

# Run Log For: Hilary Stellingwerff

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

Logging Period: 1/1/2005 to 12/31/2005

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<b>Run Date: Sunday, 12/25/2005</b>	<b>Location/Course:</b>	<a href="#">edit</a>
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- 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: 70'LSD in rain, body felt really achy.

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<b>Run Date: Monday, 12/26/2005</b>	<b>Location/Course:</b>	<a href="#">edit</a>
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- Distance: 6.5 miles
- Actual Time: 0:48:00.00 (h:m:s)
- Pace: 0:07:23.07 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: 48' run in Sarnia. Felt okay, calves sore at beginning , but loosened up.

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<b>Run Date: Tuesday, 12/27/2005</b>	<b>Location/Course:</b>	<a href="#">edit</a>
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- Distance: 13 miles
- Actual Time: 1:20:00.00 (h:m:s)
- Pace: 0:06:09.23 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: w/o @ Canatara, cold and windy: 20'wu, 4x1200m w/4'R, 1)3:58, 2)3:58, 3)3:55 4)3:54, 9'jog, 3x300m w/1'R, 1)51 2)50 3)49, 5'jog, 3x200m w/30"R, avg.33. 15'wd. Weights and strength.

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<b>Run Date: Wednesday, 12/28/2005</b>	<b>Location/Course:</b>	<a href="#">edit</a>
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- Distance: 8 miles
- Actual Time: 56:00:00.00 (h:m:s)
- Pace: 7:00:00.00 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: 56' run on golf course in Sarnia. Felt tired, but legs okay and foot much better.

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<b>Run Date: Thursday, 12/29/2005</b>	<b>Location/Course:</b>	<a href="#">edit</a>
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- Distance: 14 miles
- Actual Time: 1:30:00.00 (h:m:s)
- Pace: 0:06:25.70 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: am: 20'wu, 15'tempo, 15'wd.  
pm: 20'wu, 5x400m on indoor track w/4'R. 66, 65, 64, 65, 66. 3'jog, strength, 13'wd.

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<b>Run Date: Friday, 12/30/2005</b>	<b>Location/Course:</b>	<a href="#">edit</a>
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- 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: Off day running, weights.

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<b>Run Date: Saturday, 12/31/2005</b>	<b>Location/Course:</b>	<a href="#">edit</a>
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- Distance: 10 miles
- Actual Time: 1:05:00.00 (h:m:s)
- Pace: 0:06:30.00 (h:m:s)
- Goal Time: n/a
- Run Type: Cross Country
- Shoes Used:
- Weather: Cold
- Comments: 20'wu, 3x (8x200m w/ 50"R), 6'btw sets. 1 set: 34-33, 2 set: 33-32 (last one @ 31), 3 set: 33-32 (2 @ 31). 5'jog, strenght, 20wd. Tough session, but getting used to track again.

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These are your Races