

FILE

Speed is the answer to distance runner bringing the time down.
Milers can sprint the last 100 yards.

STAY UP ON TOES.

1880-----4:24.0 mile and a 9:17.0 two mile.

Walter George 4:12.0 mile Stood for 37 years.

:57.0-440 2:01.0-880 3:07.0-3/4 mile and a 4:12.0 mile

Trend today is toward a faster 2nd half---last lap to be one of the fastest.

Pavoi Nurmi. 4:10.0 mile a pace runner

4:09.0 mile by a Frenchman

4:07.6 mile Lovelock. Treated it as a 1/2 mile.

Emphasis from here on was toward speed.

4:06.8 mile-----2:01.0 first half

NOW. 4:01.5 mile 1:58.0-----2:56.0-----4:01.5 mile

Comparisons.

Zamparini.	:61.5	:62.8	:63.5	:60.5	4:08.3 mile
		2:04.3		2:04.0	
Nurmi	:58.6	:63.2	:64.9	:63.7	4:10.4 mile
		2:01.8		2:08.6	

Pavoi Nurmi. Slept 10 hours a night

Three work-out a day.

Ran 8-9 miles in the mornings.

Ran sprints in the afternoons. Middle distance in evenings.

Did this for seven days a week.

Did one hour of striding before race.

Cunningham. Warm up at three miles. 10:15.0

Speed and pace work.

The first 1/4 jog slow.

Two 1/4's at :58.0 and :60.0.

Don't over work high school milers.

Kick finishes on all work outs.

Slow heart beat is a good sign of a distance runner, because a slow heart is an efficient heart.

Running indoor and on boards is about 4 sec. faster.

A 4:12.0 mile in the East is considered slow.

Strategy plays an important part --you can't always run pace alone in a mile.

Important to run on the pole, if not, and in the second lane you'd run 18 yards further.

If a man tries to pass, particularly on a turn, speed up.

Run a steady rhythm. Some runners hum a tune as they run.

When you jump (pass) a man -- do it FAST.

AVERAGE MAN DOES NOT WARM UP ENOUGH.

WARM UP FOR HIGH SCHOOLRUNNERS.

Jog two laps--start slowly and kick the finish of each lap.

Stretching exercises.

Lap of 100 yard runs. Slow 100 yd.--walk 100 yd. etc. Run the last one fast. Set blocks. Stride a 440. Try your blocks.