

CAL POLY

TRACK & FIELD

TRAINING PROGRAM

1964

PREFACE

LET'S MAKE 1964 A WINNING YEAR FOR CAL POLY TRACK

The primary object of any game is to win. If the possibility of winning were eliminated from our sports, most of them would be quite pointless. This is the case with track and field. It is true that many worthwhile secondary objectives are accomplished through athletic competition. Track or any other sport should help a competitor gain physical prowess, drive, determination, the ability to handle himself in situations of stress, and a sense of sportmanship; but winning makes it complete. It is true that we could have mediocre track teams for years and the men competing would still derive a great deal of benefit from the sport; but why not strive for perfection; why not win? Winning gives or helps give the confidence a man needs in the type of society in which we dwell.

Track is different than other sports in that more depends upon the individual. When the gun goes off there is no one to help you but yourself. The high jumper knows when he approaches the crossbar that if he is going to make it, it must be through his own efforts. It is not realistic to underestimate the value of the individual in track and field, but in order to have a winning team - it takes a little more. It takes cooperation, confidence in your teammates, encouragement and, above all, a willingness to do more than your share. Each man must be ready and willing to compete in two or more events.

1964 VARSITY TRACK SCHEDULE

<u>Date</u>	<u>Opponent/s</u>	<u>Location</u>
February 22	Westmont College	Santa Barbara
February 29	Long Beach Relays	Long Beach
March 7	Fresno State College	San Luis Obispo
March 14	Final Examinations	
March 21	U C Santa Barbara - U C Los Angeles	Santa Barbara
March 28	Claremont Relays	Claremont
April 4	University of the Pacific	San Luis Obispo
April 11	Cal Poly (Pomona)	San Luis Obispo
April 18	U C Santa Barbara	San Luis Obispo
April 24, 25	Mt. San Antonio Relays	Walnut
May 1, 2	C.C.A.A. Championships	Long Beach
May 8, 9	West Coast Relays	Fresno
May 16	N.C.A.A. Regional	Long Beach
May 23	California Relays	Modesto
May 29	S.P.A.A.U. Championships	Occidental
June 5	Compton Invitational	Compton
June 12, 13	N.C.A.A. College Divisional Championships	Fresno
June 18, 19, 20	N.C.A.A. Championships	Eugene, Oregon

1964 FRESHMAN TRACK SCHEDULE

March 7	Fresno State Freshmen Santa Barbara City College	San Luis Obispo
March 21	UCSB Freshmen UCLA Freshmen	Santa Barbara
March 28	Claremont Relays	Claremont
April 11	Cal Poly (Pomona) Freshmen Hancock	San Luis Obispo
April 18	UCSB Freshmen	San Luis Obispo
April 24, 25	Mt. San Antonio Relays	Walnut
May 1	State College Freshmen Championships	Pomona

INTRODUCTION

This workout schedule is designed to produce optimum results without taking away too much valuable study time. Each workout is planned so that it will take between 45 minutes and 1½ hours. If you feel that you cannot give up an hour each day without ill effects to your school work, then forget about track. Remember you in college for an education. Athletics is a secondary phase of college life. In the past our track athletes have found that they can do a good job on the track and still maintain a scholastic average well above the Cal Poly all mens' average.

Track practice will start promptly at 3:30 each afternoon. Everyone should be off the field by 5:30. If we do not get started by 3:30 P.M. it gets too cold for the runners. Starting later will only cause needless muscle injuries.

Freshmen and varsity track men will workout together. Needless to say, experienced varsity men will be expected to help freshmen whenever possible.

Members of the varsity and freshman teams will be called upon to lead exercises during our twenty minute warmup period at the start of each workout. Through experience it has been found that exercises done as a team serve a twofold purpose; first, many injuries due to inadequate warmup are eliminated, and second, team spirit is improved.

If the workout schedule looks a little difficult at first, don't be discouraged. The schedule is based on the amount of work trackmen can and should do at midseason for best results. The schedule will be altered to meet special needs of Cal Poly track and field athletes as the season progresses. You will note weight workouts are included two or three times a week. Additional material on weight training will be given to each team member at a subsequent date. It is recommended that whenever academic schedules permit, trackmen should take PE 241, Weight Training.

Included with the workout schedule is a personal performance record sheet. It is recommended that each man keep a record of workout times and distances. It would be advisable to place all track materials and records in a notebook so that you will have them for reference and so that the coaching staff can periodically check performances in order to make necessary alterations in the workout schedule.

SPRINTS

100 - 220 - 440

- Monday
1. *Warm up.
 2. 3 x 330 yards (35 to 40 seconds). Jog a 330 between.
 3. Weight workout.
 4. Jog one-half mile as a warm down.
- Tuesday
1. Warm up.
 2. Progressive sprint workout.
Run 30 yards from blocks twice jogging back to start each time.
Repeat procedure at 80, 100, 120 and 150 yards.
Repeat again working back from 120 yards to 30 yards.
All sprints start with firing of gun.
 3. Jog 2 to 3 laps for warm down.
- Wednesday
1. Warm up.
 2. 5 x 150 yards -- full speed.
Walking a fast 150 between.
 3. Jog 2 to 3 laps for warm down
- Thursday
1. Warm up.
 2. Progressive sprint workout.
(Differs from Tuesday in distances run--30,50,80,100,120.)
 3. Jog 2 to 3 laps for warm down.
- Friday
1. Warm up.
 2. 8 x 110 yards on grass.
Jogging a 110 between.
- Saturday
1. Competition.
 2. Weight workout.
- Sunday
- REST
- Reminder: Take 3 to 4 salt tablets every day!

Early Season Variations
(January 15 to March 15)

100 - 220

- Wednesday
1. *Warm up.
 2. 5 x 220 yards.
Jog a 220 between.
 3. Jog 3 laps for warm down.

440

- Monday
1. *Warm up.
 2. 3 x 550 yards.
Jog a 550 between.
 3. Weight workout.
 4. Jog 3 laps as warm down.
- Wednesday
1. Warm up.
 2. 2 x 660 yards (running first 440 at 55 seconds and finishing strong.) Jog a 660 between
 3. Jog 2 to 3 laps as a warm down.

* Warm up includes jogging (2 laps), stretching exercises, sit-ups, leg raises, and wind sprints.

HURDLES

120 Highs

330 Intermediate

- | | | |
|-----------|----|--|
| Monday | 1. | *Warm up. |
| | 2. | 3 x 330 yards. Jog a 330 between. |
| | 3. | Form work over 3 high hurdles. |
| | 4. | Weight workout. |
| | 5. | Jog one-half mile to warm down. |
| Tuesday | 1. | Warm up. |
| | 2. | Form work over 5 intermediate hurdles --
Run in pairs at least 4 x 5 hurdles.
5 minute interval between repeats. |
| | 3. | 2 x 70 yard high hurdles. |
| | 4. | One-half mile warm down. |
| Wednesday | 1. | Warm up. |
| | 2. | 5 x 220 yards. Jog a 220 between. |
| | 3. | Form work over 3 high hurdles. |
| | 4. | One-half mile warm down. |
| Thursday | 1. | Warm up. |
| | 2. | Progressive workout over four intermediate hurdles.
Run from blocks over first hurdle twice, jogging back to
start each time; repeat process with 2nd, 3rd, and 4th hurdles.
Repeat procedure working back from 3rd through 1st hurdle.
All repeats start with firing of starting gun. |
| | 3. | Jog 2 to 3 laps for warm down. |
| Friday | 1. | Warm up |
| | 2. | 8 x 110 yards on grass, jogging a 110 between. |
| Saturday | 1. | Competition. |
| | 2. | Weight workout. |
| Sunday | | REST |

* Warm up includes jogging (2 laps), stretching exercises, sit-ups, leg raises, and wind sprints.

MIDDLE DISTANCE

880 - Mile - 2 Mile

Phase I January 6 to February 22

Monday	Morning	2 miles	
	Afternoon	1. Warm up * 2. 4 repeat 2 miles	
Tuesday	Morning	2 miles	
	Afternoon	1. Warm up 2. 2 repeat 3 miles 3. 5 x 150 yards on slope	
	Wednesday	Morning	2 miles
Wednesday	Afternoon	1. Warm up 2. 4 repeat 2 miles	
	Thursday	Morning	2 miles
Afternoon		1. Warm up 2. 2 mile for time 3. 4 mile hill course 4. 4 pace quarters	
Friday		Morning	2 miles
		Afternoon	1. Warm up 2. 5 miles on flat course 3. 3 miles on low hill course
	Saturday	Afternoon	5 miles
Sunday	Rest		

* Warm up includes jogging (2 laps). Stretching exercises, sit-ups, leg raises, and wind sprints.

MIDDLE DISTANCE

PHASE II February 23 to April 11

Monday	Morning	3 miles
	Afternoon	1. Warm up* 2. 3 miles on flat course 3. 2 miles on hills 4. 2 miles on flat 5. 3 miles on hills
Tuesday	Morning	3 miles
	Afternoon	1. Warm up 2. Repeat 2 x 3 miles 3. 10 x 150 yds on slope
Wednesday	Morning	3 miles
	Afternoon	1. Warm up 2. 3 miles 3. 12 pace quarters
Thursday	Morning	3 miles
	Afternoon	1. Warm up 2. 2 mile for time 3. 3 mile hill course 4. 10 x 220 yds
Friday	Afternoon	16 to 32 x 110 yds.
Saturday	Competition	
Sunday	Rest	

* Warm up includes jogging (2 laps). Stretching exercises, sit-ups, leg raises, and wind sprints.

MIDDLE DISTANCE

PHASE III April 12 to Close of Season

Monday	Morning	2 miles
	Afternoon	1. Warm up * 2. 10 pace quarters 3. 20 x 220 yds hard
Tuesday	Morning	2 miles
	Afternoon	1. Warm up 2. Progressive workout Run a 330, 440, 660 440 and 330 jogging 330, 440, 440 and 330 intervals between Repeat series twice
Wednesday	Morning	2 miles
	Afternoon	1. Warm up 2. 30 x 220 yds - hard. jog a 220 between
Thursday	Morning	2 miles
	Afternoon	1. Warm up 2. 880 for time 3. 15 x 150 yds - hard
Friday	Afternoon	16 to 32 x 110 yds.
Saturday	Competition	
Sunday	Rest	

* Warm up includes jogging (2 laps). Stretching exercises, sit-ups, leg raises, and wind sprints.

THROWING EVENTS

Discus Javelin Shot-put Hammer

- | | | |
|-----------|----|---|
| Monday | 1. | *Warm up |
| | 2. | Form work on events |
| | 3. | Weight workout |
| Tuesday | 1. | Warm up |
| | 2. | 3 x 150 yards-- working toward a maximum effort |
| | 3. | Form work on events |
| Wednesday | 1. | Warm up |
| | 2. | Throw hard on this day |
| | 3. | Weight workout |
| Thursday | 1. | Warm up |
| | 2. | 5 x 110 yards--jog a 110 between |
| | 3. | Form work on events |
| Friday | 1. | Warm up |
| | 2. | Jog 2 laps |
| Saturday | 1. | Competition |
| | 2. | Weight workout |
| Sunday | | REST |

* Warm up includes jogging (2 laps), stretching exercises sit-ups, leg raises, and wind sprints.

JUMPING EVENTS

High Jump, Broad Jump, Pole Vault, Hop Step and Jump

- Monday
1. *Warm up
 2. 5 x 110 yards--working toward a maximum effort
 3. Form work on event
 4. Weight workout
 5. Jog 2 laps for warm down
- Tuesday
1. Warm up
 2. 3 x 150 yards--full speed
 3. Form work on events
 4. 2 lap warm down
- Wednesday
1. Warm up
 2. Jump for height or distance on this day
 3. Weight workout
 4. 2 lap warm down
- Thursday
1. Warm up
 2. 2 x 120 yard low hurdles
 3. Form work on event
 4. 2 lap warm down
- Friday
1. Warm up
 2. 8 x 110 yards on grass
 3. 2 lap warm down
- Saturday Competition
- Sunday REST

* Warm up includes jogging (2 laps), stretching exercises sit-ups, leg raises, and wind sprints.

**BARBELL AND DUMBBELL WEIGHT-TRAINING
EXERCISES FOR TRACK & FIELD**

SHOT

1. Warm-up
2. Press
3. Bench Press
4. Wrist Curis
5. Toe Raises
6. Knee Bends (Squats)
7. Incline Bench Presses
8. Standing Thrusts

DISCUS

1. Warm-up
2. Press
3. Lateral Raises
4. Bent-Arm Pullovers
5. Knee Bends
6. Wrist Curis
7. Curis
8. Toe Raises

JAVELIN

1. Warm-up
2. Press
3. Bent-Arm Pullovers
4. Toe Raises
5. French Curis
6. Knee Bends (Squats)
7. Wrist Curis

HAMMER THROW

1. Warm-up
2. Press
3. Up-Right Rowing
4. Bent-over Rowing
5. Dead-Lift and Shrug
6. Knee Bends (Squats)
7. Toe Raises
8. Wrist Curis
9. Curis

BROAD JUMP & HOP-
STEP & JUMP

1. Warm-up
2. Press
3. Knee Bends
4. Lunges
5. Curis
6. Jumping Squats
7. Straddle Hops
8. Toe Raises

HIGH JUMP

1. Warm-up
2. Presses
3. Lunges
4. Jumping Squats
5. Curis
6. Toe Raises
7. Straddle Hops
8. Iron Boots (High Kicks)

POLE-VAULT

1. Warm-up
2. Presses
3. Bench Press
4. Incline Press
5. Bent-Arm Pullovers
6. Curis
7. Knee Bends (Squats)
8. Horizontal Bar - Leg Raises
9. Wrist Curis
10. Toe Raises
11. Jumping Squats
12. Lunges
13. French Curis

HURDLES

1. Warm-up
2. Presses
3. Rowing
4. Lunges
5. Toe Raises
6. Knee Bends
7. Leg Curis
8. Curis
9. French Curis

SPRINTING

1. Warm-up
2. Presses
3. Leg Lunges
4. Knee Bends
5. Leg Curls
6. Toe Raises
7. Curls
8. Rowing
9. Harness (exercise)
10. Straddle Hops
11. French Curls

DISTANCE RUNNING

1. Warm-up
2. Presses
3. Leg Lunges
4. Knee Bends
5. Jumping Squats
6. Straddle Hops
7. Curls
8. Harness (exercise)
9. French Curls

RESULTS OF VARSITY DUEL MEET COMPETITION IN 1963

Westmont	79	Cal Poly	59
Cal Poly (Pomona)	47½	Cal Poly (SLO)	97½
U C S B	82	Cal Poly	54
San Fernando State	33	Cal Poly	106
San Francisco State	rained out.		

NEW CAL POLY RECORDS

Javelin	234' 11" *	Ben Laville
120 High Hurdles	14.5	Ron Hon
330 Intermediate Hurdles	33.4	Ron Hon
2 Mile	9:42.2	Don Fields
High Jump	6' 3 3/4"	Dennis Jones

* Denotes British West Indies National Citizens Record

NEW FRESHMEN RECORDS

Javelin	234' 11"	Ben Laville
Discus	144' 7"	Dan Cockrum
Shot	49' 3"	Dan Cockrum

INDIVIDUAL RELAY CHAMPIONS

Javelin	Ben Laville	Long Beach Relays
		Claremont Relays
High Jump	Dennis Jones	Long Beach Relays
Discus	Lloyd Petroelje	Long Beach Relays
		Claremont

C.C.A.A. POINT WINNERS

Dennis Jones	High Jump	1st
Lloyd Petroelje	Discus	2nd
Ron Hon	High Hurdle	3rd
	440 Relay	5th
	Intermediate Hurdle	4th
Gary Walker	High Hurdle	5th
	440 Relay	5th
Mike Ferguson	High Jump	3rd
	440 Relay	5th
Grant Burns	440 Relay	5th

N.C.A.A. REGIONAL POINT WINNERS

Ron Hon	High Hurdle	3rd
Gary Walker	High Hurdle	5th
Mike McGinnis	Hammer	4th
Don Fields	3 Mile	5th
Lloyd Petroelje	Discus	4th

POINT WINNERS STATE COLLEGE FRESHMEN CHAMPIONSHIPS

Ben Laville	Javelin	1st
Dan Cockrum	Discus	2nd
Dan Cockrum	Shot	3rd
Lester Shepherd	440 yd. Dash	5th

1963 LETTER WINNERS

	<u>Points</u>	<u>Year Award</u>
Grant Burns	15½	1
Don Fields	26	2
Mike Ferguson	38½	1
Ron Hon	57½	2
Dennis Jones	40	3
Chris Jorgensen	21	2
Bruce Larson	18	1
Roland Lint	19	1
Bruce Logan	20	1
Mike McGinnis	15	1
Charles Merrill	18	1
Lloyd Petroelje	39	2
Dennis Rast	17½	1
Gary Walker	38	1

All men on the preceding list have fulfilled the requirements for a letter set up by the Cal Poly Athletic Guidelines.

CAL POLY BEST PERFORMANCES 1963
WITH COMPARATIVE BESTS FOR 1962

<u>Mile</u>	<u>1963</u>	<u>1962</u>
Roland Lint	4:21.7	4:34
Chris Jorgensen	4:28.5	4:30
Don Fields	4:29.4	4:29.9
<u>440 yard dash</u>		
Dennis Rast	50.5	52.5
Charles Merrill	50.5	
Lester Shepherd *	51.5	
<u>100 yard dash</u>		
Mike Ferguson	10.0	10.3
Grant Burns	10.1	10.4
<u>120 High Hurdles</u>		
Ron Hon	14.5	14.3
Gary Walker	14.6	14.9
Mike Ferguson	15.4	
<u>880 Yard run</u>		
Bruce Logan	1:56.5	
Chris Jorgensen	1:57.5	1:59.5
<u>220 Yard dash</u>		
Charles Merrill	22.3	
Grant Burns	22.1	22.7
<u>330 Intermediate Hurdles</u>		
Ron Hon	38.4	
Gary Walker	39.0	
Mike Ferguson	40.2	
<u>2 Mile</u>		
Don Fields	9:42.2	10:03.5
Roland Lint	9:58.0	10:15

* Denotes Freshmen

CAL POLY BEST PERFORMANCES 1963 - continued

<u>Broad Jump</u>	<u>1963</u>	<u>1962</u>
Mike Ferguson	22'3"	
<u>High Jump</u>		
Dennis Jones	6'8 3/4"	6'8 1/4"
Mike Ferguson	6'3"	6'
<u>Pole Vault</u>		
Gary Walker	13'6"	12'6"
Tom Kiech	13'	
Paul Thoryk	13'	
<u>Triple Jump</u>		
Ron Hon	43'9"	
Steve Copson	42'	
<u>Shot</u>		
Mike McGinnis	47'4"	43'11"
Bruce Larson	48'1"	47'6"
Dan Cochrum *	49'3"	
<u>Discus</u>		
Lloyd Petroelje	156'3"	155'
Dan Cochrum *	144'7"	
Terry Evans	134'	
Johannes Saemandssen	134'4"	141'6"
<u>Javelin</u>		
Ben Laville *	234'11"	207'
Bruce Larson	162'	

* Denotes Freshmen