

Date	Day	Miles	Time	Mile Pace
1	Sat	Rest Day		
2	Sun	Rest Day		
3	Mon	3.1	0:28:29	09:11.3
4	Tue	Rest Day		
5	Wed	2.1	0:19:07	09:06.2
6	Thu	Rest Day		
7	Fri	Rest Day		
8	Sat	Rest Day		
9	Sun	Rest Day		
10	Mon	3.1	0:29:51	09:37.7
11	Tue	Rest Day		
12	Wed	3.1	0:29:21	09:28.1
13	Thu	2.1	0:20:06	09:34.3
14	Fri	Rest Day		
15	Sat	Rest Day		
16	Sun	Rest Day		
17	Mon	3.1	0:28:31	09:11.9
18	Tue	Rest Day		
19	Wed	3.1	0:28:28	09:11.0
20	Thu	2.1	0:20:38	09:49.5
21	Fri	Rest Day		
22	Sat	3.1	0:28:49	09:17.7
23	Sun	Rest Day		
24	Mon	3.1	0:29:27	09:30.0
25	Tue	Rest Day		
26	Wed	3.1	0:28:51	09:18.4
27	Thu	Rest Day		
28	Fri	Rest Day		
29	Sat	Rest Day		
30	Sun	Rest Day		
31	Mon	3.1	0:28:15	09:06.8

← Afternoon after SRC completion

← Run with Toby

← Run with Toby

Total Miles **Total Time** **Avg Pace**
34.2 **5:19:53** **09:21.9**

Date	Day	Miles	Time	Mile Pace
1	Tue	Rest Day		
2	Wed	2.1	0:19:41	09:22.4
3	Thu	Rest Day		
4	Fri	3.1	0:28:51	09:18.4
5	Sat	Rest Day		
6	Sun	Rest Day		
7	Mon	3.1	0:29:01	09:21.6
8	Tue	Rest Day		
9	Wed	3.1	0:29:40	09:34.2
10	Thu	Rest Day		
11	Fri	3.1	0:29:46	09:36.1
12	Sat	Rest Day		
13	Sun	Rest Day		
14	Mon	3.1	0:29:25	09:29.4
15	Tue	Rest Day		
16	Wed	3.1	0:29:16	09:26.5
17	Thu	Rest Day		
18	Fri	3.1	0:29:04	09:22.6
19	Sat	Rest Day		
20	Sun	Rest Day		
21	Mon	3.1	0:28:24	09:09.7
22	Tue	Rest Day		
23	Wed	3.1	0:29:10	09:24.5
24	Thu	Rest Day		
25	Fri	3.1	0:28:27	09:10.6
26	Sat	3.8	0:35:46	
27	Sun	Rest Day		
28	Mon	Rest Day		
29	Tue	Rest Day		
30	Wed	Rest Day		
31	Thu	Rest Day		

← Helicopter Ride

← 2x delayed by vicious dogs

← on the beach, Ocean Shores

Total Miles **Total Time** **Avg Pace**
36.91 **5:46:31** **09:23.3**

Date	Day	Miles	Time	Mile Pace
1	Fri			
2	Sat			
3	Sun			
4	Mon			
5	Tue			
6	Wed			
7	Thu			
8	Fri			
9	Sat			
10	Sun			
11	Mon			
12	Tue			
13	Wed			
14	Thu			
15	Fri			
16	Sat			
17	Sun			
18	Mon			
19	Tue			
20	Wed			
21	Thu			
22	Fri			
23	Sat			
24	Sun			
25	Mon	3.1	0:30:28	09:49.7
26	Tue			
27	Wed	3.1	0:30:06	09:42.6
28	Thu			
29	Fri			
30	Sat			

Total Miles **Total Time** **Avg Pace**
6.2 **1:00:34** **09:46.1**

Date	Day	Miles	Time	Mile Pace
1	Sun	Rest Day		
2	Mon	Rest Day		
3	Tue	3.1	0:29:21	09:28.1
4	Wed	Rest Day		
5	Thu	2.1	0:19:44	09:23.8
6	Fri	Rest Day		
7	Sat	Rest Day		
8	Sun	Rest Day		
9	Mon	3.1	0:29:51	09:37.7
10	Tue	Rest Day		
11	Wed	3.1	0:28:49	09:17.7
12	Thu			
13	Fri			
14	Sat			
15	Sun			
16	Mon			
17	Tue			
18	Wed			
19	Thu			
20	Fri			
21	Sat			
22	Sun			
23	Mon			
24	Tue			
25	Wed			
26	Thu			
27	Fri			
28	Sat			
29	Sun			
30	Mon			
31	Tue	2.1	0:19:40	09:21.9

Total Miles **Total Time** **Avg Pace**
13.5 **2:07:25** **09:25.9**

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

← Plantar warts treated

0 **0:00:00** **#DIV/0!**

Date	Day	Miles	Time	Mile Pace	
1	Sat				
2	Sun				
3	Mon				
4	Tue				
5	Wed				
6	Thu				
7	Fri				
8	Sat				
9	Sun				
10	Mon				
11	Tue				
12	Wed				
13	Thu				
14	Fri				
15	Sat				
16	Sun				
17	Mon				
18	Tue				
19	Wed				
20	Thu				
21	Fri				← Leave Kabul, Afghanistan
22	Sat				← Arrive Qatar
23	Sun				← Leave Qatar
24	Mon				← Arrive home
25	Tue				
26	Wed				
27	Thu	2.1			Diagnostic Run
28	Fri				
29	Sat				
30	Sun				
31	Mon	2			← Army APFT
		Total Miles	Total Time	Avg Pace	
		4.1	0:00:00	#DIV/0!	

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	2.1	0:21:49	10:23.3
22	Tue	Rest Day		
23	Wed	2.1	0:22:05	10:31.0
24	Thu	Rest Day		
25	Fri	Rest Day		
26	Sat	Rest Day		
27	Sun	Rest Day		
28	Mon	Rest Day		
29	Tue	Rest Day		
30	Wed	Rest Day		
		Total Miles	Total Time	Avg Pace
		4.2	0:43:54	10:27.1

← Turtle Bay, Hawaii

← Turtle Bay, Hawaii

← Turtle Bay, Hawaii

← Turtle Bay, Hawaii

← Turtle Bay, Hawaii

← Turtle Bay, Hawaii

← Turtle Bay, Hawaii

← Turtle Bay, Hawaii

← Thanksgiving, Sandy OR

Date	Day	Miles	Time	Mile Pace
1	Thu	Rest Day		
2	Fri	2.1	0:21:32	10:15.2
3	Sat	Rest Day		
4	Sun	Rest Day		
5	Mon	Rest Day		
6	Tue	2.1	0:21:03	10:01.4
7	Wed	2.1	0:21:16	10:07.6
8	Thu	2.1	0:20:48	09:54.3
9	Fri	Rest Day		
10	Sat	Rest Day		
11	Sun	Rest Day		
12	Mon	Rest Day		
13	Tue	2.1	0:20:32	09:46.7
14	Wed	2.1	0:20:36	09:48.6
15	Thu	2.1	0:20:58	09:59.0
16	Fri	3.1	0:30:23	09:48.1
17	Sat	Rest Day		
18	Sun	Rest Day		
19	Mon	Rest Day		
20	Tue	3.1	0:29:44	09:35.5
21	Wed	Rest Day		
22	Thu	Rest Day		
23	Fri	Rest Day		
24	Sat	Rest Day		
25	Sun	2.9	0:27:19	09:25.2
26	Mon	Rest Day		
27	Tue	Rest Day		
28	Wed	Rest Day		
29	Thu	Rest Day		
30	Fri	3.1	0:29:43	09:35.2
31	Sat	Rest Day		

← Trip to Sandy, OR

Total Miles **Total Time** **Avg Pace**
26.9 **4:23:54** **09:50.6**