

| Date | Day | Miles    | Time | Mile Pace |
|------|-----|----------|------|-----------|
| 1    | Sun | 9        |      |           |
| 2    | Mon | 3        |      |           |
| 3    | Tue | 6        |      |           |
| 4    | Wed | 3        |      |           |
| 5    | Thu | 3        |      |           |
| 6    | Fri | Rest Day |      |           |
| 7    | Sat | Rest Day |      |           |
| 8    | Sun | 10       |      |           |
| 9    | Mon | Rest Day |      |           |
| 10   | Tue | 3        |      |           |
| 11   | Wed | 3        |      |           |
| 12   | Thu | 3        |      |           |
| 13   | Fri | Rest Day |      |           |
| 14   | Sat | 3        |      |           |
| 15   | Sun | Rest Day |      |           |
| 16   | Mon | 3        |      |           |
| 17   | Tue | 3        |      |           |
| 18   | Wed | 3        |      |           |
| 19   | Thu | 3        |      |           |
| 20   | Fri | 3        |      |           |
| 21   | Sat | 3        |      |           |
| 22   | Sun | 3        |      |           |
| 23   | Mon | Rest Day |      |           |
| 24   | Tue | 6        |      |           |
| 25   | Wed | 3        |      |           |
| 26   | Thu | 3        |      |           |
| 27   | Fri | 3        |      |           |
| 28   | Sat | Rest Day |      |           |
| 29   | Sun | 6        |      |           |
| 30   | Mon | 3        |      |           |
| 31   | Tue | 3        |      |           |

<--- Baghdad 10 Miler

**Total Miles**  
**94**

| Date | Day | Miles    | Time    | Mile Pace |
|------|-----|----------|---------|-----------|
| 1    | Wed | 3        |         |           |
| 2    | Thu | Rest day |         |           |
| 3    | Fri | 3        | 0:26:26 | 08:48.7   |
| 4    | Sat | 3        | 0:28:00 | 09:20.0   |
| 5    | Sun | 6        | 0:55:55 | 09:19.2   |
| 6    | Mon | Rest day |         |           |
| 7    | Tue | 3        | 0:25:20 | 08:26.7   |
| 8    | Wed | 3        | 0:26:13 | 08:44.3   |
| 9    | Thu | 6        | 0:53:05 | 08:50.8   |
| 10   | Fri | Rest day |         |           |
| 11   | Sat | 3        | 0:26:14 | 08:44.7   |
| 12   | Sun | 6        | 0:55:28 | 09:14.7   |
| 13   | Mon | Rest day |         |           |
| 14   | Tue | 2        | 0:14:25 | 07:12.5   |
| 15   | Wed | Rest day |         |           |
| 16   | Thu | 6        | 0:55:56 | 09:19.3   |
| 17   | Fri | 3        | 0:26:00 | 08:40.0   |
| 18   | Sat | 3        | 0:27:12 | 09:04.0   |
| 19   | Sun | 3.4      | 0:25:06 | 07:22.9   |
| 20   | Mon | Rest day |         |           |
| 21   | Tue | 3        | 0:25:41 | 08:33.7   |
| 22   | Wed | 3        | 0:27:07 | 09:02.3   |
| 23   | Thu | Rest day |         |           |
| 24   | Fri | 6        | 0:50:50 | 08:28.3   |
| 25   | Sat | 3        | 0:26:29 | 08:49.7   |
| 26   | Sun | Rest day |         |           |
| 27   | Mon | 3        | 0:26:09 | 08:43.0   |
| 28   | Tue | 3        | 0:26:05 | 08:41.7   |
| 29   | Wed | 9        | 1:25:52 | 09:32.4   |
| 30   | Thu | 3        | 0:26:04 | 08:41.3   |
|      |     |          |         |           |

<--- Army PT Test + flu shot afterwards  
(feeling effects of flu shot)

<--- Chaplain's 5K Run

<---- Thanksgiving Day  
<---- 5/10K MWR Run

**Total Miles**      **Total Time**      **Avg Pace**  
**86.4**                      **12:19:37**                      **08:44.8**

| Date | Day | Miles              | Time              | Mile Pace       |                                  |
|------|-----|--------------------|-------------------|-----------------|----------------------------------|
| 1    | Fri | 3                  | 0:26:30           | 08:50.0         |                                  |
| 2    | Sat | 6                  | 0:54:31           | 09:05.2         |                                  |
| 3    | Sun | 3                  | 0:26:01           | 08:40.3         |                                  |
| 4    | Mon | 3                  | 0:25:15           | 08:25.0         |                                  |
| 5    | Tue | Rest Day           |                   |                 | <---- Eagles Football Game       |
| 6    | Wed | 6                  | 0:54:05           | 09:00.8         |                                  |
| 7    | Thu | 3                  | 0:26:52           | 08:57.3         |                                  |
| 8    | Fri | 3                  | 0:24:50           | 08:16.7         |                                  |
| 9    | Sat | Rest Day           |                   |                 | <---- Sick (CENTCOM Crud)        |
| 10   | Sun | 3                  | 0:25:02           | 08:20.7         |                                  |
| 11   | Mon | 3                  | 0:25:02           | 08:20.7         |                                  |
| 12   | Tue | 6                  | 0:53:43           | 08:57.2         |                                  |
| 13   | Wed | 3                  | 0:26:54           | 08:58.0         |                                  |
| 14   | Thu | 3                  | 0:25:15           | 08:25.0         |                                  |
| 15   | Fri | Rest Day           |                   |                 |                                  |
| 16   | Sat | 6                  | 0:50:20           | 08:23.3         | <---- MWR 10K Run                |
| 17   | Sun | 3                  | 0:27:27           | 09:09.0         |                                  |
| 18   | Mon | Travel Day         |                   |                 | <---- Arrive Kuwait 23:00        |
| 19   | Tue | Travel Day         |                   |                 |                                  |
| 20   | Wed | Travel Day         |                   |                 |                                  |
| 21   | Thu | Travel Day         |                   |                 | <---- Depart Kuwait 10:00        |
| 22   | Fri | 4                  | 0:33:48           | 08:27.0         | <---- Dallas, TX 15 hour layover |
| 23   | Sat | Rest Day           |                   |                 |                                  |
| 24   | Sun | 2                  |                   |                 |                                  |
| 25   | Mon | 4.2                | 0:36:22           | 08:39.5         | <---- Christmas Day              |
| 26   | Tue | Rest Day           |                   |                 |                                  |
| 27   | Wed | Rest Day           |                   |                 |                                  |
| 28   | Thu | 4.2                | 0:37:20           | 08:53.3         |                                  |
| 29   | Fri | Rest Day           |                   |                 |                                  |
| 30   | Sat | 4.2                | 0:37:34           | 08:56.7         |                                  |
| 31   | Sun | Rest Day           |                   |                 |                                  |
|      |     | <b>Total Miles</b> | <b>Total Time</b> | <b>Avg Pace</b> |                                  |
|      |     | <b>72.6</b>        | <b>10:16:51</b>   | <b>08:42.5</b>  |                                  |