

Date	Day	Miles	Time	Mile Pace
1	Tue	Rest Day		
2	Wed	Rest Day		
3	Thu	Rest Day		
4	Fri	Rest Day		
5	Sat	Rest Day		
6	Sun	Rest Day		
7	Mon	Rest Day		
8	Tue	Rest Day		
9	Wed	Rest Day		
10	Thu	Rest Day		
11	Fri	Rest Day		
12	Sat	Rest Day		
13	Sun	Rest Day		
14	Mon	Rest Day		
15	Tue	Rest Day		
16	Wed	Rest Day		
17	Thu	Rest Day		
18	Fri	Rest Day		
19	Sat	Rest Day		
20	Sun	Rest Day		
21	Mon	Rest Day		
22	Tue	Rest Day		
23	Wed	Rest Day		
24	Thu	Rest Day		
25	Fri	Rest Day		
26	Sat	Rest Day		
27	Sun	Rest Day		
28	Mon	2.1	0:18:34	08:50.5
29	Tue	Rest Day		
30	Wed	3.1	0:26:40	08:36.1
31	Thu	Rest Day		

<-- Short-arm cast

<-- 1st run since injury

Total Miles **Total Time** **Avg Pace**
5.2 **0:45:14** **08:43.3**

Date	Day	Miles	Time	Mile Pace
1	Fri	3.1	0:27:06	08:44.5
2	Sat	3.1		
3	Sun	Rest Day		
4	Mon	3.1	0:27:12	08:46.5
5	Tue	3.1		
6	Wed	Rest Day		
7	Thu	3.1	0:26:51	08:39.7
8	Fri	Rest Day		
9	Sat	Rest Day		
10	Sun	3.1	0:28:39	09:14.5
11	Mon	3.1	0:27:54	09:00.0
12	Tue	Rest Day		
13	Wed	Rest Day		
14	Thu	Sick		
15	Fri	Sick		
16	Sat	Sick		
17	Sun	Sick		
18	Mon	Sick		
19	Tue	Rest Day		
20	Wed	2.1	0:18:00	08:34.3
21	Thu	Rest Day		
22	Fri	Sick		
23	Sat	Sick		
24	Sun	Sick		
25	Mon	Sick		
26	Tue	Sick		
27	Wed	Sick		
28	Thu	Sick		
29	Fri	2.1	0:19:06	09:05.7

<--- timer malfunction

<--- xray of wrist: A+

Total Miles
25.9

Total Time
2:54:48

Avg Pace
08:52.2

Date	Day	Miles	Time	Mile Pace
1	Sat	Rest Day		
2	Sun	3.1	0:27:28	08:51.6
3	Mon	3.1	0:27:34	08:53.5
4	Tue	Rest Day		
5	Wed			
6	Thu			
7	Fri			
8	Sat	3	0:25:33	08:31.0
9	Sun	3.1	0:27:05	08:44.2
10	Mon	Rest Day		
11	Tue	3.1	0:27:46	08:57.4
12	Wed	3.1	0:27:02	08:43.2
13	Thu	Rest Day		
14	Fri	3.1	0:27:12	08:46.5
15	Sat	6.2	0:57:04	09:12.3
16	Sun	Rest Day		
17	Mon	3.1	0:27:34	08:53.5
18	Tue	Rest Day		
19	Wed	3.1	0:27:25	08:50.6
20	Thu	Rest Day		
21	Fri	4	0:34:56	08:44.0
22	Sat	Rest Day		
23	Sun	6.2	0:56:21	09:05.3
24	Mon	3.1	0:26:54	08:40.6
25	Tue	Rest Day		
26	Wed			
27	Thu			
28	Fri			
29	Sat			
30	Sun			
31	Mon			

<-- Easter Sunday

Total Miles **Total Time** **Avg Pace**
47.3 **6:59:54** **08:50.3**

Date	Day	Miles	Time	Mile Pace
1	Tue			
2	Wed			
3	Thu			
4	Fri			
5	Sat	2	0:14:50	07:25.0
6	Sun			
7	Mon	Rest Day		
8	Tue	Rest Day		
9	Wed	3.1	0:25:57	08:22.3
10	Thu	Rest Day		
11	Fri	4	0:34:24	08:36.0
12	Sat	Rest Day		
13	Sun	3.1	0:26:02	08:23.9
14	Mon	3.1	0:26:26	08:31.6
15	Tue	Rest Day		
16	Wed	3.1	0:27:05	08:44.2
17	Thu	Rest Day		
18	Fri	Rest Day		
19	Sat	3.1	0:26:16	08:28.4
20	Sun	Rest Day		
21	Mon	Sick		
22	Tue	Sick		
23	Wed	Sick		
24	Thu	Sick		
25	Fri	Sick		
26	Sat	Rest Day		
27	Sun	Rest Day		
28	Mon	Rest Day		
29	Tue	Rest Day		
30	Wed	Rest Day		

<---- WOCS
 <---- WOCS
 <---- WOCS

<--- Soldiers Field, Ft. Lewis

<--- snowing heavily

<--- 103 degree temp/Flu virus

Total Miles **Total Time** **Avg Pace**
 21.5 3:01:00 08:21.6

Date	Day	Miles	Time	Mile Pace
1	Thu	Rest Day		
2	Fri	3.1	0:27:42	08:56.1
3	Sat	Rest Day		
4	Sun	Rest Day		
5	Mon	3.1	0:27:19	08:48.7
6	Tue	Rest Day		
7	Wed	3.1	0:26:21	08:30.0
8	Thu			
9	Fri			
10	Sat			
11	Sun			
12	Mon	3.1	0:27:35	08:53.9
13	Tue			
14	Wed			
15	Thu			
16	Fri			
17	Sat	2		
18	Sun			
19	Mon			
20	Tue			
21	Wed			
22	Thu			
23	Fri			
24	Sat	5	0:44:43	08:56.6
25	Sun			
26	Mon	2.1	0:18:56	09:01.0
27	Tue			
28	Wed	3.1	0:26:07	08:25.5
29	Thu			
30	Fri	3.1	0:27:03	08:43.5
31	Sat			

<---- WOCS

<---- WOCS

<---- WOCS

Soldier's Field, Ft. Lewis

Total Miles
27.7

Total Time
3:45:46

Avg Pace
08:46.9

Date	Day	Miles	Time	Mile Pace
1	Sun			
2	Mon	3.1	0:26:34	08:34.2
3	Tue			
4	Wed			
5	Thu			
6	Fri			
7	Sat	2	0:14:35	07:17.5
8	Sun			
9	Mon			
10	Tue	Rest Day		
11	Wed	Rest Day		
12	Thu	3.1	0:26:20	08:29.7
13	Fri	6.2	0:54:04	08:43.2
14	Sat	3.1	0:27:33	08:53.2
15	Sun	Rest Day		
16	Mon	6.2	0:57:24	09:15.5
17	Tue	Rest Day		
18	Wed	Rest Day		
19	Thu	Rest Day		
20	Fri	Rest Day		
21	Sat	3.1	0:27:11	08:46.1
22	Sun	Rest Day		
23	Mon	3.1	0:27:04	08:43.9
24	Tue	Rest Day		
25	Wed	Rest Day		
26	Thu	3.1	0:27:16	08:47.7
27	Fri	3.1	0:27:19	08:48.7
28	Sat	3.1	0:27:25	08:50.6
29	Sun	Rest Day		
30	Mon	6.2	0:55:42	08:59.0

<---- WOCS

<---- WOCS

<---- WOCS

<---- Dupont

Total Miles
45.4

Total Time
6:38:27

Avg Pace
08:40.8

Date	Day	Miles	Time	Mile Pace
1	Tue	Rest Day		
2	Wed	Rest Day		
3	Thu	3.1	0:27:34	08:53.5
4	Fri	Rest Day		
5	Sat	3.1	0:26:59	08:42.3
6	Sun	Rest Day		
7	Mon	3.1	0:27:01	08:42.9
8	Tue	Rest Day		
9	Wed	Rest Day		
10	Thu	3.1	0:28:56	09:20.0
11	Fri	Rest Day		
12	Sat	3		
13	Sun	4		
14	Mon	3.1	0:26:58	08:41.9
15	Tue	3.1	0:27:03	08:43.5
16	Wed	Rest Day		
17	Thu	Rest Day		
18	Fri	6.2	0:55:23	08:56.0
19	Sat	3.1	0:27:37	08:54.5
20	Sun	Rest Day		
21	Mon	3.1	0:26:45	08:37.7
22	Tue	3.1	0:27:01	08:42.9
23	Wed	Rest Day		
24	Thu	3.1	0:27:12	08:46.5
25	Fri	2.1	0:17:11	08:11.0
26	Sat	4.5		
27	Sun	Rest Day		
28	Mon	3.1	0:26:27	08:31.9
29	Tue	Rest Day		
30	Wed	Rest Day		
31	Thu	6.2	0:56:21	09:05.3

<---- Independence Day
 <---- WOCS
 <---- WOCS
 <---- WOCS (Ruck March)
 <---- Mt. Rainier Hike w/Toby

Total Miles **Total Time** **Avg Pace**
60.1 **7:08:28** **08:46.4**

Date	Day	Miles	Time	Mile Pace
1	Mon	3.1	0:26:06	08:25.2
2	Tue	3.1	0:26:32	08:33.5
3	Wed	3.1	0:25:50	08:20.0
4	Thu	3.1	0:26:16	08:28.4
5	Fri	Travel Day		
6	Sat	WOCS		
7	Sun	2	0:13:43	06:51.5
8	Mon	WOCS		
9	Tue	WOCS		
10	Wed	WOCS		
11	Thu	WOCS		
12	Fri	WOCS		
13	Sat	WOCS		
14	Sun	WOCS		
15	Mon	WOCS		
16	Tue	WOCS		
17	Wed	WOCS		
18	Thu	6.1	1:26:00	
19	Fri	2		
20	Sat	WOCS		
21	Sun	Rest Day		
22	Mon	3.1	0:26:06	08:25.2
23	Tue	3.1	0:25:04	08:05.2
24	Wed	3.1	0:26:10	08:26.5
25	Thu	3.1	0:25:20	08:10.3
26	Fri	Rest Day		
27	Sat	6.2	0:54:09	08:44.0
28	Sun	Rest Day		
29	Mon	3.1	0:25:36	08:15.5
30	Tue	3.1	0:25:33	08:14.5

<---- Begin WOCS Phase 3

<--- Army Physical Fitness Test

<--- 10K Ruck March

<--- Commandants Run

<---- Graduation WOCS

Total Miles Total Time Avg Pace
47.3 6:52:25 08:15.0

Date	Day	Miles	Time	Mile Pace	
1	Wed	Rest Day			<--- Oregon trip
2	Thu	3.1	0:25:02	08:04.5	
3	Fri	Rest Day			<--- Oregon trip
4	Sat	Rest Day			
5	Sun	2	0:13:16	06:38.0	<--- Bi-annual APFT for Drill Unit
6	Mon	3.1	0:26:09	08:26.1	
7	Tue	3.1	0:25:46	08:18.7	
8	Wed	3.1	0:26:11	08:26.8	
9	Thu	Rest Day			
10	Fri	3.1	0:25:44	08:18.1	
11	Sat	6.2	0:53:19	08:36.0	
12	Sun	Rest Day			
13	Mon	3.1	0:25:13	08:08.1	
14	Tue	3.1	0:26:00	08:23.2	
15	Wed	3.1	0:26:44	08:37.4	
16	Thu	3.1	0:25:40	08:16.8	
17	Fri	3.1	0:26:21	08:30.0	
18	Sat	Rest Day			
19	Sun	Rest Day			
20	Mon	3.1	0:26:04	08:24.5	
21	Tue	3.1	0:25:53	08:21.0	
22	Wed	3.1	0:26:03	08:24.2	
23	Thu	3.1	0:25:48	08:19.4	
24	Fri	Rest Day			<--- Oregon trip
25	Sat	Rest Day			
26	Sun	6.2	0:53:12	08:34.8	
27	Mon	Rest Day			<--- Dental Appt
28	Tue	3.1	0:26:12	08:27.1	<--- Ed's B-Day :)
29	Wed	3.1	0:26:11	08:26.8	<--- Oregon trip
30	Thu	3.1	0:26:24	08:31.0	
31	Fri	3.1	0:26:24	08:31.0	<--- Same time as yesterday!
		Total Miles	Total Time	Avg Pace	
		70.2	9:47:36	08:19.2	

Date	Day	Miles	Time	Mile Pace
1	Sat	Rest Day		
2	Sun	Rest Day		
3	Mon	3.1	0:26:14	08:27.7
4	Tue	3.1	0:26:02	08:23.9
5	Wed	Rest Day		
6	Thu	3.1	0:26:21	08:30.0
7	Fri	3.1	0:26:56	08:41.3
8	Sat	6.2	0:54:09	08:44.0
9	Sun	Rest Day		
10	Mon	3.1	0:26:25	08:31.3
11	Tue	3.1	0:26:30	08:32.9
12	Wed	3.1	0:26:34	08:34.2
13	Thu	3.1	0:26:07	08:25.5
14	Fri	3.1	0:25:39	08:16.5
15	Sat	Rest Day		
16	Sun	Rest Day		
17	Mon	3.1	0:26:07	08:25.5
18	Tue	3.1	0:26:11	08:26.8
19	Wed	3.1	0:26:21	08:30.0
20	Thu	Rest Day		
21	Fri	3.1	0:26:16	08:28.4
22	Sat	Rest Day		
23	Sun	6.2	0:52:40	08:29.7
24	Mon	Rest Day		
25	Tue	3.1	0:26:08	08:25.8
26	Wed	3.1	0:26:03	08:24.2
27	Thu	Rest Day		
28	Fri	3.1	0:25:42	08:17.4
29	Sat	3.1	0:26:18	08:29.0
30	Sun	Rest Day		

<--- Drill weekend

<--- Drill weekend

<--- Annual Army Physical Health Assessment

<--- Full Rainbow – Awesome!

<--- Huge Meteor! Fantastic!

<--- Thanksgiving Day

Total Miles Total Time Avg Pace
65.1 9:12:43 08:28.6

Date	Day	Miles	Time	Mile Pace	
1	Mon	3.1	0:25:52	08:20.6	
2	Tue	Rest Day			
3	Wed	3.1	0:26:25	08:31.3	
4	Thu	3.1	0:26:50	08:39.4	
5	Fri	3.1	0:26:30	08:32.9	
6	Sat	3.1	0:26:12	08:27.1	<--- Motorcycle Toy Run – Olympia
7	Sun	Rest Day			
8	Mon	3.1	0:26:11	08:26.8	
9	Tue	3.1	0:26:09	08:26.1	
10	Wed	Rest Day			<--- M/C driveway 'accident'
11	Thu	3.1	0:26:25	08:31.3	
12	Fri	3.1	0:26:27	08:31.9	
13	Sat	Rest Day			
14	Sun	Rest Day			
15	Mon	3.1	0:25:45	08:18.4	<--- 21 degrees & breezy
16	Tue	3.1	0:26:15	08:28.1	
17	Wed	Rest Day			<--- No School, Snow Day
18	Thu	3.1	0:27:41	08:55.8	<--- No School, Snow Day
19	Fri	3.1	0:28:39	09:14.5	<--- No School, Snow Day
20	Sat	Rest Day			
21	Sun	Rest Day			
22	Mon	Rest Day			
23	Tue	3.1	0:28:03	09:02.9	<--- Pack ice, no traction!
24	Wed	Rest Day			
25	Thu	Rest Day			<--- Christmas Day
26	Fri	3.1	0:28:25	09:10.0	<--- Still pack ice!
27	Sat	Rest Day			
28	Sun	Rest Day			
29	Mon	3.1	0:26:23	08:30.6	<--- Wet, no more ice...
30	Tue	3.1	0:27:29	08:51.9	<--- Black Ice, no traction!
31	Wed	3.1	0:27:14	08:47.1	
		Total Miles	Total Time	Avg Pace	
		55.8	8:02:55	08:39.3	