

Date	Day	Miles	Time	Mile Pace	
1	Mon	2.2	0:17:40	08:01.8	<--- New Year's Day
2	Tue	Rest Day			
3	Wed	6.6	0:59:50	09:03.9	
4	Thu	Rest Day			
5	Fri	Rest Day			
6	Sat	Rest Day			<--- Flight to Dallas
7	Sun	unknown	0:30:42		<--- Sheraton Grand, Dallas
8	Mon	Travel Day			
9	Tue	Travel Day			<--- Arrive in Baghdad
10	Wed	Rest Day			
11	Thu	3	0:24:34	08:11.3	
12	Fri	6	0:53:01	08:50.2	
13	Sat	3	0:27:12	09:04.0	
14	Sun	Rest Day			
15	Mon	3	0:24:47	08:15.7	
16	Tue	3	0:25:22	08:27.3	
17	Wed	3	0:26:01	08:40.3	
18	Thu	6	0:53:00	08:50.0	
19	Fri	3	0:26:09	08:43.0	
20	Sat	3	0:25:14	08:24.7	
21	Sun	Rest Day			
22	Mon	9	1:22:35	09:10.6	
23	Tue	3	0:25:16	08:25.3	<--- slight head-cold
24	Wed	3	0:25:25	08:28.3	
25	Thu	6	0:54:06	09:01.0	
26	Fri	3			<--- Stopwatch malfunction!
27	Sat	3	0:26:41	08:53.7	
28	Sun	Rest Day			
29	Mon	Rest Day			
30	Tue	12	1:55:14	09:36.2	<--- Longest run ever...
31	Wed	3	0:26:39	08:53.0	
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>83.8</b>	<b>12:29:28</b>	<b>08:43.4</b>	

Date	Day	Miles	Time	Mile Pace
1	Thu	Rest Day		
2	Fri	3	0:25:16	08:25.3
3	Sat	3	0:24:56	08:18.7
4	Sun	Rest Day		
5	Mon	6	0:52:26	08:44.3
6	Tue	3	0:26:04	08:41.3
7	Wed	3	0:26:05	08:41.7
8	Thu	3	0:25:36	08:32.0
9	Fri	3	0:25:11	08:23.7
10	Sat	Rest Day		
11	Sun	3	0:25:43	08:34.3
12	Mon	6	0:53:21	08:53.5
13	Tue	3	0:25:07	08:22.3
14	Wed	3	0:25:58	08:39.3
15	Thu	6	0:53:29	08:54.8
16	Fri	3	0:26:37	08:52.3
17	Sat	3	0:25:52	08:37.3
18	Sun	Rest Day		
19	Mon	2	0:14:51	07:25.5
20	Tue	Rest Day		
21	Wed	6	0:50:49	08:28.2
22	Thu	3	0:25:52	08:37.3
23	Fri	3	0:25:26	08:28.7
24	Sat	3		
25	Sun	Rest Day		
26	Mon	3	0:25:10	08:23.3
27	Tue	3	0:24:40	08:13.3
28	Wed	6	0:52:50	08:48.3

<--- begin push-up/sit-ups before run

<--- rained last night, lots of puddles!

<--- Army PT Test (Scored 251)

<--- Camp Victory Visit/DEERS

<--- Stopwatch malfunction!

**Total Miles      Total Time      Avg Pace**  
**80                    11:01:19           08:31.7**

Date	Day	Miles	Time	Mile Pace
1	Thu	3	0:26:01	08:40.3
2	Fri	3	0:25:30	08:30.0
3	Sat	Rest Day		
4	Sun	Rest Day		
5	Mon	2	0:14:18	07:09.0
6	Tue	3		
7	Wed	3	0:25:20	08:26.7
8	Thu	2	0:14:27	07:13.5
9	Fri	3	0:24:46	08:15.3
10	Sat	3	0:25:07	08:22.3
11	Sun	Rest Day		
12	Mon	3	0:24:01	08:00.3
13	Tue	3	0:24:46	08:15.3
14	Wed	6	0:53:32	08:55.3
15	Thu	Rest Day		
16	Fri	Rest Day		
17	Sat	6	0:49:00	08:10.0
18	Sun	3	0:25:55	08:38.3
19	Mon	3	0:25:08	08:22.7
20	Tue	3	0:25:31	08:30.3
21	Wed	3	0:25:20	08:26.7
22	Thu	3	0:25:01	08:20.3
23	Fri	Rest Day		
24	Sat	6	0:51:54	08:39.0
25	Sun	Rest Day		
26	Mon	3	0:24:56	08:18.7
27	Tue	3	0:24:51	08:17.0
28	Wed	3	0:25:04	08:21.3
29	Thu	3	0:25:09	08:23.0
30	Fri	3	0:24:36	08:12.0
31	Sat	Rest Day		

&lt;--- Army PT Test (Scored 267)

&lt;--- Practice APFT w/ SPC Lynd

&lt;--- St. Patricks Day MWR 5/10K Run

**Total Miles**      **Total Time**      **Avg Pace**  
**76**                      **10:10:13**              **08:17.6**

Date	Day	Miles	Time	Mile Pace	
1	Sun	3	0:23:33	07:51.0	
2	Mon	3	0:25:09	08:23.0	
3	Tue	3	0:25:20	08:26.7	
4	Wed	3	0:24:33	08:11.0	
5	Thu	3	0:24:56	08:18.7	
6	Fri	Rest Day			
7	Sat	6	0:51:16	08:32.7	
8	Sun	Rest Day			<--- Easter Sunday
9	Mon	unknown	0:21:15		<--- In Kuwait - 2 laps around tent city
10	Tue	unknown			<--- Kuwait 3 laps around tent city
11	Wed	unknown			<--- Kuwait 3 laps - major sandstorm!
12	Thu	Travel Day			<--- Move to Araf Jan
13	Fri	Travel Day			<--- Freedom Bird
14	Sat	Rest Day			
15	Sun	4.2	0:35:49	08:31.7	<--- 1st run at home
16	Mon	Rest Day			
17	Tue	4.2	0:35:15	08:23.6	
18	Wed	Rest Day			<--- Root Canal
19	Thu	4.2	0:34:33	08:13.6	
20	Fri	2.1	0:17:18	08:14.3	
21	Sat	Rest Day			
22	Sun	2.7	0:20:58	07:45.9	
23	Mon	4.2	0:36:07	08:36.0	<--- Toby's EEG
24	Tue	4.2	0:35:56	08:33.3	
25	Wed	2.1	0:16:57	08:04.3	
26	Thu	4.2	0:35:52	08:32.4	
27	Fri	4.2	0:35:04	08:21.0	
28	Sat	Rest Day			
29	Sun	4.2	0:36:05	08:35.5	
30	Mon	4.2	0:34:50	08:17.6	<--- Start terminal leave
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>65.7</b>	<b>9:30:46</b>	<b>08:19.6</b>	

Date	Day	Miles	Time	Mile Pace	
1	Tue	2.7	0:21:52	08:05.9	
2	Wed	4.2	0:36:28	08:41.0	
3	Thu	2.7	0:21:58	08:08.1	
4	Fri	Rest Day			
5	Sat	2	0:14:25	07:12.5	<--- Navy PT Test (81SU/46PU/10:51 Run)
6	Sun	Rest Day			
7	Mon	2.1	0:16:24	07:48.6	
8	Tue	Rest Day			
9	Wed	4.2	0:35:48	08:31.4	
10	Thu	4.2	0:36:40	08:43.8	
11	Fri	Rest Day			
12	Sat	2.1	0:17:10	08:10.5	<--- Reserve Academy Graduation
13	Sun	Rest Day			
14	Mon	4.2	0:36:30	08:41.4	
15	Tue	2.7	0:21:55	08:07.0	
16	Wed	4.2	0:37:05	08:49.8	
17	Thu	4.2			<--- Timer malfunction... (Op error!)
18	Fri	Rest Day			
19	Sat	6.9	1:03:00	09:07.8	
20	Sun	4.2	0:37:58	09:02.4	
21	Mon	4.2	0:37:09	08:50.7	
22	Tue	Travel Day			
23	Wed	Travel Day			
24	Thu	Travel Day			
25	Fri	Rest Day			
26	Sat	Rest Day			
27	Sun	4.5	0:41:26	09:12.4	
28	Mon	Rest Day			
29	Tue	Travel Day			<--- Amarillo, TX to Ogden, UT (940 miles)
30	Wed	Travel Day			<--- Ogden UT to home (860 miles)
31	Thu	2.1	0:18:29	08:48.1	
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>61.4</b>	<b>8:14:17</b>	<b>08:30.1</b>	

Date	Day	Miles	Time	Mile Pace	
1	Fri	4.2	0:37:25	08:54.5	
2	Sat	Rest Day			
3	Sun	Rest Day			<--- Roy Rodeo
4	Mon	Rest Day			
5	Tue	Rest Day			<--- Lola's B-Day
6	Wed	4.2	0:37:48	09:00.0	
7	Thu	4.2	0:37:53	09:01.2	
8	Fri	Rest Day			
9	Sat	Rest Day			
10	Sun	Rest Day			<--- Nate's BBQ
11	Mon	4.2	0:37:06	08:50.0	
12	Tue	2.7	0:22:18	08:15.6	
13	Wed	6.3	0:57:24	09:06.7	
14	Thu	Rest Day			<--- ARES Mtg
15	Fri	2.1	0:17:32	08:21.0	
16	Sat	Rest Day			
17	Sun	Rest Day			
18	Mon	4.2	0:36:30	08:41.4	
19	Tue	2.1	0:17:51	08:30.0	
20	Wed	4.2	0:37:21	08:53.6	
21	Thu	Rest Day			
22	Fri	Rest Day			
23	Sat	3	0:27:57	09:19.0	<--- Field Day (5900+ ft elevation mostly uphill)
24	Sun	Rest Day			<--- Field Day
25	Mon	Rest Day			
26	Tue	4.2	0:37:32	08:56.2	
27	Wed	4.2	0:37:55	09:01.7	
28	Thu	Rest Day			
29	Fri	4.8	0:43:23	09:02.3	
30	Sat	Rest Day			
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>54.6</b>	<b>8:05:55</b>	<b>08:50.9</b>	

Date	Day	Miles	Time	Mile Pace
1	Sun	2.1		
2	Mon	5.4	0:49:08	09:05.9
3	Tue	Rest Day		
4	Wed	2.1	0:18:01	08:34.8
5	Thu	5.4	0:48:37	09:00.2
6	Fri	4.2	0:39:29	09:24.0
7	Sat	Rest Day		
8	Sun	2.1	0:19:36	09:20.0
9	Mon	2.1	0:20:04	09:33.3
10	Tue	2.7	0:24:43	09:09.3
11	Wed	Rest Day		
12	Thu	5.4	0:50:44	09:23.7
13	Fri	2.1	0:18:50	08:58.1
14	Sat	4.2	0:41:12	09:48.6
15	Sun	Rest Day		
16	Mon	4.2	0:37:50	09:00.5
17	Tue	2.1	0:18:22	08:44.8
18	Wed	5.4	0:48:47	09:02.0
19	Thu	2.1	0:17:20	08:15.2
20	Fri	Rest Day		
21	Sat	2.7	0:22:42	08:24.4
22	Sun	7.5	1:12:20	09:38.7
23	Mon	2.1	0:17:54	08:31.4
24	Tue	Rest Day		
25	Wed	2.7	0:23:32	08:43.0
26	Thu	Rest Day		
27	Fri	2.7	0:23:07	08:33.7
28	Sat	5.4	0:48:15	08:56.1
29	Sun	3.1	0:27:54	09:00.0
30	Mon	2.1	0:18:05	08:36.7
31	Tue	Rest Day		

&lt;--- timer malfunction

&lt;--- allergy attack...

&lt;--- Trace Landon Fisher born! :-)

&lt;--- Oregon Trip

**Total Miles**  
**79.9**

**Total Time**  
**11:46:32**

**Avg Pace**  
**08:59.3**

Date	Day	Miles	Time	Mile Pace
1	Wed	3.1	0:28:32	09:12.3
2	Thu	Rest Day		
3	Fri	Rest Day		
4	Sat	3.1		
5	Sun	3.1	0:27:51	08:59.0
6	Mon	2.1	0:18:18	08:42.9
7	Tue	3.1	0:28:02	09:02.6
8	Wed	Rest Day		
9	Thu	3.1	0:27:06	08:44.5
10	Fri	4.2	0:38:02	09:03.3
11	Sat	3.1	0:28:07	09:04.2
12	Sun	Rest Day		
13	Mon	3.1	0:27:01	08:42.9
14	Tue	3.1	0:26:56	08:41.3
15	Wed	Rest Day		
16	Thu	Rest Day		
17	Fri	2.1	0:18:15	08:41.4
18	Sat	Rest Day		
19	Sun	3.1	0:26:43	08:37.1
20	Mon	3.1	0:27:08	08:45.2
21	Tue	3.1	0:26:45	08:37.7
22	Wed	3.1	0:28:06	09:03.9
23	Thu	Rest Day		
24	Fri	3	0:26:26	08:48.7
25	Sat	6.2	0:58:36	09:27.1
26	Sun	Rest Day		
27	Mon	3.1	0:26:32	08:33.5
28	Tue	Rest Day		
29	Wed	3.1	0:26:35	08:34.5
30	Thu	Rest Day		
31	Fri	3.1	0:26:07	08:25.5

<--- Eagle Scout Ceremony

<--- Mom's visit

**Total Miles**  
**64.1**

**Total Time**  
**9:01:08**

**Avg Pace**  
**08:49.9**

Date	Day	Miles	Time	Mile Pace	
1	Sat	2.1	0:17:34	08:21.9	
2	Sun	3.1	0:26:40	08:36.1	
3	Mon	Rest Day			<--- Toby's B-Day
4	Tue	6.2	0:56:05	09:02.7	
5	Wed	2.1	0:17:10	08:10.5	
6	Thu	3.1	0:26:48	08:38.7	
7	Fri	Rest Day			<--- RHS beat Raymond 28-0
8	Sat	3.1	0:26:43	08:37.1	
9	Sun	3.1	0:26:16	08:28.4	
10	Mon	Rest Day			<--- Christine's B-Day
11	Tue	3.1	0:25:29	08:13.2	<--- run w/Ben
12	Wed	3.1			
13	Thu	3.1			<--- new shoes
14	Fri	Rest Day			
15	Sat	1.5	0:12:05	08:03.3	<--- Drill weekend
16	Sun	3.1	0:26:13	08:27.4	
17	Mon	2.1	0:17:20	08:15.2	
18	Tue	Rest Day			
19	Wed	3.1	0:26:47	08:38.4	
20	Thu	Rest Day			
21	Fri	2.1	0:17:44	08:26.7	
22	Sat	3.1	0:26:54	08:40.6	
23	Sun	3.1	0:25:50	08:20.0	
24	Mon	3.1	0:26:20	08:29.7	
25	Tue	Rest Day			
26	Wed	Rest Day			
27	Thu	Rest Day			
28	Fri	3.1			
29	Sat	6.2			
30	Sun	3.1	0:27:31	08:52.6	
		<b>Total Miles</b>	<b>Total Time</b>	<b>Avg Pace</b>	
		<b>65.7</b>	<b>7:09:29</b>	<b>08:29.6</b>	

Date	Day	Miles	Time	Mile Pace
1	Mon	2.1	0:18:23	08:45.2
2	Tue	Rest Day		
3	Wed	3.1	0:27:22	08:49.7
4	Thu	3.1	0:28:00	09:01.9
5	Fri	2.1	0:18:17	08:42.4
6	Sat	Rest Day		
7	Sun	Rest Day		
8	Mon	2.1	0:17:00	08:05.7
9	Tue	3.1	0:26:54	08:40.6
10	Wed	Rest Day		
11	Thu	Rest Day		
12	Fri	6.2	0:57:31	09:16.6
13	Sat	2.1	0:18:13	08:40.5
14	Sun	3.1	0:27:47	08:57.7
15	Mon	2.1	0:18:08	08:38.1
16	Tue	2.1	0:18:15	08:41.4
17	Wed	Rest Day		
18	Thu	3.1	0:27:04	08:43.9
19	Fri	Rest Day		
20	Sat	1.5	0:11:00	07:20.0
21	Sun	2.1	0:18:08	08:38.1
22	Mon	Rest Day		
23	Tue	3.1	0:27:23	08:50.0
24	Wed	Rest Day		
25	Thu	Rest Day		
26	Fri	Rest Day		
27	Sat	Rest Day		
28	Sun	3.1	0:26:44	08:37.4
29	Mon	6.2	0:57:11	09:13.4
30	Tue	3.1	0:26:57	08:41.6
31	Wed	Rest Day		

<--- Navy PT Test

<--- Ed's B-Day

**Total Miles**  
**53.4**

**Total Time**  
**7:50:17**

**Avg Pace**  
**08:41.4**

Date	Day	Miles	Time	Mile Pace
1	Thu	Rest Day		
2	Fri	Rest Day		
3	Sat	3.1	0:27:41	08:55.8
4	Sun	2.1	0:17:53	08:31.0
5	Mon	3.1		
6	Tue	Rest Day		
7	Wed	Rest Day		
8	Thu	Rest Day		
9	Fri	Rest Day		
10	Sat	3.1	0:26:44	08:37.4
11	Sun	1		
12	Mon	Rest Day		
13	Tue	4.2	0:37:52	09:01.0
14	Wed	4.2	0:38:20	09:07.6
15	Thu	2.1	0:18:30	08:48.6
16	Fri	3.1	0:27:38	08:54.8
17	Sat	Rest Day		
18	Sun	3.1	0:26:46	08:38.1
19	Mon	4.2	0:37:32	08:56.2
20	Tue	2.1	0:17:44	08:26.7
21	Wed	3.1	0:26:23	08:30.6
22	Thu	Rest Day		
23	Fri	3		
24	Sat	3.1	0:27:00	08:42.6
25	Sun	Rest Day		
26	Mon	Rest Day		
27	Tue	Rest Day		
28	Wed	3.1		
29	Thu	Rest Day		
30	Fri	3.1	0:27:04	08:43.9

<--- timer malfunction

<--- Oregon Trip

<--- Mt. Rainier hike (5000ft+)

<--- Selection notice

<--- Windy – and very wet...

<--- Thanksgiving Day

<--- Mt. Rainier hike (~Camp Muir)

<--- Paper's served

**Total Miles      Total Time      Avg Pace**  
**50.8              5:57:07              08:45.7**

Date	Day	Miles	Time	Mile Pace
1	Sat	Rest Day		
2	Sun	3.1	0:27:06	08:44.5
3	Mon	Rest Day		
4	Tue	3.1	0:26:35	08:34.5
5	Wed	3.1	0:26:39	08:35.8
6	Thu	2.1	0:17:58	08:33.3
7	Fri	Rest Day		
8	Sat	3.1	0:27:05	08:44.2
9	Sun	Rest Day		
10	Mon	3.1	0:26:24	08:31.0
11	Tue	2.1	0:18:02	08:35.2
12	Wed	3.1	0:27:04	08:43.9
13	Thu	Rest Day		
14	Fri	Rest Day		
15	Sat	3.1		
16	Sun	Rest Day		
17	Mon	3.1	0:26:24	08:31.0
18	Tue	5.2	0:48:00	09:13.8
19	Wed	Rest Day		
20	Thu	3.1	0:26:48	08:38.7
21	Fri	3.1	0:27:02	08:43.2
22	Sat	3.1	0:26:58	08:41.9
23	Sun	2.1	0:18:05	08:36.7
24	Mon	Rest Day		
25	Tue	Rest Day		
26	Wed	Rest Day		
27	Thu	Rest Day		
28	Fri	Rest Day		
29	Sat	Rest Day		
30	Sun	Rest Day		
31	Mon	Rest Day		

<--- (MEPS)  
 <--- Enlisted in the Army  
 <--- Timer malfunction  
 <--- Hearing  
 <--- Christmas  
 <--- Accident / full-arm cast

**Total Miles**      **Total Time**      **Avg Pace**  
**45.6**              **6:10:10**              **08:40.6**