

Run Log For: Hilary Stellingwerff

(Member Since: 10/6/2005 3:08:00 PM)

Logging Period: 10/31/2005 to 11/6/2005

These are your Non-Competition Runs

Run Date: Monday, 10/31/2005

Location/Course:

[edit](#)

- Distance: 11 miles
- Actual Time: 1:20:00.00 (h:m:s)
- Pace: 0:07:16.36 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Hot
- Comments: 80'LSD w/ strides. Some strength, but not all as my knee was sore and felt load of run was enough! Felt pretty good, just a bit sore from race.

Run Date: Tuesday, 11/1/2005

Location/Course:

[edit](#)

- Distance: 8.25 miles
- Actual Time: 1:00:00.00 (h:m:s)
- Pace: 0:07:16.36 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: 60' Easy run + circuits. Kept it easy because a bit sore.

Run Date: Wednesday, 11/2/2005

Location/Course:

[edit](#)

- Distance: 16 miles
- Actual Time: 1:41:00.00 (h:m:s)
- Pace: 0:06:18.75 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: Am: 20'Easy
Pm: 18'wu, on track: 2000m-6:37, 1600m-5:16, 1200m-3:54, 800-2:29, 400m-62, 2'walk/jog + 4'tempo + 2'walk/jog between each interval. 18'wd + drills. Felt really good, tempos got faster as we went. First two intervals definitely the most challenging, but 62 felt good at end!

Run Date: Thursday, 11/3/2005

Location/Course:

[edit](#)

- Distance: 9.5 miles
- Actual Time: 1:10:00.00 (h:m:s)
- Pace: 0:07:22.11 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: Am: 50' really easy, tired and sore from workout 12 hours earlier!
Pm: 20'easy + circuits.

Run Date: Friday, 11/4/2005

Location/Course:

[edit](#)

- Distance: 16 miles
- Actual Time: 1:48:00.00 (h:m:s)
- Pace: 0:06:45.00 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: Am: 20'Easy run (felt pretty dead!)
Pm: 20'wu, 10 x 3'H/1'E, 15'jog, 6xhills, 8'wd + drills = 88' (Kept 3'ers under control because this is the most amount of work in terms of minutes that I've done, rolled a bit more near the end. Legs felt much better than this morning. Day off tomorrow will be good.)

Run Date: Saturday, 11/5/2005

Location/Course:

[edit](#)

- Distance: 0 miles
- Actual Time: 0:00:00.00 (h:m:s)
- Pace: n/a (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: Biked for hour with Trent while he ran.

Run Date: Sunday, 11/6/2005

Location/Course:

[edit](#)

- Distance: 14 miles
- Actual Time: 1:40:00.00 (h:m:s)
- Pace: 0:07:08.56 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: 1hr.40 LSD, started relaxed and tried to go more steady in the middle, but still under control. Felt fine, just tired by end.

These are your Races