

Distance Runners Pentathlon

by STEVE WARD

This may sound like a typical tough interval workout. But one feature makes it unique. All runs are scored on a point system with a goal of scoring the highest total number of points.

The scoring for each event is based on the following: A 9:30 two mile scores 1,000 points with each second being valued at five points, thus a 10:02 two-mile would score 840 points. A 4:25 mile scores 1,000 points, each second scoring ten points. A 49.2 mile would then score 758 points. An 880 run in 2:00 would score 1,000 points, each second being valued at 20 points. A 2:09.6 880 would score 808 points. 1,000 points is awarded to a 54.0 in the 440, each second being valued at 50 points. A quarter run in 61.4 would earn 630 points. A 220 run in 25.0 seconds is good for 1,000 points; each second is worth 100 points. A 29.5 220 is worth 550 points.

Several strategies have evolved regarding the scoring of points. Strength runners usually try to burn the two mile and mile, and hang on for the remaining runs. Speed runners generally cruise the two mile and mile, and then turn it on for the 880, 440, and 220.

The speed strategy has apparently worked best. The top marks at Pacific are held by milers and half-milers. The individual record is held by Barrel Cox with 4,312.5 points.

The distance runners pentathlon serves as both a speed and strength workout. The entire time can participate together. The workout gives the athlete a good indication of each athlete's speed and strength.

Interval workouts no longer need to be boring. Give the distance runners pentathlon a try.

"Not boring intervals again!" How many times have coaches heard this expression.

This cry has inspired a new system of interval training at Pacific College. Runners have developed a challenging workout which they look forward to.

The pentathlon is run on the track. It incorporates five different timed runs in the following order: Two mile, one mile, 880, 440, and 220. Rest intervals are set at 12 minutes after the two; eight minutes after the one; four minutes after the 880; and 1½ minutes after the 440.