

WORKOUT SCHEDULE OF THE 1970 MA CROSS COUNTRY TEAM

Mon. July 13: Stanford Golf Course. 4-6 miles easy running
 Tues. July 14: Huddert Park. 8 miles
 Wed. July 15: Stanford Golf Course, or work on own. 3-4 miles
 Thurs July 16: Huddert Park. 4-9 miles
 Fri. July 17: Stanford Golf Course: 4-7 miles
 Sat. July 18: Work on own. 1-3 miles reported on individual workouts
 Sun. July 19: Work on own. 1-4 miles reported on individual workouts

41

Mon. July 20: Sharon golf course. very hilly. 4-5 miles
 Tues. July 21: Huddert Park. Runs of from 4 to 10½ miles
 Wed. July 22: Work on own. 2 to 5 miles reported on individual workouts
 Thurs July 23: Stanford Golf Course. 4 - 6½ miles
 Fri. July 24: Worked at MA. 2-4 miles pct in
 Sat. July 25: Work on own. Runs of 1 to 8 miles reported.
 Sun. July 26: Work on own. Runs of 2 to 14 miles reported.

52

Mon. July 27: Sharon golf course. Hilly. 3-5 miles. Barbour total of 13 miles in 2 WO
 Tues July 28: Foothill Park. Hilly. 11 miles.
 Wed. July 29: Work on own. Runs of 3 to 10 miles reported.
 Thurs July 30: Huddert Park. 4 miles. Barbour total of 21 miles in 2 WO.
 Fri July 31: Stanford Golf Course. 4-6 miles.
 Sat Aug 1: Work on own. Barbour 26 mi. Marathon.
 Sun Aug 2: Work on own: Runs of 5 to 10 miles recorded.

77

Mon Aug 3: Sharon Golf course. Hilly. 3-5 miles. Barbour 9½ mi in 2 Wo.
 Tues Aug 4: Huddert Park. 7 miles
 Wed Aug 5: Work on own: 0 miles
 Thurs Aug 6: Stanford Golf Course. 6-8 miles
 Fri Aug 7: Pillars. 6-12 miles by Crystal Springs Lake
 Sat Aug 8: Work on own. 0 miles.
 Sun Aug 9: Work on own. 2-10 miles reported.

46

Mon Aug 10: Stanford Golf Course. 4-6 miles
 Tues Aug 11: Huddert Park. 7-15 miles
 Wed Aug 12: 2 miles reported.
 Thurs Aug 13: Stanford Golf Course. 5 miles
 Fri Aug 14: On own. 2 miles reported.
 Sat Aug 15: Work on own. 3-4 miles reported.
 Sun Aug 16: Work on own. 0 miles

34

Mon Aug 17: Huddert Park. 4-9 miles
 Tues Aug 18: Stanford Golf Course. 8-9 miles
 Wed Aug 19: Huddert Park. 5 miles.
 Thurs Aug 20: On own. 0 miles.
 Fri Aug 21: On own. 0 miles.
 Sat Aug 22: On own. 0 miles.
 Sun Aug 23: On own. 0 miles.

23

Mon Aug 24: Work on own. 0 miles
 Tues Aug 25: Work on own. 3 miles
 Wed Aug 26: Work on own. 9 miles
 Thurs Aug 27: Work on own. 6 miles
 Fri Aug 28: Work on own. 9 miles
 Sat Aug 29: Work on own. 0 miles
 Sun Aug 30: Work on own. 0 miles

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WORKOUT SCHEDULE OF THE 1970 MA CROSS COUNTRY TEAM
(CONTINUED)

Mon	Aug 31:	Work on own. 0 miles	
Tues	Sept 1:	Huddert Park. 9 miles	
Wed	Sept 2:	Road Run. Alpine to Page Mill. 11 miles	
Thurs	Sept 3:	At MA. 4 mile road run. 18 alternate 440's and 220's.	
Fri	Sept 4:	Huddert Park. 7-9 miles	
Sat	Sept 5:	Time Trial on MA home course. (2.2 mi). 10 X 220.	
Sun.	Sept 6:	Work on own. 0 Miles.	38 $\frac{1}{2}$
Mon.	Sept 7:	20 X 220 at .35 seconds. rest interval of 80 seconds.	
Tues	Sept 8:	2 man 10 mile relay (20 X 440) at MA	
Wed	Sept 9:	Road run. Alpine to Page Mill. 11 miles.	
Thurs	Sept 10:	30 X 120 at MA	
Fri	Sept 11:	Huddert Park. 4-6 miles	
Sat	Sept 12:	2 X 10 minute runs on the track	
Sun	Sept 13:	Work on own. 0 miles.	35 $\frac{1}{2}$
Mon	Sept 14:	3 X 10 min. runs. Wt Trng. Universal gym. 3 sets. 20 min rest int.	
Tues	Sept 15:	Foothill Park. 11 miles. Hilly	
Wed	Sept 16:	5 X 6 min runs. 5 min rest in between. At MA. Wt. Trng. 3 sets	
Thurs	Sept 17:	10 X 220 at MA. 8 miles at Huddert Park	
Fri	Sept 18:	5 X 440 in 70-75 and 75-80 for slower group. Then 5 mi road run. (pillars)	
Sat	Sept 19:	Practiced on San Carlos Course. Did Hill charges.	
Sun	Sept 20:	Work on own.	41 $\frac{1}{2}$
Mon	Sept 21:	MEET at San Carlos. 3.5 mi. 4th of 5 schools in Varsity.	
Tues	Sept 22:	4-8 miles at Huddert Park.	
Wed	Sept 23:	4 X 880. 4 mile road run. Wt Trng 3 sets.	
Thurs	Sept 24:	Team meeting. Foothill Park. 6-11 mile run. Hilly.	
Fri	Sept 25:	Sprints on segments of MA course (3 X 1320) (2 X 880)	
Sat	Sept 26:	Stanford Golf Course. 2-3 miles.	
Sun	Sept 27:	Work on own	24 $\frac{1}{2}$
Mon	Sept 28:	MEET at MA. Team unimpressive except for Yost & Middel.	
Tues	Sept 29:	Foothill Park. 11 miles. Hilly.	
Wed	Sept 30:	Old Sand Hill Road run. Straight up for 3 mi. Total of 6-8 miles. Wt Trng.	
Thurs	Oct 1:	Evening workout. 16 alternate 440's and 220's.	
Fri	Oct 2:	30 X 120.	
Sat	Oct 3:	Stanford Golf Course. 2-3 miles	
Sun	Oct 4:	Work on own.	28
Mon	Oct 5:	MEET at MA. Worst performance in MA history.	
Tues	Oct 6:	Foothill Park. 11 miles. Hilly.	
Wed	Oct 7:	Searsville Lake. 7 $\frac{1}{2}$ miles. Hilly. 10 X 75 yd hill charges	
Thurs	Oct 8:	Pillars. 9 miles through game refuge.	
Fri	Oct 9:	Huddert Park. 6-8 miles.	
Sat	Oct 10:	Stanford Golf Course. 40 minutes of easy running.	
Sun	Oct 11:	Work on own.	39 $\frac{1}{2}$

(CONTINUED)
 WORKOUT SCHEDULE OF THE 1970 MA CROSS COUNTRY TEAM
 (CONTINUED)

Mon Oct 12: MEET at MA. Times improved. Frosh choked.
 Tues Oct 13: Foothill Park. 11 miles. Hilly.
 Wed Oct 14: Pillars. 9 miles.
 Thurs Oct 15: Center Meet at Golden Gate Park. Team was mediocre.
 Fri Oct 16: 1 X 5 min. Indian Run. Alt 5 and 10 min runs. (3X5 & 2 X 10) Wt Trng.
 Sat Oct 17: Time Trial on the MA Course in the Eve. Record times.
 Sun Oct 18: Work on own.

35

Mon Oct 19: Manmaker time trial (880). 4 X 660. Manmaker time trial. Wt Trng.
 Tues Oct 20: 3 X 440. 7 - 9 miles.
 Wed Oct 21: Huddert Park. 3- 5 miles.
 Thurs Oct 22: MEET at Coyote Park. Mediocre performance.
 Fri Oct 23: 5 X 440 (68-75) 3 min rest.
 Sat Oct 24: Stanford Golf Course. Speed play. 4 miles.
 Sun Oct 25: Work on own.

18 1/2

Mon Oct 26: Meet. Lost to Capuchino. Poor performance.
 Tues Oct 27: 3 X 440. Pillars. 6-9 miles.
 Wed Oct 28: Huddert Park. 6-9 miles.
 Thurs Oct 29: MEET. at Golden Gate Park. Little improvement.
 Fri Oct 30: 15 X 220's or 3 sets of back to back 440's. All out. 15 min rest /sets.
 Sat Oct 31: 2 mile time trial on the track at Argell Field. Times mediocre.
 Sun Nov 1: Work on own

27

Mon Nov 2: 5 min run-5 X 220-5min run-5 X 220-5 min run. Wt Trng.
 Tues Nov 3: 3 sets of back to back 440's. All out. 15 min rest in between sets. Wt Trng.
 Wed Nov 4: REST
 Thurs Nov 5: MEET at Menlo JC. (2 mile postal on track.) Did poorly.
 Fri Nov 6: Road Run. Alpine to Page Mill. 11 miles.
 Sat Nov 7: 3 sets of back to back 440's. 10 min rest inbetween sets. All out.
 Sun Nov 8: Work on own.

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Mon Nov 9: Work on own. Distance or speed depending on individual.
 Tues Nov 10: Rest or easy running
 Wed Nov 11: Rest or easy running
 Thurs Nov 12: League Championships. 2.5 mi. Golden Gate Park, SF.
 Fri Nov 13: Rest
 Sat Nov 14: Rest
 Sun Nov 15: Rest

Mon Nov 16:
 Tues Nov 17:
 Wed Nov 18:
 Thurs Nov 19:
 Fri Nov 20:
 Sat Nov 21:
 Sun Nov 22:

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 Wed Nov 25:
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 Fri Nov 27:
 Sat Nov 28 :
 Sun Nov 29: