

NICK SYMMMONDS'



2012 **DAILY TRAINING LOG**

DAILY WORKOUTS LEADING UP to the 2012 OLYMPICS

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INTRODUCTION

First, I want to thank you for downloading my *2012 Daily Training Log*. It means the world to me that you have followed my career and are interested in how I have been able to find success on the track!

In 2012, we nailed the recipe and I went on to run a personal best of 1:42.95 for 800 meters. It happens to still be my personal best and is the third fastest ever by an American. It also placed me fifth at the 2012 Olympic Games.

My mentor, Coach Sam and I are extremely proud of this performance and we are excited to share all of the training that went into making it possible.

As you are going through this, we would love it if you shared the content that speaks to you most. Be sure to shoot us a message on social media at [@NickSymmonds](#) and [@RunGum](#).

Your friends in running,

Nick Symmonds and Coach Sam



A Note About This Training Log

I knew that if I was to succeed in recording all of my workouts leading up to the 2012 Olympic Games, I would have to keep each entry quite simple. I have transcribed my running log here almost exactly as it appears in my hard copy.

For clarification purposes, as well as to add insight from the perspective I have gained looking back, I have added *notes in italics after an entry* on some of the posts.

The **total-mileage summation** that you find at the end of each week only represents actual running. I supplement my mileage with a lot of cross training, but I never include that in the final week's mileage.

I feel that it is important to mention that no two athletes are the same. What has worked for me is not guaranteed to work for anyone else. One of the things that make Mark Rowland such a brilliant coach is his ability to recognize what will and will not work for each athlete. I assure you that if you were to look at the training logs of my fellow OTC Elite 800 meter runners, they would all be dramatically different.

With that being said, there is one thing you will find common to all elite athletes' training logs: **hard work**.

Enjoy reading my 2012 Training Log and remember,

PERFORMANCE MATTERS!

Friday, Sept. 30, 2011

3.5 miles

Felt tough after three weeks off!

More often than not I will mark down the miles that I ran, rather than the number of minutes the run lasted. I typically run my easy mileage somewhere between 7 and 8 minutes per mile. Also, while I do take two to three weeks off at the end of each season, I stay very active during this time with plenty of hiking, surfing, fishing, etc. Mileage is usually a close estimate, though I sometimes run with a GPS watch.

Saturday, October 1, 2011

4+ miles

Felt better today. Love running without a watch.

Muscle memory plays an important part of feeling good on an easy run! A "+" next to a mileage amount means that it was probably a bit longer than the actual number. I have the mileage of many runs in Boise and Eugene memorized and will occasionally run them without a watch on.

Sunday, October 2, 2011

0 miles

OFF. Hung over.

I do not condone over indulging in the consumption of alcohol. However, I am of legal drinking age and occasionally don't follow my own advice...especially in the fall.

WEEK TOTAL:

7.5 miles

###

Monday, October 3, 2011

6 miles

Felt terrible! Out of breath. Right Achilles aching.

My Achilles' tendons have always given me problems, especially when I'm coming back from time off. Over the years, I've learned how to deal with them using a combination of heel lifts, heating, icing, and anti-inflammatories.

Tuesday, October 4, 2011

6 miles

Ran with L-Train. Felt better!

"L-Train" is what I call [Lauren Fleshman](#). She is one of the most dedicated and talented runners I have ever met and a very close friend. Always a pleasure to run with her!

Wednesday, October 5, 2011 **7 miles**
Hilly.

Thursday, October 6, 2011 **6 miles**
Easy.

"Easy" refers to the effort that I intended to exert, not necessarily how the run felt.

Friday, October 7, 2011 **0 miles**
OFF. Hung over.

Whoops. You'll notice that the drinking decreases dramatically as the year gets closer and closer to championship season.

Saturday, October 8, 2011 **6 miles**
Easy.

Sunday, October 9, 2011 **9 miles**
Easy.

WEEK TOTAL: **40 miles**

###

Monday, October 10, 2011 **7 miles**
Easy.

Tuesday, October 11, 2011 **0 miles**
Chasing Steelhead.

My favorite pastime is fishing. I miss a lot of the best fishing season when competing in Europe every summer. Thus, I have no qualms about taking a day or two off in the fall to chase salmon or steelhead!

Wednesday, October 12, 2011 **7 miles**
Easy.

Thursday, October 13, 2011 **6 miles + 4x100 strides**
Sore on run. Felt AMAZING on strides.

It's funny how it works like this. Sometimes the body rejects the slow, plodding miles but embraces the faster stuff! I try not to let it affect me either way too much.

Friday, October 14, 2011 **8 miles**
60 minutes. Hulls Gulch. Felt good. Love BOISE!

The Hulls Gulch loop in my home town of Boise, Idaho, is probably my all-time favorite run.

Saturday, October 15, 2011 **6 miles**
43 minutes. Easy run in Rochester.

I had flown to Rochester, Minnesota to visit my grandparents. I travel a lot in the fall to visit family and friends, and to make appearances for sponsors.

Sunday, October 16, 2011 **10 miles**
75 minutes. First real long run. Tough in first 20 minutes.

I consider anything over 10 miles to be a long run. The longest run I ever do is approximately 14 miles.

WEEK TOTAL: **44 miles**

###

Monday, October 17, 2011 **7 miles**
Easy.

Tuesday, October 18, 2011 **9 miles**
65 minutes. Easy.

Wednesday, October 19, 2011 **7 miles**
50 minutes. Easy.

Thursday, October 20, 2011 **9 miles**
64 minutes. Easy.

Friday, October 21, 2011 **6 miles**
Plus, five hours of pheasant hunting.

Growing up in Boise, Idaho, I acquired a deep love for bird hunting. I include it in my running log because, as you know if you've ever been upland game hunting, it's an incredible workout!

Saturday, October 22, 2011 **4 miles**
Easy. Really tired from hunting.

Sunday, October 23, 2011 **11 miles**
77 minutes. Long run with Ben and P-Nut.

Ben is my roommate and friend, elite steeplechaser Ben Bruce. "P-Nut" is Ian Cronin, my friend and an elite miler. He is allergic to all nuts except peanuts, so somehow "P-Nut" became his nickname. (For you Spanish-speakers: I sometimes call him Señor Cacahuete.) I don't always mention the people I run with, but there is a trend that if the conversation is particularly good on the run, I usually mention my companions in the notes.

WEEK TOTAL: **53 miles**

###

Monday, October 24, 2011 **6 miles**
First day back with Coach Rad. Light lifting. Felt good.

"Coach Rad" is my lifting coach Jimmy Radcliffe. He is the head strength and conditioning coach at the University of Oregon. He and I have been working together since 2007, and many improvements in my strength and form over the last five years are due to the genius of this man. He is also a very dear friend of mine! I am often asked what my lifting program consists of. It would take me an entire book to convey that info. Fortunately, that book has already been written! Please buy a copy of Coach Jimmy Radcliffe's books: [High Powered Plyometrics and Functional Training for Athletes at All Levels: Workouts for Agility, Speed, and Power](#). A typical lifting

session take a little over one hour.

Tuesday Oct. 25, 2011

9.5 miles

2.5 miles warm up, 2.5 miles cool down. Work out is 5x4min with 2 min jog recoveries. Ran with Jemma. Approximately 3:20 through the 1K mark. Felt great.

This was my first track session back from my break. The 4-minute intervals were not terribly difficult. I didn't want to push myself too hard on my first workout back—thus the relatively slow time of 3:20 at the 1-kilometer mark. I never feel a huge sense of urgency to jump back into tough sessions in the fall. Often my teammate and, in this case, training partner, Jemma Simpson can be heard telling me to “stop cutting corners” as I lollygag through a fall workout. Love her!

Wednesday, October 26, 2011

6.25 miles

45-minute run. Plus lifting. Plus 4x100m strides. Getting fatigued.

Here I have mentioned that I was feeling “fatigued,” which is not a surprise, considering I had just reintroduced lifting and intervals into my training regimen.

Thursday, October 27, 2011

0.25 miles

Started to jog, stepped up onto a curb, and felt a sharp pain in my ankle. Pinched joint capsule? Feels better after mobilization.

I can remember this “injury” very clearly. I had just started off on an easy run near Hayward Field with Ben Bruce and his fiancée, Stephanie Rothstein. I tried to run it off, but it did not seem to get better. I hobbled back to Hayward and met with Coach Rowland. He advised that I take a day or two off to see if it improved. No season is completely free of these issues. The British call little nagging injuries like this “niggles.”

Friday, October 28th, 2011

0 miles

Ankle still hurting. 45 minutes on the spin bike plus abs.

I often jump on the stationary bike to replace running miles. “Abs” refers to approximately 10 minutes of abdominal strengthening exercises.

Saturday, October 29, 2011

0 miles

Sore ankle. OFF.

At this point I was starting to get worried that this wasn't just a niggle, but rather a much more serious injury.

Sunday, October 30, 2011

9 miles

Ankle is all better! Good idea to take yesterday off. Ran 60 minutes through Washington Park in Denver. Altitude was brutal!

So strange how little injuries like this progress. I didn't really do anything to treat it and it went away on its own. I cannot even begin to count the number of weird little issues like this that I've had in my career. Looks like I took Saturday off to travel to visit my sister in Denver. Part of being the best you can be is learning to listen to your body!

WEEK TOTAL:

30 miles

###

Monday, October 31, 2011

6 miles

Ankle still good. Six miles really easy. 45 minutes plus lifting.

Tuesday, November 1, 2011

10 miles

3-mile warmup. 8x1000m with 90-second recoveries (4-minute recovery between #4 and #5). 3:28, 3:18, 3:16, 3:16, 3:14, 3:16, 3:14, 3:11. Started workout in Nike Lunars, changed to Nike Marathoners after fourth interval. Felt OK. Lots of work! 2-mile cooldown.

This was a tough workout! These times could be run by many high school athletes, but as my first real interval workout back it was difficult. I am quite good at getting out of shape during my time off! I mention the shoe change here because in the fall I will often run many of my tempo runs and long intervals in heavier shoes to strengthen my legs.

Wednesday, November 2, 2011

6.25 miles

45 minutes, plus lifting, plus 4x100m strides.

The strides that we do with Coach Radcliffe are almost always barefoot, and we try to exaggerate proper sprinting mechanics, i.e. good knee lift, good posture, strong arm drive, etc.

Thursday, November 3, 2011

10 miles

Flying to Las Vegas so got up early. 3-mile warmup plus 4-mile tempo (6:08, 6:04, 5:48, 5:40). 3-mile cooldown. Felt good and relaxed on tempo. Mileage is starting to add up!

Again, most people would be surprised to see an Olympian running tempos this slow, but for me this is good running in the fall. My mentality this time of year is "Just put in the work." In the fall and winter, it is mostly about quantity and not quality. This mentality flips in the spring and summer, when I focus on quality over quantity.

Friday, November 4, 2011

6.75 miles

Ran easy on golf course near Lake Las Vegas. REALLY tired.

I was down in Las Vegas for the USATF Elite Athlete Retreat. Lake Las Vegas is a beautiful place to run, about 30 minutes off the Strip. My fatigue here has more to do with Tuesday's workout than a typical Vegas night, which I managed to avoid on this trip.

Saturday, November 5, 2011

8 miles

3-mile warmup plus 3 miles of hill repeats (0.15 mile sprint up, 0.15 mile walk/jog down). Nine hill repeats total. 2-mile cooldown.

Sunday, November 6, 2011

12 miles

Average pace: 7:28/mile.

I ran this long run around Lake Las Vegas and must have worn my GPS watch to have data this accurate. Not going to make much of a marathoner!

WEEK TOTAL:

59 miles

###

Monday, November 7, 2011

6 miles

Plus lifting.

Tuesday, November 8, 2011

10 miles

3-mile warmup. On Pre's Trail: mile (5:10), 4x800m (2:26, 2:24, 2:20, 2:20), mile (5:10). 5x100m strides. 2-mile cooldown.

I didn't write down the recovery for this workout, but I would guess I took approximately 90 seconds to 2 minutes between intervals.

Wednesday, November 9, 2011 **6 miles**
Plus lifting.

Thursday, November 10, 2011 **8 miles**
Hilly. Hulls Gulch.

Back in Boise!

Friday November 11, 2011 **0 miles**
Quail hunting.

Even more physically demanding than pheasant hunting!

Saturday November 12, 2011 **10 miles**
3-mile warmup. 3-mile pace run averaging 5:28/mile. 6x200m. 2-mile cooldown.

I didn't write down the time of the 200s which means that I didn't time them, but rather ran them on feel. Fast, but controlled and relaxed is what I aim to run my 200s in this time of year after a pace run.

Sunday, November 13, 2011 **10 miles**
Long run. Average pace: 6:52/mile.

WEEK TOTAL: **50 miles**

###

Monday, November 14, 2011 **10 miles**
AM: 6 miles plus lifting.
PM: 4 miles.

This appears to be my first double. I really dislike doubles (two sessions in one day) and try to avoid them during the fall. I understand that they are a necessary evil to become an elite athlete. I'm better at embracing doubles when I'm at a training camp and have fewer distractions.

Tuesday, November 15, 2011

11.5 miles

3-mile warmup. 2x(4, 3, 2, 1 minute). Recovery is equal to half of the next interval. Plus 5x1 minute with 90-second recoveries. 2-mile cooldown.

When we run a "minutes" workout like this, we try to run fast but relaxed when we are "on." The recovery or "off" part of the workout is really easy jogging. I usually wear a GPS watch for this type of workout to keep track of the miles. They really add up doing something like this.

Wednesday, November 16, 2011

7 miles

Plus lifting.

Thursday, November 17, 2011

10.5 miles

3-mile warmup. 5-mile pace run (3 medium, 1 slow, 1 fast). Miles at 5:25, 5:35, 5:28, 5:48, 5:15. Plus 4x100m strides. 2-mile cooldown.

This kind of session is a continuous 5-mile run. There are no breaks between the miles; however, mile four is intended to allow the heart rate to come down a bit in preparation for the sub-threshold pace of the fifth mile.

Friday, November 18, 2011

7 miles

Easy. Plus crabbing.

Having spent the last ten years in Oregon, I have developed a love for the ocean and all that it has to offer! I will often drive an hour from Eugene to Florence to catch Dungeness crabs.

Saturday, November 19, 2011

9 miles

Marcola hill repeats. 2x(350m, 300m, 200m, 300m, 350m) with a 2-minute recovery after each run.

Marcola is a small town outside Eugene. There are some fire roads nearby that are ridiculously steep. Coach Rowland likes to torture us on these hills occasionally. I did not put down my warmup or cooldown, but 2–3 miles of each is pretty standard.

Sunday, November 20, 2011

12 miles

Long run, 83 minutes.

WEEK TOTAL: 67 miles

###

Monday, November 21, 2011 10 miles

AM: 6 miles plus lifting.

PM: 4 miles.

Tuesday, November 22, 2011 10 miles

3-mile warmup. 5x1mile with 2-minute recoveries. Ran 5:13, 5:07, 5:00, 5:00, 4:54.
2-mile cooldown.

Wednesday, November 23, 2011 10 miles

AM: 6 miles.

PM: 4 miles. Very tired.

All the work is starting to add up here.

Thursday, November 24, 2011 10 miles

3-mile warmup. 4x400m hill plus 10x100m hill. Walk-down recoveries. 2-mile
cooldown. In Dry Creek.

I ran this workout on Thanksgiving morning in a cemetery near my house. It was particularly difficult—a lot of hills in the middle of a really tough training block.

Friday, November 25, 2011 0 miles

Pheasant hunt.

A badly needed day off. Active recovery.

Saturday, November 26, 2011 11 miles

2.5 mile warmup. "Minutes" workout. 10:00, 6:00, 8:00, 6:00. With 3-minute
recoveries between intervals. 2.5-mile cooldown.

Sunday, November 27, 2011 9 miles

WEEK TOTAL: 60 miles

###

Monday, November 28, 2011 **10 miles**

AM: 6 miles plus lifting.

PM: 4 miles.

Tuesday, November 29, 2011 **10 miles**

3-mile warmup. 2x(1K, 1 mile, 1K) Ran 3:13, 5:05, 3:05 / 3:04, 5:05, 2:55. 2.5-mile cooldown.

I didn't include recovery time for this workout, but I would guess it was 90 seconds between intervals and 2 minutes between sets.

Wednesday, November 30, 2011 **6 miles**

Flew to St. Louis.

I flew to St. Louis for the 2011 USATF Annual Meeting to fight alongside other athletes for the right to market ourselves to potential sponsors.

Thursday, December 1, 2011 **9 miles**

61 minutes. Nice, cold, sunny morning in St. Louis.

Friday, December 2, 2011 **9 miles**

3-mile warmup. 12x(1 minute on, 1 minute off). #s 3, 6, 9, and 12 @ 1500m pace...others at 5K pace. 2-mile cool down.

This is a fantastic workout. Very manageable mentally. I was trying to hit close to a quarter mile for the fast intervals. The slower intervals run at 5K pace were probably close to 70 second pace for a quarter mile.

Saturday, December 3, 2011 **10 miles**

Felt great. Averaged 6:50/mile.

Sunday, December 4, 2011 **0 miles**

30-minute swim.

I will often substitute swimming for running if my legs feel too beat-up from the pounding of road running. Combining the fact that I was running exclusively on asphalt in St. Louis with the fact that I had to fly back to Eugene on this morning, I

felt that a good swim to shake out the travel would be more beneficial than a long run.

WEEK TOTAL: 54 miles

###

Monday, December 5, 2011 11 miles

AM: 7 miles plus lifting.

PM: 4 miles.

Often I feel guilty about taking a day off and will bounce back with a high-mileage day.

Tuesday, December 6, 2011 10 miles

3-mile warmup. Mile, 800, mile, 800, mile. Ran 5:13, 2:28, 5:03, 2:24, 4:54. + 4x150m. 2-mile cool down.

This is a very high-quality workout for me for this time of year. The long intervals were run on the Amazon Trail, the 150s on the track. I didn't put down the recovery at the time of the workout, but I'm fairly certain that I took 2 minutes between intervals. The 4x150m is more to open up the legs and remind them that I'm an 800m guy after all those long intervals! Would not have worn spikes yet, but probably changed from trail flats to Nike Katana racers.

Wednesday, December 7, 2011 9 miles

Plus a short lift.

I wasn't sure why I put "short" lift until I read Thursday's and Friday's entries. Two very strenuous days coming up.

Thursday, December 8, 2011 8 miles

Treadmill testing plus 2-mile cool down.

Coach Rowland has all of his athletes go through threshold testing at least once a year. It is a grueling process in which you are placed on a treadmill, hooked up to a device that measures your CO₂ output, and pricked with a needle every few minutes. As the treadmill gets faster, the body produces more lactic acid, which can be measured in the blood. You run until you pretty much fall off the treadmill. It provides

a ton of information to help Coach Rowland write very individualized workouts for us. A huge thanks to the University of Oregon Exercise Science program for always helping us out with these tests!

Friday, December 9, 2011

13 miles

Treadmill testing plus 3x300m on the track. 2-minute recoveries between 300s. 43.5, 43.5, 42.5. 3-mile cooldown.

Another day of treadmill testing. Looks like after all the pace stuff done on the treadmill coach wanted me to turn the legs over a bit. These are solid 300m times for me after running to fatigue during the testing.

Saturday, December 10, 2011

6 miles

Really easy.

Again, this is referring to my intended exertion level and not how the run actually felt. After two strenuous testing days, I would not be surprised if I ran 8+ minutes/mile on this recovery day.

Sunday, December 11, 2011

13 miles

91-minute long run.

This is about as long a run as I will ever do.

WEEK TOTAL:

70 miles

A very solid week. I know that some of these miles were treadmill miles, but I still count those—especially when most of them are sub-5:30 pace!

Monday, December 12, 2011

11 miles

AM: 7 miles plus lifting.

PM: 4 miles.

Tuesday, December 13, 2011

10 miles

3-mile warmup. 5x1K @ 3:07. 7x400 @ 67, 66, 66, 64, 65, 64, 61. 2-mile cooldown.

Very cold day! 3:07 was the target pace for the kilometers (5:00/mile pace). I'm sure I took 2 minutes of recovery to be able to hit that pace on the Amazon trail on a cold day. The 400s were on the track in racing flats. Probably only 1-minute recoveries.

Wednesday, December 14, 2011

9 miles

Plus lifting.

Thursday, December 15, 2011

0 miles

Opened W. 11th. 3rd store! Legs were really tired anyway. Went to pool in the evening. 750-yard warmup. 10x50m HARD with 50-yard recoveries. 250-yard cooldown.

Felt great to swim! Very amusing to look back on this day! "3rd store" refers to a chain of tanning salons I own with my mentor and best friend Sam Lapray. Early on in my career, I felt uncomfortable knowing that my income could disappear with one bad season or an injury. To help put my fears at ease, my incredibly business-savvy partner asked if I was interested in buying into a franchise with him. I jumped at the opportunity to learn all that I could from Sam, and today we own four stores together. (Sold All Stores to help launch Run Gum in Fall of 2015) The pool session I put in that night is pretty solid for me. This is my "surf prep" workout!

Friday, December 16, 2011

8 miles

Easy hour in Nicene.

Drove from Eugene to Santa Cruz last night. Legs felt surprisingly good though! Fresh pair of Nike Structures helped. I love Santa Cruz!!! I spent a lot of time in Santa Cruz when I was dating elite runner Maggie Vessey. A beautiful woman, a beautiful town! Nicene Marks Park is one of my favorite places to run. Nike Structures are my favorite shoe to train in. Damn, that was a good day!

Saturday, December 17, 2011

10 miles

AM: 3-mile warmup. 3-mile tempo on the track: 5:17, 5:13, 5:03. Total time: 15:33. + 10x200 in 30 seconds with 300-second recoveries. 2-mile cooldown.

Felt great! Ran in shorts at Aptos High School. Aptos High School has a fantastic track to work out on MOVE DOWN HERE! In the evening, I hit the waves. The weather in Santa Cruz is perfect for track work this time of year, as can be seen by my mention of shorts as my running attire! I played in the Pacific Ocean that evening.

Sunday, December 18, 2011

12 miles

Long run in Nicene.

WEEK TOTAL: 60 miles

###

Monday, December 19, 2011 6 miles

Tuesday, December 20, 2011 11.5 miles

3-mile warmup. 4 x mile @ 5:14, 5:07, 4:58, 4:45. With 2-minute recoveries. 6x200m with 200m walk/jog recoveries @ 29, 29, 27, 27, 27, 26. 3-mile cool down.

At Aptos High. 65 and sunny. Flying to Belize on redeye tonight.

Damn, this is a great workout for me. I didn't bring spikes with me on this trip, so the entire thing was done in racing flats. Perfect weather!

Wednesday, December 21, 2011 0 miles

Arrived in Belize at 11 a.m. 2-hour drive into the jungle. Exhausted, but glad to be here with the family. The Symmonds family spent Christmas 2011 down in Belize! Amazing vacation, but I got pretty lazy with my mileage.

Thursday, December 22, 2011 0 miles

Floated through caves and went zip-lining. Belize has a ton of fun activities to do!

Friday, December 23, 2011 0.5 miles

Cave hiking. Tried to run home, made it 0.5 miles before getting picked up. No time. Despite hiking for close to two hours in the morning, I tried to squeeze a run in. However, we were running out of time to catch our shuttle, and my family thought it better to scrap the run.

Saturday, December 24, 2011 5 miles

Hottest, most humid 5 miles ever. Thought I was gonna pass out.

We had moved from the jungle down to the coast. It was close to 90 degrees out, with a ton of humidity. My body does not work well in these conditions.

Sunday, December 25, 2011 5 miles

Ran in the evening. Only slightly better. I wanted to go for a nice long run, but I just couldn't go much more than 30–40 minutes due to the heat.

WEEK TOTAL: 28 miles

###

Monday, December 26, 2011 8 miles

5 miles easy plus 2x1.5 miles hard.

Hot and humid. All I could manage. Again, I had intended to put in a longer workout, but I kept feeling like I was going to overheat, despite running this workout in the evening.

Tuesday, December 27, 2011 10 miles

AM: 4 miles.

PM: 6 miles with Sean Jefferson in Palm Beach, Florida.

I flew from Belize to Florida to spend New Year with the Jefferson twins.

Wednesday, December 28, 2011 10 miles

3.5-mile warmup. 3.5-mile pace run on bark trail @ 5:30/mile pace. 6x100m strides. 2-mile cooldown.

I ran this workout with my friend Sean Jefferson, who's an elite triathlete. It was a hot day out, but definitely not as hot as Belize was.

Thursday, December 29, 2011 0 miles

*Montezuma's Revenge. Worst sh*ts of my life. Almost zero hours of sleep all night. Rehydrating all day. I must have caught a stomach bug in Belize. woke up just past midnight and ran to the bathroom. I had to return to the bathroom approximately every 30 minutes. Around 3:00 a.m., I resigned myself to the fact that I wouldn't be leaving the bathroom again that night.*

Friday, December 30, 2011 9 miles

AM: 7 miles with Sean J.

PM: 2 miles with Sean J.

Not a bad day, considering how Thursday went. Also, this was my 28th birthday! Fun fact: this is also the birthday of Sean Jefferson, John Jefferson, Dathan Ritzenhein, Tiger Woods, and LeBron James. The athletes' birthday!

Saturday, December 31, 2011

9 miles

3-mile warmup. 8x800m w/90-second recoveries. 2:24, 2:20, 2:21, 2:17, rest 4 minutes, 2:20, 2:18, 2:21, 2:17. 4x100m strides. 2-mile cooldown.

HOT and HUMID day. Almost too hot to work out in. Originally I was supposed to run the 800s straight through. However, it was so hot out that I contemplated quitting after four intervals. I took a few minutes to pour some water over my head and get my core temp down. Managed to tough it out, but just barely!

Sunday, January 1, 2012

10 miles

Medium-long run in Florida with the Jefferson crew.

This was an awesome run! We ran through a park in Florida that had great trails, palm trees, and alligators! I woke up and saw "2012" on my watch and felt very motivated to train.

WEEK TOTAL:

56 miles

###

Monday, January 2, 2012

9 miles

62 minutes with Sean Jefferson.

Beautiful run through Palm Beach, Florida.

Tuesday, January 3, 2012

10 miles

Ran the Valley River Center loop with a 5-mile pickup and 4x100m strides. Felt great!

This is a run I do often. It is a 10-mile loop from my house, and I will often pick up the middle five just slightly below threshold pace. I like to stimulate the legs with some strides afterward.

Wednesday, January 4, 2012 **7 miles**

Ran seven easy and then lifted with Coach Radcliffe.

PM: Swam 20+ easy minutes.

Swimming is my preferred method of cross training, and when I start intense track work it becomes a critical part of my recovery process. Here I am easing myself back into the water with an easy 20 minutes (I would typically swim 30) after a relatively easy morning.

Thursday, January 5, 2012 **10 miles**

Ran 6 miles in morning, 4 miles in afternoon.

Legs are very sore from lifting. After I'd taken a couple weeks off of lifting, I'm not surprised that my legs were sore. Six miles easy is my typical "off" day when I'm really training hard.

Friday, January 6, 2012 **9.5 miles**

Workout at Hayward. 3-mile warmup. 1 mile @ 5:07, 10x300m averaging 47 seconds with 50-second jog-the-bend recoveries. 3-mile cooldown.

It was quite cold on this morning, and Coach Rowland felt that a good mile to warm up the body before the 300s would be best. While 47 seconds for 300 meters is not outrageously fast, I only had 50 seconds to get back to the start line each time. The lactic acid builds up quickly in this workout!

Saturday, January 7, 2012 **10.5 miles**

AM: 6.5 miles with Thommo.

PM: 4 miles.

Fairly easy double of easy runs. "Thommo" is British distance great Christopher Thompson.

Sunday, January 8, 2012 **12 miles**

The notes were left blank, but this is a solid long run for me.

WEEK TOTAL: **68 miles**

###

Monday, January 9, 2012 **11 miles**

AM: 7 miles + lifting with Coach Radcliffe.

PM: 4 miles easy.

Tuesday, January 10, 2012 **11 miles**

3-mile warmup. 3x(1000m, 800m, 600m) with 200m jog recovery. Ran 3:00, 2:24, 1:44, 2:58, 2:21, 1:39, 2:57, 2:23, 1:38. + 4x200 in 28.5, 27.2, 26.5, 26.5 with 200m jogging recoveries. 2-mile cooldown. Perfect conditions.

PM: 20-minute swim.

Pretty solid workout for me. Coach is starting to add in a little bit of speed with the 200s. Difficult to run really fast after all those long intervals. Nice to see "perfect conditions" in January! Thanks, Track Town.

Wednesday, January 11, 2012 **11 miles**

AM: 7 miles + lifting with Coach Radcliffe.

PM: 4 miles easy.

Thursday, January 12, 2012 **10 miles**

3-mile warmup. 5-mile pace run at Dorena Lake: 5:25, 5:20, 5:15, 5:15, 5:15. 2-mile cooldown.

Friday, January 13, 2012 **6 miles**

6-mile loop REALLY easy. Plus fishing and crabbing.

Nice to spend the afternoon on the coast fishing and crabbing! (Read: mental break).

Saturday, January 14, 2012 **9 miles**

3-mile warmup. 5x(400m, 300m, 200m) with 100m jogging recoveries between the 400s and 300s, 30 seconds of standing rest between the 300s and 200s, 3-minute recovery between sets. Ran 68, 48, 31, 64, 46, 29, 63, 48, 30, 63, 47, 29, 62, 46, 28. Felt pretty decent!

This is a LOT of intervals. It can be pretty mentally intimidating to know that you have to get through 15 hard intervals, but you've just got to try to take them one at a

time!

Sunday, January 15, 2012 **12 miles**

Nice long run with P-Nut and Thommo.

WEEK TOTAL: **70 miles**

This is about as good a week as I can put into my legs: 70 miles with three solid workouts and two lifting sessions. I was only able to get one swim in, but I'll sacrifice a swim to go fishing any day! Also of note: I scribbled in the margin of my log next to Saturday's entry, "\$11,100 with HDC!!" This was a very big day for me, as I had put up my shoulder for auction as advertising space on eBay. I never expected to raise this much money. More important, I never thought I would get so lucky in finding Hanson Dodge Creative as a new partner! They have been monumental in helping me grow my own brand and connect with my fans.

###

Monday, January 16, 2012 **6 miles**

6 miles easy + lifting with Coach Radcliffe.

Tuesday, January 17, 2012 **10 miles**

3-mile warmup. 1K @ 3:20, 4:30 min @ 4:40/mile pace. 1K @ 3:20, 3:30 @ 4:30/mile pace. 1K @ 3:20, 2:30 @ 4:30/mile pace. 1K @ 3:20, 60 seconds @ sub-400/mile pace (57). 2-minute recoveries on everything. 2-mile cooldown. Freezing rain.

PM: 25-minute swim.

This workout SUCKED. We showed up and there was freezing rain coming down all morning. Coach had a workout in mind, but he changed it due to the conditions. This workout is difficult to understand, but essentially we alternated 1-kilometer efforts with sustained-pace running for decreasing amounts of time. Not bad to throw down a 57-second quarter-mile at the end of this workout in these conditions. We ran this workout on the Amazon trail and it was quite soggy.

Wednesday, January 18, 2012 **10 miles**

AM: 6 miles easy + lifting with Coach Radcliffe.

PM: 4 miles easy.

Thursday, January 19, 2012 **9 miles**
65 minutes really easy.

Friday, January 20, 2012 **9 miles**
3-mile warmup. 3x(5x300m) with 45-second jogging recoveries. 46s, 45s, and 44s).
2-mile cooldown. 45-second recovery around the bend to get back to the start of the
300m.

I didn't put down the recovery between sets, but I would guess that it was 2 minutes.

Saturday, January 21, 2012 **6 miles**
6-mile loop easy.

Sunday, January 22, 2012 **10 miles**
Medium-long run.

Training so hard that a 10-miler only gets "medium-long run" recognition!

WEEK TOTAL: **60 miles**

###

Monday, January 23, 2012 **11 miles**
AM: 7 miles + lifting with Coach Radcliffe.
PM: 4 miles.

Tuesday, January 24, 2012 **9 miles**
3-mile warmup. 3x(1000m + 5x200m @ 30–30) with 3-minute recoveries between
sets. Kilometers in 2:55, 2:53, 2:52. 2-mile cooldown. Ran with Russell Brown.
VERY wet conditions. Wore spikes for first time on the last set of 200s. Achilles sore.

*This is a great workout. The 1000m runs are honest, and right after them we go into
what we call 30-30s which are 200s in 30 seconds with 30 seconds of standing
recovery. Not surprised that my Achilles' tendons were sore after putting spikes on
for the first time again. Always a pleasure
to work out with Mr. Russell Brown!*

Wednesday, January 25, 2012 **7 miles**

AM: 50 minutes easy + lifting with Coach Radcliffe.

PM: 25-minute swim.

Thursday, January 26, 2012

12 miles

AM: 3 miles easy.

PM: 3-mile warmup. 3x(500m, 300m, 200m) with next-interval jogging recoveries.

Ran 75, 45, 29, 71, 43, 28, 68, 41, 26. 2-mile cooldown.

"Next-interval jogging recovery" means that we jogged 300m after the 500m interval, 200m after the 300m interval, etc. Interesting to note that we did this workout in the afternoon instead of the morning. We did so to be able to work out with Russell again. Sometimes it's nice to mix things up a bit, and it's always nice to have help in a tough track session.

Friday, January 27, 2012

6 miles

Plus crabbing.

Still getting those valuable crabbing miles in!

Saturday, January 28, 2012

10 miles

3-mile warmup. 5-mile pace run @ 5:30/mile. 2-mile cooldown.

Sunday, January 29, 2012

10 miles

Wanted to go 13, but was just too tired.

WEEK TOTAL:

65 miles

Stringing some pretty solid weeks together at this point.

###

Monday, January 30, 2012

11 miles

AM: 7 miles + lifting.

PM: 4 miles. Felt really good in AM, really tired in PM.

Tuesday, January 31, 2012

7 miles

3-mile warmup. 1 mile @ 4:55, 800m @ 2:26, 800m @ 2:23. 2-mile cooldown.

Was supposed to run mile, 4x800, mile, but couldn't hit target pace of 2:20 on the

800s so I got pulled. Felt SO tired and sore. Looks like all those quality weeks really started adding up. One of Coach Rowland's many qualities is knowing when an athlete is too tired and not to be pushed any farther. "Got pulled" refers to Coach telling me to go home. Still snuck in a two-mile cooldown. Sometimes it's hard not to get wrapped up in the mileage number at the end of the week.

Wednesday, February 1, 2012 **0 miles**

Had to take a day off to let legs recover. Gave blood for testing.

When I get REALLY run down, Coach Rowland will often have me provide a blood sample so the labs can analyze it and make sure I'm not anemic, vitamin-deficient, etc.

Thursday, February 2, 2012 **8 miles**

AM: 2x(200m, 400m, 200m, 200m) with 1-minute rest after first 200m, 3-minute rest after 400m, 30 seconds after second 200m, 8-minute rest between sets. Ran 25, 53, 27, 27, 27, 55, 27, 28.

PM: 20-minute swim.

Pretty good workout on tired legs.

Friday, February 3, 2012 **6 miles**

45 minutes easy. Still feeling very tired.

Saturday, February 4, 2012 **0 miles**

Swim workout: 10-minute warmup. 25x(25m easy, 25 hard). 250m swim cooldown.

This is a measure of last resort. If my energy levels are OK but my legs are just too sore to run on, I will go into the pool and do a swimming interval workout. This allows me to maintain the cardiovascular work without continuing to pound on sore legs.

Sunday, February 5, 2012 **10 miles**

Ran the Valley River Center loop. Felt so-so.

WEEK TOTAL: **42 miles**

If you ever hear me describe my legs as "fried," this week is what I am referring to.

Everything was going great and then I just suddenly wasn't able to recover between workouts. It's not that the workouts got a lot more difficult, but rather that the accumulation of miles from back-to-back solid weeks got to me. On one hand, it means I know I was training hard enough, but on the other hand, I tipped the scales just a little too far. It's always a very fine balance between training hard enough and overtraining.

###

Monday, February 6, 2012 **6 miles**

6 miles easy + lifting. Still tired.

Tuesday, February 7, 2012 **7 miles**

3-mile warmup. 600m @ 1:20. Rest 8 minutes. 300m @ 41. 3-mile cooldown.

Those times are OK on tired legs, but normally should have been able to run much faster than that.

Wednesday, February 8, 2012 **10 miles**

AM: 6 miles easy + lifting.

PM: 4 miles easy. Almost starting to feel like my old self again.

Thursday, February 9, 2012 **10 miles**

Ran Valley River Center loop with a few miles in the middle at approximately 6:00/mile pace.

Friday, February 10 2012 **0 miles**

Swam 20 minutes easy and stretched before a massage in preparation for flight to Australia.

International travel is never easy, and I don't like to beat my legs up beforehand. A nice swim and a massage is my preferred method of preparation!

Saturday, February 11, 2012 **7 miles**

Ran 50 minute easy at SFO due to delay.

My flight out of Eugene the night before was delayed due to fog, and I was unable to make my flight from San Francisco to Sydney. I got a hotel room and squeezed in a 50-minute easy run before catching the next flight the following day.

Sunday, February 12, 2012

0 miles

Flew to Sydney.

WEEK TOTAL:

40 miles

The winter months in Oregon can make training difficult physically and mentally, so I decided to escape to Australia for a few weeks of warm-weather training and racing. Stayed with one of my best friends in the world, elite 800m runner Lachlan Renshaw.

###

Monday, February 13, 2012

4 miles

30 minutes easy and a good stretch. Felt pretty darn good considering 15-hour flight! Red wine + Tylenol PM works!!

I like to run a few easy miles after a long flight to stretch my legs out. I tried the classic traveler's concoction of two Tylenol PM and a glass of red wine to see if it would help me sleep a bit on the flight, and it actually did the trick.

Tuesday, February 14, 2012

7 miles

32 minutes easy + 3x150m strides. 2-mile cooldown + lifting. Felt much better after strides.

Another solo Valentine's Day! The loneliness of the long-distance runner...

Wednesday, February 15, 2012

8 miles

AM: 3-mile warmup. 8x400m @ 69, 67, 66, 65, 63, 66, 65, 63. 300m @ 38.9, 200m @ 25. 2-mile cooldown.

PM: 20-minute swim.

Thursday, February 16, 2012

5 miles

Hilly. 40 minutes easy.

Friday, February 17, 2012

3.5 miles

20-minute warmup. 3x pre-race strides (100m float, 150m gear change, 100m float). 2-lap cooldown. Felt pretty good!

This is my typical pre-race day. I like to do a good warmup and then throw my spikes

on. The 100m floats are at race pace, and I try to practice good running form. The 150m gear-change simulates making or matching a move in the middle of a slow, tactical race.

Saturday, February 18, 2012

8 miles

AM: 10-minute jog + drills.

PM: Finished sixth in the Sydney Track Classic 800m with a time of 1:47.44. Out slow, moved up well on homestretch. In about third place with 100m to go. No kick! Need more speedwork.

This was a really poor season opener for me. I ran the first 700m exactly as planned, but when I went to close hard in the last 100m, I ran out of steam.

Sunday, February 19, 2012

10 miles

Ran 65 minutes with Lachie and Will Leer. Averaged 6:30s for 10 miles.

A bit quick for one of my long runs.

WEEK TOTAL:

45.5 miles

###

Monday, February 20, 2012

7 miles

AM: 7 miles easy + strides.

PM: Lift @ NSWIS.

I drove to the New South Wales Institute of Sport to lift with Lachlan. Great facility. The Aussies REALLY love sport.

Tuesday, February 21, 2012

7 miles

AM: 3-mile warmup. 4x800m with 2-minute recoveries. Ran 2:20, 2:15, 2:19, 2:14. Jogged 8 minutes. 6x200m with 2-minute recoveries. Ran 25.8, 25.5, 25.1, 24.5, 24.6, 24.1. 1-mile cooldown. Felt good to do speed again!

PM: 30-minute swim.

I love running quick 200s. Especially in warm weather!

Wednesday, February 22, 2012

10 miles

AM: 6 miles easy + lifting.

PM: 4 miles.

Thursday, February 23, 2012 **7 miles**

AM: 3-mile warmup. 8x300m with 1-minute jogging recoveries. Ran 45.5, 44.5, 45.2, 44.6, 44.4, 44.0, 43.0, 41.2. 2-mile cooldown. Very hot. Swam at Warriewood Beach afterward.

PM: 20-minute swim.

Sydney has some incredible beaches, but Warriewood was my favorite. Very therapeutic to play in the waves for a few minutes after a hard track session.

Friday, February 24, 2012 **10 miles**

AM: 6 miles easy.

PM: 4 miles easy.

Saturday, February 25, 2012 **9 miles**

60 minutes easy around Narrabeen. Felt pretty damn good!

Narrabeen is an incredible place to train. There is a nice 6-mile trail loop next to an 8-lane track with a weight room, all just a few miles from the Pacific Ocean.

Sunday, February 26, 2012 **6 miles**

3-mile warmup. 2x150m fast. 400m in 50.1. Rest 8 minutes. 400m in 49.5. Rest 8 minutes. 2x150m.

This was a brutal workout. This is what we would call a "speed endurance" session. Essentially, it's trying to run two 400s as fast as possible. 49s are OK for this time of year, but come summer I would want to be running faster.

WEEK TOTAL: **56 miles**

###

Monday, February 27, 2012 **6 miles**

42 minutes easy. Felt sore from yesterday.

Tuesday, February 28, 2012 **10 miles**

Nick Symmonds' Daily Training Log

AM: 45 minutes easy + lifting.

PM: 30 minutes easy.

Felt OK in the AM, terrible in the PM.

Wednesday, February 29, 2012 **6 miles**

2.5 mile warmup. 2x600m @ 1:40, 1:30. 2x400m @ 65, 63. 1x300m @ 39.1.

2-minute recoveries after each run. Felt terrible on everything, especially the 300m.

Thursday, March 1, 2012 **0 miles**

Traveled to Melbourne.

My second and final race in Australia was in Melbourne—an incredible city that I had the pleasure to train in for five weeks during 2011.

Friday, March 2, 2012 **4 miles**

Pre-race. 25-minute run. 3x100m strides. 2-lap cooldown. Felt pretty shitty still.

I was nervous about how tired I felt this close to a race.

Saturday, March 3, 2012 **7 miles**

AM: 10-minute shakeout jog.

PM: Race in Melbourne. Worst race ever. Flat from the gun. Long cooldown.

Normally I would write my time and place in my log, but I was so disappointed in myself that I did not. (I ran 1:48.xx for sixth in the 800m). I was wondering what was wrong with me. I was upset, and usually when I'm upset I try to run it out.

Sunday, March 4, 2012 **0 miles**

Hung over. Surfed in Jan Joc.

If running is the healthy way to work through depression, drinking is the unhealthy alternative. Surfing is a cure for depression and hangovers, and Jan Joc is a beautiful little surf town about an hour outside Melbourne. I am fortunate to know the Clarke family, who have been gracious enough to host me there for a few nights over the last few years!

WEEK TOTAL: **33 miles**

Though the training in Australia was great, my "fried" legs from early February had never fully recovered, as was apparent in my two disappointing races.

###

Monday, March 5, 2012 **0 miles**

Flew from Melbourne to San Antonio.

Flew to Texas (as opposed to Oregon) to spend time with my girlfriend at the time, Maggie Vessey.

Tuesday, March 6, 2012 **0 miles**

Rest from crazy jet lag.

Wednesday, March 7, 2012 **3 miles**

Easy 3 miles. Got a bit of pop back.

Thursday, March 8, 2012 **5 miles**

Easy 35 minutes.

Friday, March 9, 2012 **5 miles**

Freezing rain. Intended to run 7 miles, but too cold.

This was a really cold run. It started out OK, but then a freezing rain hit that forced me to cut it short.

Saturday, March 10, 2012 **8 miles**

Easy hour in San Antonio, Texas.

Sunday, March 11, 2012 **0 miles**

WEEK TOTAL: **21 miles**

I typically take a down week like this after a winter season. It's a good way to prepare the body and mind for the intense training of the spring season. I made an interesting note at the end of this week that read "70's may be too much for me. How many 60's can I get? I can run fast on 60's with 2 lifts and 2 swims." This comment shows that I was beginning to understand the level of fatigue that I had traveled to

Australia with. The numbers refer to weekly mileage. Though my ideal week is 70 miles, my body cannot handle 70s back to back. 60 miles per week is probably a better target for me.

###

Monday, March 12, 2012 **7 miles**

Ran 50 minutes easy + lifting. Felt pretty good.

Tuesday, March 13, 2012 **8 miles**

AM: Workout at Hayward Field. 3-mile warmup. 15x200 @ 28, 32, 30, 30, 29, 29, 29, 29, 28, 28, 28, 28, 27, 27 with 60-second recoveries. 2-mile cooldown. FELT GREAT!!

PM: 20-minute swim.

Coach was brilliant in giving me this workout first after I'd come back from my break. It's the kind of workout that I should be able to destroy. I obviously felt quite good in this one, and I'm sure it helped restore some confidence. Also, appears that the down week put some freshness back in my legs.

Wednesday, March 14, 2012 **7 miles**

7 miles easy + lifting.

Thursday, March 15, 2012 **10 miles**

10-mile loop with 4 miles @ 5:30 pace in the middle. Was supposed to go 5 miles, but not fit enough.

This entry surprises me a little bit. I should be fit enough to run 5 miles at 5:30 min/mile pace most days of the year. I could have been tired from the 200s on Tuesday.

Friday, March 16, 2012 **6 miles**

42 minutes easy.

Saturday, March 17, 2012 **11 miles**

2.5-mile warmup. 3x5 minutes ON with 3-minute recoveries. 2x2 minutes ON with 2-minute recoveries. 2.5-mile cooldown. Felt GREAT!

Coach had me run a “minutes” workout for my first set of long intervals after I got back from Australia. The “ON” minutes were probably close to 5:00/mile pace and the recovery minutes were close to 7:00/mile pace.

Sunday, March 18, 2012 **4 miles**

Recovery jog. Too hung over from St. Patty's.

I get terrible hangovers. You'd think I'd have learned my lesson by now, but those damn green pints get me every year.

WEEK TOTAL: **53 miles**

###

Monday, March 19, 2012 **11 miles**

AM: 7 miles easy + lifting.

PM: 4 miles easy.

Tuesday, March 20, 2012 **6 miles**

Easy 42 minutes before travel to Flagstaff.

Flagstaff, Arizona, is the preferred altitude training locale for many elite runners, and the OTC Elite try to make a trip up there every spring. The city is located at an elevation of 7,000 feet. Some people would argue that altitude training isn't necessary for a half-miler, but I maintain that it is mandatory for any athlete aspiring to improve cardiovascular strength and efficiency.

Wednesday, March 21, 2012 **8 miles**

AM: 30 minutes easy.

PM: 30 minutes easy.

Thursday, March 22, 2012 **8 miles**

5 miles easy. 10x100m strides. 0.5 mile cooldown back to van.

The first few runs at altitude are always a little tough. The strides help to shock the system a bit and let it know it's time to start making more red blood cells!

Friday, March 23, 2012 **7 miles**

2-mile warmup. 6x2 minutes on with 2-minute jogging recoveries. 2-mile cooldown.

Saturday, March 24, 2012 **10 miles**

AM: 7 miles.

PM: 3 miles.

Sunday, March 25, 2012 **8 miles**

Mailboxes run: 60-minute run with a 15-minute pickup.

“Mailboxes” is what we call a dirt road that we run on up near Lake Mary, outside Flagstaff. The weird British kids on the team call it “letterboxes,” and we make fun of them a lot for that.

WEEK TOTAL: **56 miles**

###

Monday, March 26, 2012 **10 miles**

AM: 6 miles easy + lifting.

PM: 4 miles easy.

Tuesday, March 27, 2012 **11.5 miles**

AM: 2-mile warmup. 4x3 minutes with 2-minute recoveries. 10x70 seconds with 90-second recoveries. 2-mile cooldown. Covered 7.3 miles on the fartlek.

PM: swim.

Fartlek is a Swedish term that literally translates to “speed play.” It is what we runners call a continuous run with intervals mixed in. Here I was able to cover 7.3 miles during my 45-minute run, which means that I averaged just over 6:00/mile pace for the run. Not bad at 7,000 feet! Notice that I didn’t put down how long I swam for in the evening. Swimming is outrageously difficult at altitude, and I’m usually unable to swim continuously and opt for 100m intervals with plenty of rest instead.

Wednesday, March 28, 2012 **8 miles**

Easy run + strides + lifting.

Thursday, March 29, 2012 **12 miles**

AM: 2-mile warmup. 30-minute pace run averaging 6:02 min/mile. 1.5-mile cooldown.

PM: Ladder hill repeats. 150m, 120m, 100m, 120m, 150m, 150m, 120m, 100m, 120m, 150m.

This is a tough day. The pace run in the morning makes the legs pretty heavy and tired. After a long nap in the afternoon, we come back and switch systems. The hill we did this workout on is pretty steep, and the athletes I worked out with are all quite competitive. I could barely walk after this one.

Friday, March 30, 2012

5 miles

5 miles at approximately 8-minute pace.

Just trying to put one leg in front of the other after yesterday's workout. I've read many studies that suggest that a really easy run is a more effective form of recovery than just plain taking time off.

Saturday, March 31, 2012

7 miles

AM: 2.5-mile warmup. 3x(4x300m). Ran 45, 44, 45, 43, 44, 43, 44, 44, 42, 42, 43, 41. Felt pretty good. Almost died after the last one!

I didn't write down the recovery, but I remember this workout vividly. We took 60 seconds of walking recovery between the intervals and a 4-minute walking recovery between the sets. We ran this workout at the Northern Arizona University track, and it was the first time in the season that I felt I was really starting to getting track-ready. I went to the well on the last interval, threw my body to the track, and gasped for oxygen in the thin mountain air.

Sunday, April 1, 2012

10 miles

Woke up very hung over. Waited till about 5 PM to run 70 minutes easy. Will I ever learn?

WEEK TOTAL:

63.5 miles

###

Monday, April 2, 2012

11 miles

AM: 7.25 miles (7 miles easy + 4x100m strides) + lifting.
PM: 3.75 miles easy.

Tuesday, April 3, 2012

10 miles

AM: 2-mile warmup. 4x5minutes with 3-minute walking recoveries. 6x200m fast with 2-minute walking recoveries. 2-mile cooldown.

PM: 25-minute swim.

Wednesday, April 4, 2012

8 miles

Easy hour run + lifting. EXHAUSTED.

Thursday, April 5, 2012

11.5 miles

AM: 2-mile warmup. 4-mile pace run. 2-mile cooldown.

PM: 2-mile warmup. 6x100m strides. 1-mile cooldown.

Friday, April 6, 2012

5 miles

40 minutes easy.

Saturday, April 7, 2012

7 miles

AM: In Sedona. 3-mile warmup. 3x(3x400) with 1-minute recoveries. 4-minute recoveries

between sets. Ran 62, 59, 60, 60, 59, 56, 61, 61, PULLED. 2-mile cooldown. TIRED.

PM: 30-minute swim.

The 400s were supposed to get progressively faster. However, I struggled with the pace and was unable to accelerate on my last set and was therefore "pulled" from the last interval. Another wise move by Coach Rowland. Also of note: this workout was done in Sedona, which is at an elevation of 4,500 feet. The proximity of Sedona to Flagstaff (a 45-minute drive) is another reason that we love this area for altitude training.

Sunday, April 8, 2012

0 miles

Hiked Mt. Elden. 6,800 ft. up to summit at 9,300 ft. Legs DONE!

Sometimes I like to do a long hike in place of my long run. This was a lot of vertical to do on my already tired legs. It was very beautiful hike, though, and it left me feeling mentally refreshed.

WEEK TOTAL:

52.5 miles

###

Monday, April 9, 2012

6 miles

5-mile jog + lifting + 4x150m strides.

Tuesday, April 10, 2012

8 miles

AM: 2-mile warmup. 8x2 minutes with 2-minute recoveries. 2-mile cooldown.

PM: 1500m swim.

I'm usually able to cover 1500m in about 30 minutes. This is just an easy swim used for recovery purposes.

Wednesday, April 11, 2012

6 miles

45 minutes easy + lifting.

Thursday, April 12, 2012

9 miles

AM: 2-mile warmup. 5x1 mile with 1 minute rest. Averaged 5:25. Fast strides: 60m, 80m, 100m, 120m, 150m. 2-mile cooldown.

PM: 1500m swim.

Friday, April 13, 2012

6 miles

45 minutes easy.

Saturday, April 14, 2012

6 miles

45 minutes easy. Was supposed to go to Sedona, but got snowed in.

A drawback of spring training in Flagstaff is that you sometimes get snowed in. The snow usually melts off in a day or two. Still managed to get an easy run in through the blizzard.

Sunday, April 15, 2012

6 miles

2-mile warmup. 1000m @ 2:42, rest 4 minutes. 800m @ 1:59, rest 3 minutes. 600m @ 1:30, rest 2 minutes. 400m @ 53.8, rest 90 seconds. 200m @ 24.9. Done. 2-mile cooldown. GREAT workout. Threw down. Legs felt FRESH!

This is one of my favorite workouts. It is all very high-quality with lots of rest. The rest

decreases as the distance does, which is difficult but manageable. This workout was run in Sedona and gave me a ton of confidence about my fitness.

WEEK TOTAL: 47 miles

###

Monday, April 16, 2012 9 miles

60 minutes easy at Walnut Creek. Nice day, felt good.

Walnut Creek is a beautiful wilderness area next to where we were living in Flagstaff.

Tuesday, April 17, 2012 7 miles

Easy 48 minutes + light lifting. In Boise

Our time in Flagstaff had come to an end. I stopped off in my hometown of Boise to visit my parents before traveling to my next race.

Wednesday, April 18, 2012 9 miles

3-mile warmup. 4x200m @ 29 with 200m jogging recoveries. 4x3 minutes at 1:12–1:15 400m pace with 90-second recoveries. 4x200m @ 27 with 200m jogging recoveries. 2-mile cooldown.

Thursday, April 19, 2012 6 miles

40 minutes easy.

Friday, April 20, 2012 4 miles

20 minutes easy + 3x100m strides. 2-lap cooldown.

I ran this pre-race workout in Boise before flying to Kansas for the KU Relays.

Saturday, April 21, 2012 8.5 miles

AM: 1-mile shakeout.

PM: 3-mile warmup. Raced 1 mile @ KU Relays. Ran 4:01.57 for 4th place.

Ran very timidly. Closed in 55. SO much left at the end. Legs felt GREAT!
I felt very good going into this race, but I was still a bit nervous about my fitness after my disappointing races in Australia. Three men broke away from the pack early on, and no one (including myself) wanted to do the work to catch them. I was able to

outkick all of the competitors in the chase pack. I was disappointed in myself for being so timid, but I gained a lot of confidence because of how easy the 4:01 mile felt.

Sunday, April 22, 2012 **10 miles**

WEEK TOTAL: **53.5 miles**

Monday, April 23, 2012 **10 miles**

AM: 6 miles + lifting.

PM: 4 miles.

Tuesday, April 24, 2012 **10 miles**

AM: 3-mile warmup. 4x1000m with 2-minute recoveries. Ran 3:09, 3:00, 2:55, 2:53. 2x(500m, 300m, 200m) with next-interval recovery. Ran 72, 43, 28, 66, 41, 25. 2-mile cooldown.

PM: 20-minute swim.

Wednesday, April 25, 2012 **10 miles**

AM: 6 miles + lifting.

PM: 4 miles.

Thursday, April 26, 2012 **6 miles**

AM: 6 miles with a 15-minute pickup in the middle.

PM: Flew to Philly.

I felt really good on this run despite have to wake up really early to squeeze it in before flying to Philadelphia for the Penn Relays.

Friday, April 27, 2012 **4 miles**

20-minute warmup. 2x200m @ 25 seconds. 5-minute cooldown.

Saturday, April 28, 2012 **8 miles**

20-minute warmup. Raced 800m on DMR @ Penn. Through 400m in 49.5, 1:43.9 split. Felt AMAZING. 25-minute cooldown. ([Watch Interview from FloTrack](#))

I was not super-excited about competing at the Penn Relays this year because it

was an Olympic year and the travel from Eugene to Philadelphia is never easy. I decided that if I was going to go to the trouble of getting there, I was going to run as hard as I could. 49.5 is my fastest 400m split ever (I was running the distance medley relay, so the running start helped!), and when the announcer read my split, my jaw dropped. As I was cooling down, I was nervous that I was too fit, too early in the season. When I chatted with my sports psychologist, Jeff Troesh, we decided that maybe it wasn't that I was too fit too early, but rather that all the hard work leading up to this point was paying off and I was about to have the best season of my life. I tried not to overthink the performance after that.

Sunday, April 29, 2012

11 miles

77-minute run after LONG travel back to Eugene. Still, legs felt GREAT!

You only get to feel this good after coming down from a month at altitude. It's a very surreal feeling. It's almost scary how good you feel running at sea level.

WEEK TOTAL:

59 miles

###

Monday, April 30, 2012

10 miles

AM: 6 miles + lifting.

PM: 4 miles. Right Achilles sore.

One of the reasons that I dislike long travel when I'm racing is that it leaves my legs a bit swollen, which in turn leads to sore connective tissue.

Tuesday, May 1, 2012

9.5 miles

AM: 3-mile warmup. 3x1 mile with 3-minute recoveries in 4:55, 4:46, 4:44. 2x800m with a 2-minute recovery in 2:17, 2:15. 2-mile cooldown. Right Achilles took a little while to warm up. Fine after first interval. OK after workout. Lots of ice.

PM: 30-minute swim. Felt good in the pool!

Wednesday, May 2, 2012

10 miles

AM: 6 miles + lifting.

PM: 4 miles

Thursday, May 3, 2012

7 miles

AM: 3x(4x200m) with 30 seconds rest between intervals, 4-minute rest between sets. 200s in 27. 2-mile cooldown.

PM: 30-minute swim.

Friday, May 4, 2012

7 miles

50 minutes easy.

Saturday, May 5, 2012

10.5 miles

3-mile warmup. 5-mile pace run with mile 4 easy and mile 5 hard. Ran 5:26, 5:26, 5:15, 5:37, 5:03. 2-mile cooldown.

Five miles is a fairly long pace run for me at this point in the season, and sometimes Coach Rowland has me break it up mentally by easing off on the fourth mile, which allows me to collect myself to push hard on the fifth.

Sunday, May 6, 2012

10 miles

68 minutes moderate.

WEEK TOTAL:

64 miles

###

Monday, May 7, 2012

6 miles

42 minutes easy + lifting.

Tuesday, May 8, 2012

8 miles

AM: 3-mile warmup. 1000m in 2:30, rest 6 minutes. 800m in 1:51, rest 8 minutes. 600m in 1:22. DONE. 3-mile cooldown.

PM: 25-minute swim.

This is a really good workout for me. Just three FAST intervals with a lot of rest. Coach Rowland asked me to run the 800m in 1:54, but my teammate Chris Thompson was running that interval with me and was right on my heels. I was terrified that a 10,000m runner was going to show me up in an 800m!

Wednesday, May 9, 2012 **6 miles**

AM: 6 miles + lifting.

PM: 30-minute spin bike.

Thursday, May 10, 2012 **9 miles**

AM: 3-mile warmup. 3-mile pace run at Amazon trail (5:20, 5:15, 5:03). 4x200m @ 27 with 200m jog. 2-mile cooldown.

PM: 30-minute swim.

Friday, May 11, 2012 **6 miles**

Easy 42 minutes followed by fishing + surfing.

Saturday, May 12, 2012 **9 miles**

3-mile warmup. 5x800m on Amazon trail with 2-minute recoveries. Ran 2:19, 2:15, 2:15, 2:15, 2:15. 3x500m on South Eugene HS track with 5-minute recoveries. Ran 70, 69, 67. 2-mile cooldown.

A nice workout. Good combination of base work and speed endurance.

Sunday, May 13, 2012 **9 miles**

Easy 65 minutes with P-Nut and J-Mac.

Nice run with Ian Cronin and Jordan McNamara.

WEEK TOTAL: **53 miles**

###

Monday, May 14, 2012 **7 miles**

AM: 40 minutes easy + lifting.

PM: Flew to LA.

Tuesday, May 15, 2012 **7.5 miles**

3-mile warmup. 10x200m with 200m jogging recoveries. Fast-slow alternating...fast @ 25, slow @ 29. 2-mile cooldown. Felt good.

Ran at UCLA. I had a race down at Occidental College later this week and flew down a few days early for a few meetings and to visit family. This was the first time I had

ever been on UCLA's campus, and I was very impressed by the facilities. I had the honor of being timed by the 800m American Record holder, Johnny Gray, in this workout.

Wednesday, May 16, 2012

0 miles

OFF

I could feel a bit of a cold coming on this day and was nervous that it could affect my race on Friday. I decided it would be better for me to take the day off and just rest.

Thursday, May 17, 2012

4 miles

22 minutes easy. 100m stride, 200m stride, 100m stride. 3-lap cooldown.

Friday, May 18, 2012

8 miles

AM: 8-minute jog + stretch.

PM: 3-mile warmup. 1500m race in 3:36.04. NEW PERSONAL BEST!! Finished 2nd to Nate Brannen. 20-minute jog cooldown. ([Watch Race on FloTrack](#))

I felt really good warming up for this race. I knew that this was probably going to be my only 1500m of the year, and I REALLY wanted to set a new personal best. I went out right behind the rabbit in 56 seconds for the first 400m. Though I was disappointed that I didn't win the race, I was very happy to shave 2 seconds off my best time.

Saturday, May 19, 2012

0 miles

6 AM flight to Salt Lake City for Melaleuca appearance.

I was so amped up from my race and had to be into LAX so early that I just stayed up through the night. I got about an hour of sleep on the flight and then had to help out at a Melaleuca convention. Melaleuca is a great company that has been a great partner during my professional career, so I wanted to be there despite the tough travel after the race.

Sunday, May 20, 2012

10 miles

Ran the Valley River Center loop easy. Felt SO good!

WEEK TOTAL:

36.5 miles

I made two notes in my running log following this week. The first was an arrow pointing to the weekly mileage total reading "with a PB though!!" This shows that I

was disappointed with the final week's mileage, but I realized that it was worth it for a new personal best in the 1500m. The second note I wrote down was "LAST WEEK ADDING UP MILEAGE." This second note is a great look into where my mind was at this point in the season. Around this time, I could see that my weekly mileage was going to suffer due to the fact that workouts were getting more race specific and that I was traveling and racing more.

It's difficult to go from being so focused on getting to a certain mileage at the end of the week to focusing on simply feeling good for the sessions and killing workouts. For me to get race ready I have to make this mental switch, and I did so by ceasing to add up my mileage at the end of each week. I have subsequently gone back and added up the mileage.

###

Monday, May 21, 2012

9 miles

AM: 3-mile warmup. 3x5minutes with 3-minute jogging recoveries. (Through 1K in 3:04). 2x2 minutes with 2-minute jogging recoveries. 2-mile cooldown.

PM: 30-minute swim.

Tuesday, May 22, 2012

7 miles

7 miles + lifting.

Wednesday, May 23, 2012

7 miles

AM: 3-mile warmup. 400m in 50.9, rest 1 minute, 200 in 24.7, rest 8 minutes, 400m in 49.7, rest 1 minute, 200m in 25.3. 3-mile cooldown.

PM: 30-minute swim.

This is a fantastic 800m workout. Very difficult to hit pace on the 200m after a nearly all-out quarter-mile sprint.

Thursday, May 24, 2012

10 miles

AM: 6 miles easy + lifting.

PM: 4 miles easy.

Friday, May 25, 2012

6 miles

45 minutes easy.

Saturday, May 26, 2012

10 miles

3-mile warmup. 3-mile pace run (on feel). 10x200m with 100m jogging recoveries. 2-mile cooldown.

When Coach tells me to run a pace run "on feel," I ditch my watch and just go for a steady run. This pace is usually just a touch below my threshold pace, and at this time of year I would estimate my pace to be near 5:20/mile.

Sunday, May 27, 2012

9 miles

65 minutes easy.

WEEK TOTAL:

58 miles

###

Monday, May 28, 2012

7 miles

3-mile warmup. 150m in 16.5, rest 4 minutes. 200m in 22.6, rest 5 minutes. 150m in 16.5, rest 6 minutes. 300m in 36.1, rest 7 minutes. 150m in 16.5. 3-mile cooldown. Straight over to the pool for a 25-minute swim.

This is a true sprint workout for me. Lots of rest, but running really fast intervals. I crossed the line after the 200m and saw 22.6 on my watch, and I didn't believe what I was seeing. I had to confirm with Coach Rowland that he had me that fast as well. This was a holiday and the pool was closing early, so I was forced to go straight to the pool for my swim rather than giving my body a couple hours to recover first. I was EXHAUSTED the rest of the day.

Tuesday, May 29, 2012

7 miles

50 minutes easy + lifting.

Wednesday, May 30, 2012

8 miles

AM: 3-mile warmup. 5x600m @ (1:39, 1:40, 1:40, 1:39, 1:41) with 90-second recoveries. 2x200m @ 27, 25. 2-mile cooldown.

PM: 25-minute swim.

Thursday, May 31, 2012

0 miles

OFF. Caught a 20-pound springer! ([Watch KVAL News Spot](#))

A local news channel had asked if they could film me fishing for a segment they were doing about what local Olympians did when they weren't training. I was hesitant to take the day off two days before the Prefontaine Classic, but it paid off!

Friday June 1, 2012

4 miles

3-mile warmup. 3xStrides. 100m, 150m, 100m. 2-lap cooldown. Felt kind of flat.

Saturday June 2, 2012

7 miles

3-mile warmup. Raced 800m at Prefontaine Classic. Ran 1:44.32 for third place. 2.5-mile cooldown. ([Watch Race on RunnerSpace.com](#))

Not a bad run. Certainly a big improvement from my last 800m race!

Sunday, June 3, 2012

12 miles

84 minutes.

WEEK TOTAL:

45 miles

###

Monday, June 4, 2012

10 miles

AM: 45 minutes + lifting.

PM: 4 miles easy.

Tuesday, June 5, 2012

10 miles

AM: 3-mile warmup. 4x1mile with 2-minute recoveries. Ran 5:00, 4:59, 4:49, 4:43.

Jogged 2 laps, ran 2 laps of jog the bends, stride the straights. 2-mile cooldown.

Jogging the bends and striding the straights is a nice way to flush out the lactic acid built up during the mile repeats.

Wednesday, June 6, 2012

5 miles

AM: up early to film with The Insider.

PM: Drinks with Paris Hilton at the Beverly Hills Hotel.

Ha-ha, OK, so I'm not going to pretend like this is just a standard entry. But I did write it in the running log, so it must be included. Whereas doing an interview with a news show isn't that new to me, getting drinks with a well-known celebrity is. This

was a unique experience and a much needed distraction leading into the Olympic Trials. Definitely took my mind off of racing for a spot on the Olympic team for a little while! Shot down to LA for literally 24 hours and then back to Eugene to refocus.

Thursday, June 7, 2012

7 miles

AM: 3-mile warmup. 6x100m going through gears. 400m in 50, rest 6 minutes. 300m in 36, rest 6 minutes. 200m in 23.6. 3-mile cooldown.

PM: 25-minute swim.

Pretty good sprint workout for me. "Going through the gears" means accelerating and decelerating while striding out on a 100m straightaway, shifting speed about every 20 meters.

Friday, June 8, 2012

10 miles

AM: 6 miles + lifting.

PM: 25-minute swim.

Saturday, June 9, 2012

8 miles

AM: 3-mile warmup. 5x800m + 2x200m all on trail. 2-minute recovery after each run. 2-mile cooldown.

PM: Kayaked in the Pacific Ocean.

I grew up whitewater kayaking in Idaho, and sometimes I take my boat out to Florence, Oregon, to play in the waves.

Sunday, June 10, 2012

6 miles

45 minutes easy.

WEEK TOTAL:

56 miles

###

Monday, June 11, 2012

9 miles

AM: 2 miles easy.

PM: 3-mile warmup. 600m time trial. From standing start in 1:13.9. 3-mile cooldown.

I did a 600m time trial like this before the 2008 Olympic Trials, and I wanted to do it

again this year. In 2008 I ran the 600m in 1:14.5. After this time trial I was extremely confident that I was in the kind of shape necessary to make the 2012 Olympic Team.

Tuesday, June 12, 2012

7 miles

65 minutes easy.

Wednesday, June 13, 2012

10 miles

AM: 45-minute jog + lifting.

PM: 30-minute jog.

Thursday, June 14, 2012

6 miles

AM: 6 miles easy.

PM: Steelhead fishing.

Friday, June 15, 2012

8 miles

AM: 3-mile warmup. 8x200m alternating fast-slow. Fast in 24, slow in 28. 3-mile cooldown.

PM: 25-minute swim.

Saturday, June 16, 2012

6 miles

Easy 40 minutes + hurdle drills.

Sunday, June 17, 2012

8 miles

3-mile warmup. 3x100m strides. 2 -mile pace run in 9:53. 3x100m strides. 2.5-mile cooldown. Up at Blue River. Felt TERRIBLE!

I ran this workout on a beautiful track about an hour east of Eugene in a little town called Blue River. I was surprised by how sore and tired I was, given that the Olympic Trials were only a few days away.

WEEK TOTAL:

54 miles

###

Monday, June 18, 2012

5 miles

36 minutes easy + lifting.

Tuesday, June 19, 2012

8 miles

3-mile warmup. 2x600m @ 1:38. 2x400m @ 62. 1x300m @ 36. 3-mile cooldown.

I didn't write down the recovery here, but I would guess that it was 200m walk/jog. A relatively easy workout to prep me for the Trials.

Wednesday, June 20, 2012

0 miles

Swam for 12 minutes at Amazon pool.

I like to take off the day that is 48 hours before a race just to let my legs really freshen up. I went for a quick swim more to have something to do and pass the time than as a workout.

Thursday, June 21, 2012

4 miles

20 minutes easy + 3x100m strides in spikes.

Friday, June 22, 2012

5 miles

2-mile warmup. Won Olympic Trials prelims in 1:46.8. 2-mile cooldown.

This was a fairly straightforward first round. I expected that it would take a sub-1:47 to advance to the semifinals.

Saturday, June 23, 2012

5 miles

2-mile warmup. Finished second in my Olympic Trials semifinal with a time of 1:46.8. 2-mile cooldown.

I knew that the top three finishers would advance Automatically, so I was OK with not winning this race and saving my energy. I was a little surprised that this race did not go faster.

Sunday, June 24, 2012

3 miles

24 minutes easy + drills. 10 minutes in Willamette River.

This is the off day before the Olympic Trials final. I didn't want to take the day completely off, so I went for a quick jog and iced my legs in the river by my house.

WEEK TOTAL:

30 miles

###

Monday, June 25, 2012

4 miles

AM: 7 minutes easy + drills.

PM: 2-mile warmup. Won 2012 Olympic Trials in 1:43.92!! ([Watch via YouTube](#))

I was very surprised that I was able to dip under 1:44 in the final and ecstatic that I had made my second Olympic Team.

Tuesday, June 26, 2012

0 miles

OFF

Definitely need a couple days off after the Olympic Trials. Mentally and physically, I needed the rest.

Wednesday, June 27, 2012

0 miles

Hiked for a couple hours with Sean and Chiara with weight vest.

I was aching for a little exercise, but not ready to run yet. Sean Jefferson is a good friend of mine who used to run with me on OTC Elite, and Chiara is his beautiful girlfriend.

Thursday, June 28, 2012

7 miles

Ran 50 minutes easy.

Friday, June 29, 2012

10 miles

70 minutes easy.

Saturday, June 30, 2012

9 miles

3-mile warmup. 6x3minutes with 2-minute recoveries. 2-mile cooldown.

Running close to 1K-pace efforts for the 3 minutes on. Just under 5:00/mile pace.

Sunday, July 1, 2012

6 miles

45 minutes easy with the Jefferson Twins.

WEEK TOTAL:

36 miles

Monday, July 2, 2012

6 miles

45 minutes easy + lifting

Tuesday, July 3, 2012

10 miles

AM: 3-mile warmup. 4x1 mile with 2-minute recoveries. Ran 4:57, 4:56, 4:55, 4:49. 6x200m in 26 with 200m walking/jogging recoveries.

PM: 30-minute swim.

Wednesday, July 4, 2012

7 miles

50 minutes easy + lifting.

Thursday, July 5, 2012

10 miles

AM: 10 miles with a 4-mile pick up in the middle. 8x15-second strides.

PM: 30-minute swim.

The pickup was for miles 4, 5, 6, and 7 and was close to 6:00/mile pace.

Friday, July 6, 2012

6 miles

AM: 45 minutes easy. Legs dead.

PM: Kayak @ south jetty.

Back to the Pacific Ocean in the afternoon to play in the waves. Probably not a good idea on this day, considering that my legs were so tired, but I knew I was leaving for Europe in a few days and that this would be my last opportunity to do so.

Saturday, July 7, 2012

7 miles

3-mile warmup. 8x400m with 90-second rests for the first 4 intervals, 2-minute rests for the second 4 intervals. Ran 59, 59, 59, 58, 58, 57.1, 58.5, 55.1. 2-mile cooldown.

Sunday, July 8, 2012

10 miles

70 minutes. Tired.

WEEK TOTAL:

56 miles

###

Monday, July 9, 2012

4 miles

AM: 30 minutes easy.

PM: Flew to London.

Tuesday, July 10, 2012

4 miles

30-minute shakeout. Legs hurting!

I'm not surprised that my legs were hurting after 24 hours of travel.

Wednesday, July 11, 2012

10 miles

AM: 22 minutes easy.

PM: 2-mile warmup. 3x100m strides. 15-minute tempo at 5:20/mile pace. 3x100m strides. 2-mile cooldown.

Thursday, July 12, 2012

10 miles

AM: 6 miles + lifting.

PM: 4 miles

Friday, July 13, 2012

6 miles

AM: 3-mile warmup. 150m sprint, rest 3 minutes. 200m in 24.3, rest 8 minutes. 300m in 36.5, rest 5 minutes. 300m in 35.9, rest 5 minutes. 300m in 37.0, rest 5 minutes. 2-mile cooldown.

PM: tried to swim, Hampton pool closed.

Tough morning workout. My speed was on point, but the lactic acid grabbed my legs on the last interval. Really could have used a swim after this workout to flush out the legs, but unfortunately the pool was closed. Have to roll with the punches when you're training overseas.

Saturday, July 14, 2012

11 miles

AM: 7 miles easy + lifting.

PM: 4 miles easy.

Sunday, July 15, 2012

7 miles

AM: 3-mile warmup. 8x200m with 1-minute recoveries. Ran in racing flats, all about 28 seconds. 3-mile cooldown.

PM: 25-minute swim.

I ran in flats as opposed to spikes. I'd normally spike up for this workout, but Coach must have kept it more relaxed after Thursday's sprint session.

WEEK TOTAL: 52 miles

###

Monday, July 16, 2012 8 miles
60 minutes easy.

Tuesday, July 17, 2012 7 miles
3-mile warmup. 4x800m with 2-minute recoveries. Ran 2:18, 2:17, 2:15, 2:13.
2x200m in 26, 23. 2-mile cooldown.

Wednesday, July 18, 2012 4 miles
AM: 30 minutes easy.
PM: Flew to Monaco.

Monaco is a beautiful principality on the Mediterranean Sea. It has one of the fastest tracks in the world, and I try to run there each year in their Diamond League meeting.

Thursday, July 19, 2012 4 miles
20-minute jog. 3x100m strides. 2-lap cooldown.

Friday, July 20, 2012 5 miles
AM: 10 minutes easy.
PM: Race: Monaco 800m. Finished fifth with a time of 1:43.78. ([Watch](#))

I was furious after this race. I just couldn't believe that a time that fast could only be good for fifth. This was only .02 seconds away from my personal best, and for the year 2007 (my first full year as a professional) it would have been the second-fastest time in the world. This just goes to show you how far the 800m has come in a few short years, and it was, in hindsight, a sign of things to come at the London Olympic Games.

Saturday, July 21, 2012 8 miles
60 minutes easy.

Sunday, July 22, 2012 10 miles
AM: 45-minute jog + lifting.
PM: 30 minutes easy.

WEEK TOTAL: 46 miles

###

Monday, July 23, 2012 9 miles

AM: 3-mile warmup. 4x5minutes at Lensbury with 3-minute recoveries. First interval HARD. 2-mile cooldown.

PM: 20-minute swim.

Lensbury is a beautiful grass field in Teddington, London, that has a perimeter loop of about 1200m. Coach told me that he wanted me to really get after it on the first interval and that I could cruise the last three. However, I got a bit carried away and ran the first one really hard. I had some very heavy legs for the rest of the workout.

Tuesday, July 24, 2012 6 miles

6 miles easy with 4x100m in spikes. Traveled to Dublin.

I had been invited to race a 400m in Ireland, and didn't want to miss a chance to improve my personal best at that distance!

Wednesday, July 25, 2012 8 miles

AM: 12 minutes easy.

PM: 3-mile warmup. Raced 400m. Ran 47.45. 4-mile cooldown.

I was a little disappointed with this time, as my workouts indicated that I should be able to run 46.xx. This was a huge improvement on my personal best at 400m, though, and it served as a great sharpening workout going into the Olympics.

Thursday, July 26, 2012 8 miles

60 minutes easy with Ciarán. Tired. Flew to London.

Ciarán O'Lionaird is an Irish miler and a friend of mine. We'd enjoyed a couple pints of Guinness the night before and were sweating them out before returning to our base in London.

Friday, July 27, 2012 6 miles

AM: 45 minutes easy + pillars.

PM: Opening Ceremonies!!

"Pillars" are basic exercises using one's own body weight. They are part of my typical lifting day. I specifically mention them here because I didn't do the other parts of my typical lifting program. This was because I had the Opening Ceremonies that night, which is an incredible experience, but also very physically taxing as you're on your feet for close to six hours.

Saturday, July 28, 2012

9 miles

3-mile warmup. 2x(3min, 2min, 1min) with equal jog recovery. 2-mile cooldown. Legs sore!

My legs were screaming all night after the Opening Ceremonies.

Sunday, July 29, 2012

4 miles

Felt pretty sick all night. Ran 4 miles really slow. Dizzy.

I woke up in the middle of the night and couldn't fall back to sleep because I felt so nauseated. I'm not sure where I picked up the bug, but it was an unfortunate setback so close to my first round at the Olympic Games. Fortunately, Coach Rowland was unfazed and adjusted my workouts to allow me to recover.

WEEK TOTAL:

50 miles

###

Monday, July 30, 2012

6 miles

Still recovering. 6 miles easy.

Tuesday, July 31, 2012

10 miles

AM: 6 miles easy + lifting.

PM: 4 miles.

Wednesday, August 1, 2012

8 miles

AM: 3-mile warmup. 5x200m in 25 seconds with 2 minute recovery. Rest 4-minutes. 2x300m in 37.5, 38.0 with 2-minute recoveries. Rest 5 minutes. 400m in 52.5. 2-mile cooldown.

I couldn't believe Coach Rowland had given me such a tough workout so close to my Olympic races. I felt great running the 200s, and I thought maybe I would be able to get through the workout without too much trouble. However, the 300s put a ton of lactic acid in my legs and I was only able to run a 52 on the last interval. I was furious that I couldn't go sub-50 and frustrated with Coach Rowland because I thought he had overworked me and that the workout would affect my Olympic performance negatively. I was quite wrong. Yet another example of Coach Rowland's brilliance.

Thursday, August 2, 2012 **7 miles**
49 minutes easy + lifting.

Friday, August 3, 2012 **8 miles**
3-mile warmup. 2x600m in 1:38, 1:38. 2x400m in 63. 1x300m in 36.5. 2-mile cooldown.

My favorite pre-race workout. 200m walking/jogging recoveries for everything. All run in flats except for the 300m, which was run in spikes.

Saturday, August 4, 2012 **0 miles**
OFF.

Sunday, August 5, 2012 **4 miles**
20 minutes warmup. 3x100m strides. 2-lap cooldown.

WEEK TOTAL: **43 miles**

###

Monday, August 6, 2012 **5 miles**
2-mile warmup. Raced the prelims at the 2012 Olympic Games. Finished first with a time of 1:45.91. 10-minute cooldown.

I was extremely nervous for this first round, but so excited that my turn to compete had finally arrived. I drew a very talented heat and was not surprised that it took a time this fast to advance to the next round.

Tuesday, August 7, 2012 **6 miles**
AM: 8-minute shakeout jog + light stretch.

PM: 2-mile warmup. Raced semifinal at the 2012 Olympic Games. Finished third with a time of 1:44.87. 15-minute cooldown.

I drew an incredibly talented semifinal and knew it would be difficult to advance. The top two finishers would qualify automatically, and I was in second with 100m to go, but I was passed coming down the homestretch by Andrew Osagie of Great Britain. I knew we were running fast, and I dug deep to try to finish with a time that would be fast enough to earn one of the two qualifying spots selected by time. As it would turn out, I did advance to the final as the fastest non-automatic qualifier.

Wednesday, August 8, 2012 **3 miles**

AM: 20 minutes easy + light stretch and drills.

Thursday, August 9, 2012 **6 miles**

AM: 8-minute shakeout jog.

PM: ??? Fifth. 1:42.95. ([Watch the Olympic Final](#))

This is the final entry in my running log. It is short, and aside from the basic information, all I could muster up is a question mark. As I write this several months later, I'm still in a bit of disbelief. Going into this Olympic year I had already made two assumptions: I was physically incapable of running under 1:43, and if anyone managed to break 1:43 in the Olympic final, he would be rewarded with a medal. Both of my assumptions were proven wrong on August 9th, 2012. Many in the media called this the greatest 800m race in history, as David Rudisha of Kenya set a new world record and all but one of the competitors ran a personal best.

Looking back on my performance, I am honored to have represented my country. I am extremely proud that I was able to give my greatest performance in the most important race of my life. However, there will always be a bittersweet feeling associated with this race because my time was not good enough for a medal. I am reminded of why I got into the sport of track and field in the first place: not to win medals and not to make money, but to test the limits of what I am humanly capable of. In that sense, my performance at the 2012 Olympic Games was a huge success. I redefined my own limits, and in doing so I became inspired to continue to train and to test myself.

POST 2012

Since 2012, Coach Sam and I have been busy. The following year, I went on to receive my championship medal with a second place finish at the 2013 IAAF World Championships held in Moscow, Russia. (WATCH HERE)

In 2014, we created Run Gum out of necessity. For much of my career we experimented with legal performance enhancing stimulants to find the perfect combination that would allow me to perform optimally.

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