

Friday S.T. + S.P.
 Saturday Race 880 yds.
 Sunday 1 hour jog.
 Tenth week:
 Monday 880 yds. (50 yds. dashes).
 Tuesday 1 hour jog.
 Wednesday 220—full effort—3.
 Thursday 1 hour jog.
 Friday ½ hour jog.
 Saturday The race.

3000m. STEEPLECHASE SCHEDULE

First week:
 Monday 2 miles—¼.
 Tuesday 220—¼— (15 to 20).
 Wednesday S.T. + H.P. + 100 yds. race.
 Thursday 1 mile—¼—2 + 1 mile—¼.
 Friday S.T. + H.P.
 Saturday 220—¼—20.
 Sunday 2 hours steady run.
 Second week:
 Monday 1½ miles—¼.
 Tuesday 220—¼—10.
 Wednesday S.T. + H.P. + Race 220 yds.
 Thursday 880—¼—6.
 Friday S.T. + H.P.
 Saturday 440—¼—20.
 Sunday 2 hours steady run.
 Third week:
 Monday 2 miles—¼.
 Tuesday 220—¼— (15 to 20).
 Wednesday S.T. + H.P. + Race 100 yds.
 Thursday 3 miles—¼.
 Friday S.T. + H.P.
 Saturday 880—¼—6.
 Sunday 2 hours steady run.
 Fourth week:
 Monday 1 mile (50 yds. dashes)
 Tuesday 3 mi. (Sprint 100 yds. ea 440).
 Wednesday S.T. + H.P. + Race 440.
 Thursday 3 miles—¼.
 Friday S.T. + H.P.
 Saturday 440—¼—20.
 Sunday 2 hours steady run.
 Fifth week:
 Monday 2 miles (50 yds. dashes).
 Tuesday 220—S.—10.
 Wednesday S.T. + H.P. + 880 race.
 Thursday 2 miles—¼.
 Friday S.T. + H.P.
 Saturday Race steeple-chase.
 Sunday 2 hours steady run.
 Sixth week:
 Monday 3 miles (50 yds. dashes).
 Tuesday 220—S.—10.
 Wednesday S.T. + H.P. + 880 race.
 Thursday Steeple-chase T.T.
 Friday S.T. + H.P.
 Saturday 3 miles race.
 Sunday 2 hours steady run.
 Seventh week:
 Monday 2 miles (50 yds. dashes).
 Tuesday Steeple-chase T.T.
 Wednesday S.T. + H.P. + Race 1 mile.
 Thursday Steeple-chase T.T.
 Friday S.T. + H.P.
 Saturday 3 miles race.
 Sunday 2 hours steady run.
 Eighth week:
 Monday 2 miles (50 yds. dashes).
 Tuesday Steeple-chase T.T.
 Wednesday S.T. + H.P. + Race 880.
 Thursday Steeple-chase T.T.
 Friday S.T. + H.P.
 Saturday Steeple-chase race.
 Sunday 2 hours steady run.

Ninth week:
 Monday 1 mile (50 yds. dashes).
 Tuesday 440—¼—4.
 Wednesday Steeple-chase T.T.
 Thursday 220—S.—10.
 Friday Steeple-chase T.T.
 Saturday 1 mile race.
 Sunday 1 hour jog.
 Tenth week:
 Monday 880 (50 yds. dashes).
 Tuesday H.P. + ½ hour jog.
 Wednesday 220—full effort—3.
 Thursday 1 hour jog.
 Friday ½ hour jog.
 Saturday The race.

3 MILES/5000m. SCHEDULE

First week:
 Monday 2 miles—¼.
 Tuesday 220—¼—20.
 Wednesday S.T. + Race 100 & 220.
 Thursday 3 miles (Sprint 100 yds. in each 440).
 Friday S.T. + S.P.
 Saturday 220—¼—20.
 Sunday 2 hours steady run.
 Second week:
 Monday 3 miles—¼.
 Tuesday 220—¼—20.
 Wednesday S.T. + Race 100 & 220.
 Thursday 6 miles (Sprint 100 yds. in each 440).
 Friday S.T.
 Saturday 440—¼—20.
 Sunday 2 hours steady run.
 Third week:
 Monday 2 miles—¼.
 Tuesday 220—¼—20.
 Wednesday S.T. + Race 100 & 440.
 Thursday 3 miles (Sprint 100 yds. in each 440).
 Friday S.T.
 Saturday 220—¼—20.
 Sunday 2 hours steady run.
 Fourth week:
 Monday 1 mile—¼—2 + 1 mile—¼.
 Tuesday 220—¼—10.
 Wednesday S.T. + Race 100 & 440.
 Thursday 880—¼—6.
 Friday S.T.
 Saturday 440—¼—20.
 Sunday 2 hours steady run.
 Fifth week:
 Monday 2 miles (50 yds. dashes).
 Tuesday 3 miles T.T.
 Wednesday S.T. + Race 100 & 880.
 Thursday 6 miles—¼.
 Friday S.T.
 Saturday 880 yds. race.
 Sunday 2 hours steady run.
 Sixth week:
 Monday 2 miles (50 yds. dashes).
 Tuesday 6 miles—¼.
 Wednesday S.T. + Race 100 & 880.
 Thursday 3 miles T.T.
 Friday S.T.
 Saturday 3 miles race.
 Sunday 2 hours steady run.
 Seventh week:
 Monday 3 miles (50 yds. dashes).
 Tuesday 220—S.—10.
 Wednesday S.T. + 100 & 1 mile races.
 Thursday 3 miles T.T.
 Friday S.T.
 Saturday 1 mile race.
 Sunday 2 hours easy run.

SCHEDULE DEFINITIONS

S.T. — SPRINT TRAINING: Any typical sprint workout emphasizing relaxed speed running. A useful training is to run over 150 yards six times, gradually increasing speed in the first 40 yards and running at top relaxed speed over the last 100 to 110 yards. A full recovery period between each run.

S.P. — STARTING PRACTICE: Starting practice over 30-50 yds. at least six times.
50 YDS. DASHES: Sprint 50 yards, then float relaxed for 60 yds. over the number required, around a track or to markers in a straight line. When getting accustomed to this type of training the use of a straight line with four markers set out at these distances, 30 yds., 50 yds., 30 yds., will be found best as it allows a little more recovery than running around the track.

1/4, 1/2, 3/4, FULL EFFORTS: According to the Table of Efforts, as outlined, and the use of applied common sense. Naturally, if the training session is of long duration the effort must of necessity be less. To be used as a guide as a form of speed control.

S. — STRIDING: To be used as relaxed workouts at speeds suitable to the runner to maintain balance.
440 YARDS. (at required racing speed): If the runner is intending to run a peak performance of, say, 1:50 for 880 yards, then each 440 yds. will be run in 55 seconds. Not faster nor slower.

T.T. — TIME TRIALS: To be run evenly at near best speed to predetermined times as previously outlined.

H.P. — HURDLES AND WATER JUMP PRACTICE: Concentration upon technique.
880 (660—1/2 + 220 — 1/4) — 4: 880 yards to be run four times, the first 660 yds. of each at 1/2 effort, followed by 220 yds. at 1/4 effort.



880 YARDS SCHEDULE

*Race or time trial.

First week:
Monday 2 miles—1/4.
Tuesday 220—1/4—10 to 20.
Wednesday S.T. + Race 100 or 220 yds. & S.P.
Thursday 1 mile—1/4—2 + 1 mile—1/4.
Friday S.T. + S.P.
Saturday 220—1/4—10 to 20.
Sunday 2 hours steady run.

Second week:
Monday 1 1/4 miles—1/4.
Tuesday 220—1/4—10 to 20.
Wednesday S.T. + Race 100 and 220 yds.
Thursday 3 miles—1/4.
Friday S.T. + S.P.
Saturday 440—1/4—10 to 20.
Sunday 2 hours steady run.

Third week:
Monday 2 miles—1/4.
Tuesday 220—1/4—10 to 20.
Wednesday S.T. + Race 100 & 220 yds. & S.P.
Thursday 1 mile—1/4—2 + 1 mile—1/4.
Friday S.T. + S.P.
Saturday 440—1/4—10 to 20.
Sunday 2 hours steady run.

Fourth week:
Monday 220—1/4—10.
Tuesday 2 miles—1/4.
Wednesday S.T. + Race 100 & 220 yds. & S.P.
Thursday 3 miles—1/4 (Sprint 100 yds. each 440 yds.).
Friday S.T. + S.P.
Saturday 880 (660—1/4 + 220—1/4)—6.
Sunday 2 hours steady run.

Fifth week:
Monday 2 miles (50 yds. dashes).
Tuesday 220—S.—10.
Wednesday S.T. + Race 100 & 400 yds.
Thursday 440—1/4—6.
Friday S.T. + S.P.
Saturday Race 440 yds.
Sunday 2 hours steady run.

Sixth week:
Monday 1 1/4 miles (50 yds. dashes).
Tuesday 300 yds.—S.—8.
Wednesday Race 100 and 880 yds. *
Thursday 200 yds.—1/4—6.
Friday S.T. + S.P.
Saturday Race 1 mile.
Sunday 2 hours steady run.

Seventh week:
Monday 1 1/4 miles (50 yds. dashes).
Tuesday 220—S.—10.
Wednesday Race 100 and 440 yds. *
Thursday 440-4 (at 880 yds. racing speed).
Friday S.T. + S.P.
Saturday Race 880 yds.
Sunday 1 1/2 hours steady run.

Eighth week:
Monday 1 mile (50 yds. dashes).
Tuesday 300—S.—8.
Wednesday Race 100 and 660 yds. *
Thursday 440-4 (880 yds. racing speed).
Friday S.T. + S.P.
Saturday Race 880 yds.
Sunday 1 1/2 hours easy run.

Ninth week:
Monday 1 mile (50 yds. dashes).
Tuesday 440-4 (at 880 yds. racing speed).
Wednesday 1/4 mile (fast & evenly).
Thursday 220—S.—8.
Friday S.T. + S.P.
Saturday Race 440 yds.
Sunday 1 hour jog.

Tenth week:
Monday 880 yds. (50 yds. dashes).
Tuesday 1 hour jog.

Wednesday 220—full speed—3.
Thursday 1 hour jog.
Friday 1/2 hour jog.
Saturday The race.

1 MILE SCHEDULE

First week:
Monday 2 miles—1/4.
Tuesday 220—1/4—(15 to 20).
Wednesday S.T. + Race 100 or 220 yds.
Thursday 1 mile—1/4—2 + 1 mile—1/4.
Friday S.T. + S.P.
Saturday 220—1/4—(15 to 20).
Sunday 2 hours steady run.

Second week:
Monday 1 1/4 miles—1/4.
Tuesday 220—1/4—10.
Wednesday S.T. + Race 100 and 220 yds.
Thursday 1 mile—1/4—2 + 1 mile—1/4.
Friday S.T. + S.P.
Saturday 440—1/4—(15 to 20).
Sunday 2 hours steady run.

Third week:
Monday 2 miles—1/4.
Tuesday 220—1/4—(15 to 20).
Wednesday S.T. + Race 100 and 220 yds.
Thursday 3 miles—1/4.
Friday S.T. + S.P.
Saturday 880—1/4—(4 to 8).
Sunday 2 hours steady run.

Fourth week:
Monday 1 mile (50 yds. dashes).
Tuesday 2 to 3 miles (Sprint 100 yds. each 440 yds.).
Wednesday S.T. + Race 440 yds.
Thursday 3 miles evenly and strongly.
Friday S.T. + S.P.
Saturday 440—1/4—(15 to 20).
Sunday 2 hours steady run.

Fifth week:
Monday 1 to 2 miles (50 yds. dashes).
Tuesday 220—S.—10.
Wednesday S.T. + Race 100 and 440 yds.
Thursday 3 miles—1/4.
Friday S.T. + S.P.
Saturday Race 880 yds.
Sunday 2 hours steady run.

Sixth week:
Monday 1 to 2 miles (50 yds. dashes).
Tuesday 220—S.—10.
Wednesday S.T. + Race 100 & 660. *
Thursday 3 miles—1/4.
Friday S.T. + S.P.
Saturday Race 880 yds.
Sunday 2 hours steady run.

Seventh week:
Monday 1 to 2 miles (50 yds. dashes).
Tuesday 300—S.—10.
Wednesday Race 100 and 880 yds. *
Thursday 440-4 (at 1 mi. racing speed).
Friday S.T. + S.P.
Saturday Race 1 mile.
Sunday 2 hours steady run.

Eighth week:
Monday 1 to 2 miles (50 yds. dashes).
Tuesday 300—S.—10.
Wednesday Race 100 & 660 yds.
Thursday 440-6 (at 1 mi. racing speed).
Friday S.T. + S.P.
Saturday Race 1 mile.
Sunday 1 1/2 hours jog.

Ninth week:
Monday 1 mile (50 yds. dashes).
Tuesday 440-6 (at 1 mi. racing speed).
Wednesday 1/4 mile fast & evenly.
Thursday 220—S.—10.

Eighth week:
Monday 2 miles (50 yds. dashes).
Tuesday 3 miles T.T.
Wednesday S.T. + Race 100 & 880.
Thursday 6 miles—14.
Friday 220—full effort—3.
Saturday 3 miles race.
Sunday 1½ hours jog.

Ninth week:
Monday 1 mile (50 yds. dashes).
Tuesday 1 hour jog.
Wednesday 3 miles T.T.
Thursday 220—S.—10.
Friday 220—full effort—3.
Saturday 1 mile race.
Sunday 1 hour jog.

Tenth week:
Monday 880 (50 yds. dashes).
Tuesday 1 hour jog.
Wednesday 220—full effort—3.
Thursday 1 hour jog.
Friday ¼ hour jog.
Saturday The race.

6 MILES/10,000m. SCHEDULE

The 3 miles and 5,000 meters schedule can be followed with these alterations:

Sixth week:
Tuesday 3 miles—½.
Thursday 6 miles T.T.

Seventh week:
Thursday 6 miles T.T.
Saturday 6 miles T.T.

Ninth week:
Wednesday 6 miles T.T.

MARATHON SCHEDULE — Last Ten Weeks

First week:
Monday 220—¼—20.
Tuesday 15 miles—½.
Wednesday 3 miles—¼.
Thursday 18 miles—½.
Friday 880—¼—3.
Saturday 28 miles—¼.
Sunday 15 miles—¼.

Second week:
Monday 220—¼—20.
Tuesday 15 miles—½.
Wednesday 3 miles—¼.
Thursday 18 miles—½.
Friday 440—¼—6.
Saturday 28 miles—¼.
Sunday 15 miles—¼.

Third week:
Monday 220—¼—20.
Tuesday 15 miles—½.
Wednesday 2 miles—¼.
Thursday 18 miles—½.
Friday 6 miles—¼.
Saturday 15 miles—½.
Sunday 15 miles—¼.

Fourth week:
Monday 220—¼—20.
Tuesday 15 miles—½.
Wednesday 3 miles—¼.
Thursday 18 miles—½.
Friday 6 miles—¼.
Saturday 26 miles—evenly.
Sunday 15 miles—¼.

Fifth week:
Monday 2 miles (50 yds. dashes).
Tuesday 15 miles—½.
Wednesday 6 miles T.T.
Thursday 18 miles—¼.

Friday 3 miles T.T.
Saturday 20 miles—¼.
Sunday 15 miles—¼.

Sixth week:
Monday 3 miles (50 yds. dashes).
Tuesday 15 miles—½.
Wednesday 6 miles T.T.
Thursday 18 miles—½.
Friday 3 miles T.T.
Saturday 20 miles—¼.
Sunday 15 miles—¼.

Seventh week:
Monday 3 miles (50 yds. dashes).
Tuesday 15 miles—½.
Wednesday 3 miles T.T.
Thursday 18 miles—½.
Friday 220—S.—6.
Saturday 20 miles—¼.
Sunday 15 miles jog.

Eighth week:
Monday 2 miles (50 yds. dashes).
Tuesday 15 miles—½.
Wednesday 3 miles T.T.
Thursday 6 miles—full effort.
Friday 220—S.—6.
Saturday 10 miles—fast.
Sunday 15 miles jog.

Ninth week:
Monday 12 miles—¼.
Tuesday 1 mile (50 yds. dashes).
Wednesday 15 miles—¼.
Thursday 6 miles—½.
Friday 3 miles jog.
Saturday 3 miles race.
Sunday 15 miles jog.

Tenth week:
Monday 220—full effort—3.
Tuesday 1 mile—¼.
Wednesday 6 miles jog.
Thursday 3 miles jog.
Friday 3 miles jog.
Saturday The race.

CROSS COUNTRY SCHEDULE—3¼ MILES

First to fourth week:
Monday 6 miles—¼.
Tuesday 880—¼—3.
Wednesday 2 miles—½.
Thursday 220—¼—10.
Friday S.T.
Saturday 3 miles—fast.
Sunday 1½ hours steady running.

Fifth to eighth week:
Monday 1 mile (50 yds. dashes).
Tuesday 3 miles T.T.
Wednesday 1 hour Fartlek,
Thursday 2 miles—¼.
Friday 220—full effort—3.
Saturday Race 3 miles and near distances.
Sunday 1½ hours steady running.

Ninth and tenth weeks: Similar to the last two weeks of the 3 miles track schedule.

CROSS COUNTRY SCHEDULE—6¼ MILES

First to fourth week:
Monday 15 miles—¼.
Tuesday 220—¼—10.
Wednesday 10 miles—½.
Thursday 880—¼—4.
Friday 220—full effort—3.
Saturday 6 miles—fast.
Sunday 2 hours steady running.

Fifth to eighth week:

Monday 2 miles (50 yds. dashes).
 Tuesday 15 miles—44.
 Wednesday 3 miles—fast & evenly.
 Thursday 1 hour Fartlek.
 Friday 220—full effort—3.
 Saturday Race—3 miles and 6 miles alternate weeks.
 Sunday 1½ to 2 hours steady running.
 Ninth and tenth weeks: Similar to the last two weeks of the 6 miles track schedule.

Training should be over all types of surfaces and trial runs over courses similar to that to be raced over. Training should also be applied in volume according to age and condition.

U.S.A. — WEST

June 27—August 29

Marathon conditioning work for 9 weeks period. Run about 100 miles per week at best aerobic speed. Supplementary to this they would do all the easy jogging possible. Beginners may train on either of these two bases:

	<u>Time</u>	<u>Distance</u>
Monday	1 hour	10 miles
Tuesday	1½ hours	15 miles
Wednesday	1 hour	12 miles
Thursday	2 hours	18 miles
Friday	1 hour	10 miles
Saturday	2-3 hours	20-25 miles
Sunday	1½ hours	15 miles

August 30—November 28

Thirteen weeks of cross country. First three weeks of long mileage over cross country courses for training, using all different types of surfaces and terrain. The next 10 weeks train according to the cross country schedules that are in the schedule section of the book. Training should be over all types of surfaces and trial runs over courses similar to that to be raced over. Training should be applied in volume according to age and condition.

November 29—January 2

Do some long running conditioning and Fartlek work for five weeks.

January 3—February 27

As much conditioning running as possible should be done during this indoor track season. If they do anaerobic training according to the number of races they are going to run, they could use the later weeks of the track schedules that are in the schedule section of the book.

February 28—March 28

First four weeks of the track schedule as indicated in the schedule section.

March 29—June 26

Track racing season. First six weeks, use the track schedule using last 6 weeks of the program. The following 7 weeks, the track work would be very light, supplemented with easy jogging, with concentration on hard racing.

U.S.A. — EAST

November 29—January 2

Five weeks of conditioning and Fartlek work; also incorporating some of the hill resistance training and anaerobic capacity work.

January 3—March 13

Indoor track racing for nine weeks. During this period, use the later track schedules as a basis, and also do as much conditioning running as possible.

March 14—June 6

Start training on track training schedules. From then on continue to race hard and train lightly.

Alternative to this program:

If no indoor track racing is to be undertaken, from November 29 to January 8 they should do 6 weeks of marathon training. From January 9 to February 28, hill resistance and anaerobic capacity training.