

Jason Wang

runninglog2.txt

500 mile club summer running log

6/30 2.5m treadmill
7/01 9.0m hunter's point loop from house
7/02 0.0m marine world trip
7/03 6.5m saratoga 16 tracklaps + treadmill
7/04 9.5m blaney loop + creek run + home2lynbrook roundtrip
7/05 2.5m treadmill
7/06 9.0m hunter's point
7/07 6.5m blaney loop + home2lynbrook roundtrip
7/08 9.0m hunter's point
7/09 9.0m saratoga downtown
7/10 9.0m lynbrook loop + wussy loop + track laps
7/11 9.5m lynbrook + long blaney + greens
7/12 4.0m treadmill
7/13 10.0m lynbrook + run + gas station
7/14 10.0m hunter's point + lyn
7/15 9.0m lynbrook + long blaney
7/16 3.0m blaney
7/17 7.0m lynbrook+creek
7/18 10m run
7/19 9.0m hunters point
7/20 10m run
7/21 9.0m hunters point
7/22 9m driveout
7/23 9m saratoga downtown
7/24 9m hunter's point
7/25 9m slurpy + lynbrook
7/26 9m lynbrook + long blaney
7/27 9m lynbrook + long blaney
7/28 9m mcdonalds hunter's point
7/29 9m hunter's point
7/30 0m nothing
7/31 9m lynbrook + long blaney
8/01 4m lynbrook
8/02 9m hunter's point
8/03 0m nothing
8/04 10m saratoga + track laps
8/05 4m lynbrook
8/06 10m lynbrook + deanza college
8/07 0m lazy
8/08 9m hunter's point
8/09 2m argonaut center (to buy some togos)
8/10 9m lynbrook + long blaney
8/11 9m hunter's point
8/12 9m hunter's point
8/13 0m lazy + rest for meet
8/14 9m warmup/down + 4m of races @ NCAAF
8/15 0m really sore, can't walk
8/16 4m still really sore + lynbrook
8/17 9m lynbrook + long blaney
8/18 12m hunter's point + blaney
8/19 12m hunter's point + blaney
8/20 9m hunter's point
8/21 10m lynbrook + deanza college
8/22 20m lynbrook + greens + hunter's point + greens + treadmill
8/23 16m westvalley + lynbrook + 3m treadmill
8/24 16m extralong cupertino + lynbrook + 3m treadmill
8/25 16m curvesloop + lynbrook + 2m treadmill
8/26 16m turfnsurf + lynbrook + churchloop + lynbrook
8/27 14m marshallclark + warmup/down + longblaneyloop + treadmill
8/28 18m hunter's point 2x

124mi

~~514mi~~
522