

gentleman has done for athletics.

"I was invariably bothered by stitch in side in cross country races. In the 1904 National 10-miles Cross Country Championship, I carried a small bottle of brandy. With 3 miles to go I was 52d. I finished 9th. I never tried that again."

Merv Lincoln

MERVYN LINCOLN, Melbourne, Australia. Age 25.

Best marks: 3-mile, 13:41.0; 2-mile, 8:52.0; mile, 3:55.9; 1500m, 3:42.0; 880, 1:52; 440, 53.4.

Born 11/22/33 at Leongatha, Victoria, Australia. 5'10", 144 lbs. Started racing in 1953 at age 20.

WARMUP: Jog 1-2 miles at 8 min. pace. Jogs 1-2 miles at 8:00 speed after workout.

TRAINING:

Monday, Wednesday, and Friday: 10 x 440. Jog 440 in 2-2½ min. after each. Start with 70 sec. per 440. Increase speed 2 sec. per month per 440, to maximum of 60 sec.

Tuesday and Saturday: 5 x 880. Jog 7 min. after each. Start with 70 sec. per 440, or 2:20. Increase speed by 4 sec. per 880 each month to maximum of 2:00 each.

Thursday: 4 x ¾ mile. Jog 15 min. between. Start with 3:40 each. Increase speed by 6 sec. per ¾ mile per month to maximum of 3:09 each.

Sunday: One hour speed play.

Lincoln adjusts the above times to compensate for wind, temperature, humidity, and track conditions under adverse conditions. Occasionally Lincoln runs 5 x 220 in 29 sec. each, 5 x 440 at training speed (above), and 5 x 220 in 29 sec. each, jogging an equal distance after each. Sometimes he runs 15-20 x 150 yards in 18-19 sec. each, jogging 290 yards after each. He does not run the ¾ mile repetitions the week of the race, and has no preference as to whether he runs 440's or 880's the final workout before a race. Rests one to three days prior to competition. When he was able to accomplish 10 x 440 in 64 each, 5 x 880 in 2:08 each, and 4 x ¾ mile in 3:21 each, he ran a mile race in 4:02. Trains alone on a grass track, carrying stop-watch for timing. Coached by Franz Stampfl, whom he sees approximately once per month in Melbourne. Trains year round, except for 2-4 weeks rest at end of racing season. Duration of workouts: about 1½ hours in evening.

STRATEGY: Can lead or follow. Has terrific kick in view of best 440 (53.4).

Ron Delany

RONALD MICHAEL DELANY, Villanova University and Crusaders A. C., Dublin. Age 23.

Best marks: Mile - 3:57.5; 880 - 1:47.8.

Born 3/6/35 at Arklow, Ireland, 6', 146 lbs. Started racing in 1951 at age 16.

WARMUP: Jog 15 min. 5 min. calisthenics. Alternately stride 100-150 yards and walk 100-150 yards. Then go directly into workout or rest 30 min. prior to race.

WINTER TRAINING:

Monday: 7½ miles cross country run.

Tuesday: 10 x 440 in 61.5 average. Jog 440 after each.

Wednesday: 5 miles road run.

Thursday: 5 miles continuous running on board track.

Friday: Rest.

Saturday: Mile race.

Sunday: Rest.

TRAINING DURING OUTDOOR TRACK SEASON:

Monday: 5 miles fast cross country run.

Tuesday: 10 x 440 in 60 or faster. Jog 440 after each.

Wednesday: 20 x 220 in 27.5 average. Jog 220 after each.

Thursday: 4 miles easy continuous running.

Friday: Rest.

Saturday: Race.

Sunday: Fartlek running for one hour on grass.

DURATION OF WORKOUT: One hour, starting at 4:00 P.M.

Participated each week end, January through June annually, while representing Villanova. 1956 Olympic 1500m champion in 3:41.2. Holder of numerous NCAA, IC4A, and AAU titles. No special eating habits. In 1958 NCAA meet ran all-time fastest

double of 4:03.5 mile and 1:48.6 880. . . . Established world indoor mile mark in 1958 at 4:03.4. Coached by Jack Sweeney, Louis Vandendries, and Jim (Jumbo) Elliott.

Strategy: Follow and win with kick.

Jim Bailey

JAMES BAILEY, St. George A. A. Club, Sydney, Australia, and University of Oregon.

Best marks: 2 miles, 8:55; mile, 3:58.6; 880, 1:49.2; 800m, 1:48.8; 600, 1:12.5; 440, 47.8; 220, 23.0; 100, 10.2.

Born 7/21/29 at Sydney. 5'11", 155 lbs. Started racing in 1941 at age of 12.

RACE WARMUP: Start one hour before race. Jog 1-1½ miles. 2-4 x 220 fast striding, jogging 220 after each. Rest 15-20 min. Then jog very slowly until race.

TRAINING WARMUP: Jog flat footed 10-15 min.

MID PRE-COMPETITIVE SEASON TRAINING: (Duration, 6 months).

Day (1): 3 x 880 in 2:00-2:05 each. Jog 880 after each.

Day (2): 8-10 x 440 in 58 each. Jog 440 after each.

Day (3): 30 min. cross-country run over hills. 4-6 x 220 in 27. Jog 220 after each.

Day(4): 8 x 220 yards fast. Jog 220 after each. (Not timed).

Day (5): 20-24 x 110 yards sprint. Jog 110 after. 3-5 x 440 in 60. Jog 440 after.

"I was incapable of running fast time trials in training. My best time trials were: ¾ mile, 3:02; 880, 1:58; 440, 54 sec."

MID COMPETITIVE SEASON TRAINING:

Sunday: 6-8 miles slow cross-country run.

Monday: ¾ mile time trial.

Tuesday: 660 in 1:24.

Wednesday: 1½ miles in 70 seconds per 440; total 7:00 minutes.

Thursday: 6-8 x 220 in 25-26 each. Jog 440 after each.

Friday: Rest.

Saturday: Race.

"I ran 6-8 miles on grass with a few sprints enroute whenever I felt like it."

Trained 1-1½ hours per workout, starting at 3:00 P.M. Never trained twice daily. No indoor races. 30 track races per season in Australia, and 10 track races per season at the University of Oregon. Used limited weight training 2-3 times weekly.

STRATEGY: Preferred running in second position and winning during last 440.

Bailey spent 1951 in France, where he was coached by Albert Mainella, Direction Generale des Sports. Coached by Bill Bowerman at Oregon.

Don Bowden

DONALD PAUL BOWDEN, University of California. Age 21.

Best marks: Mile, 3:58.7; 880, 1:47.2; 440, 47.8; 220, 21.8; 100, 10.4.

Born 8/8/36 at San Jose, Calif. 6'3", 158 lbs. Started racing in 1951 at age 15.

PRE-TRAINING WARMUP: 1½ miles run on track in sweat clothes. Each 440 in 70-75. 4 x 110 near full speed. Walk 110 after each. 10 min. stretching exercises. Walk and rest 10-15 min. Then take the workout.

PRE-COMPETITIVE SEASON TRAINING: (January to March).

Monday: 2 x ¾ mile in 3:15 each. Walk and jog 10-15 min. between.

Tuesday: 8 x 440 in 61-64 each. Jog 440 after each.

Wednesday: 2-3 x 880 in 2:10 each. Jog 880 after each.

Thursday: 6 x 440 in 61-64 each. Jog 440 after each. Light weight lifting.

Friday: Long, easy work (4-6 miles) on grass (fartlek).

Saturday: Fartlek on track in this manner: ¾ mile striding straightaways at speed of 15 sec. for 110 yards, and jogging curves. 4th lap run 300 yards at 60 sec. per 440 pace.

Repeat this for 15-20 min. Then light weight lifting.

Sunday: Church. Rest. No training.

COMPETITIVE SEASON TRAINING: (March to June).

Monday: ¾ mile in 3:00 to 3:04.

Tuesday: 6-8 x 440 in 58-60 each. Jog 440 after each. Or, 660 in 1:19-1:21.

Wednesday: 2-3 x 880 in 1:59-2:01. Jog 880's. Or, 6-7 x 352 in 42-45. Jog 528 after each.

Thursday: Long easy fartlek (4-6 miles), or 7 x 220 in 26-27 each. Jog 220's.

Friday: Rest.

Saturday: Race.

Sunday: Rest. Go to church.

"I always finish my workouts by running 3-4 x 110 yards at fairly fast finishing speed. As the season progresses I gradually reduce my week day workouts, pointing toward better performances on Saturday. Before the large meets, such as the NCAA or National AAU, I run only a few pace 440's or 220's."

Duration of workouts: 1½ hours, starting at 4:30 P.M. Does not participate in indoor or cross-country racing. Participates in approximately 25 track races annually. Coached by Brutus Hamilton. Has represented USA in European track tours, and was member of 1956 U.S. Olympic team. Bowden is America's first sub-4 minute miler.

