

Friday March 16Th workouts.



[SMP](#) 1,295 posts since

Sep 29, 2007

The temps have dropped a bit and the jackets are back out. There are some of us who are a few fries short of a happy meal who braved the weather and put in some frosty miles. And there are some good runs on the TM as well. The Father In Law's dog and I went 4.16 slow miles today. They seemed slow though 45 sec quicker than my average pace per mile this year.

Tomorrow is a St Patrick's 10K!!! I'm "Dublin" over with anticipation. Last year my time on that course was much like a leprechaun, just a wee bit short as to what I'd like. But that was then and this is now. The temps are on their way up and maybe DW and I can spend time relaxing with "Patty O' Furniture".

Blessings along the journey, SteveP

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[RCL043](#) 180 posts since

Dec 14, 2007 1. **Re: Friday March 16Th workouts.** Mar 16, 2007 12:12 PM

Had to burn a vacation day, as I'm in a use them or lose them situation. Did 3 miles on the indoor track, and about 25 minutes of weights; then I headed for home because of the weather.



[rugby1080](#) 171 posts since

Jul 27, 2006 2. **Re: Friday March 16Th workouts.** Mar 16, 2007 12:36 PM

2 miles on the tread. It's all I had time for. Hopefully I will get out later today and get some more in. Rugby



[pcsrnbo006](#) 1,323 posts since

Dec 14, 2007 3. **Re: Friday March 16Th workouts.** Mar 16, 2007 1:02 PM

Friday March 16Th workouts.

rest

taper

try not to go nuts

1/2 Marathon sunday

[Yup That's me\[/URL" target="_blank">](#)



[SMP](#) 1,295 posts since

Sep 29, 2007 4. **Re: Friday March 16Th workouts.** Mar 16, 2007 2:27 PM

pcsrnbo, good running Sunday. May the temps be at your favor, the wind to your back, aid stations staffed with cuties and most of all, have a happy race.

Blessings, SteveP

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[ericd256](#) 442 posts since

Nov 30, 2007 5. **Re: Friday March 16Th workouts.** Mar 16, 2007 2:53 PM

3.1 in 48.23 on the route i am running next weekend



[pmcneb](#) 582 posts since

Jan 10, 2006 6. **Re: Friday March 16Th workouts.** Mar 16, 2007 4:02 PM

Go , pcsrnbo, go.

For me 4.5 frustrating miles with DD.

Patty