

Coney Island Half

Goal: 1:30:00 X
Time 1:35:25

5th Overall 1st Age Group

Adds 6 shoes fast, held up

Went out fast, muscle endurance
around mile 9

Hips = Great

Tapered to long need more distance

Goals:

Mobility / Flexibility
1:30:00

10K - 39:52

Lose 10lbs