

3/22 - 3/28

ready for weekend race
miles

miles	route	time	goal	weather	pace	cut	health	notes
	Newport → at Kitty's dinner → St. Pier							
11	w/Chick Marathon	2:15	2	65° S/B	1	1	5	5
11		1:15	5	"	1	1	5	5
dinner - salad bar								
beautiful day - relaxed lay by ocean peaceful								
11	Marathon loop	2:45	2	50° S/B	-	-	5	5
19.6 8.5	Sel, Mountain Com. GC Conifer Pine, Mt Islip	2:15 -	4 3	40° S/B 35° n	-	157	4 3	4 4
<p>→ some fiddle & change this ↓</p> <p>felt sluggish in morning ran w/Chris at night and felt fine</p>								
16.4 7.0		2:10	4 2	35° C 35° n	~ ~	156	3 4	4 5
5 > 200m								
5	MIT	~	3	30° n	~	161(?)	3	4
<p>! yucky day - pouring rain got through run by God's grace felt better & went along - little sore throat</p>								
28	Sel, Trzech Coner, 200 Capp Col Dorby, Anne, Scott Lobster	3:15	4	40° CR	~	-	3	3
5.5	w/Dorby Anne							
at Anne's grandparents - Lawson's								
<p>(1230) record!</p>								