	<p>Distance 14.01 mi Pace 6:38 /mi Time 1h 33m HR 134</p>	<p><b>ARRIVED IN FRANCE</b></p> <p>Distance 10.40 mi Pace 7:05 /mi Time 1h 13m HR 123</p>	<p><b>3 x (Tempo Mile,</b> <b>1200), Tempo Mile</b> <b>4:37, 3:14, 4:38,</b> <b>3:10, 4:36, 3:12, 4:36</b></p> <p>Distance 13.43 mi Pace 6:45 /mi Time 1h 30m HR 136</p> <p>-----</p> <p>Distance 6.09 mi Pace 7:02 /mi Time 42m 53s HR 165</p>	<p><b>St. Moritz</b> Top five most gorgeous run of my life.</p> <p>Distance 18.28 mi Pace 6:23 /mi Time 1h 56m HR 140</p>	<p><b>REST</b></p> <p><b>TOTALS:</b> <b>100.2 mi/161 KM</b> <b>11h 1m</b> <b>3,812 ft</b></p>
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