

JACQUELINE HANSEN
TRAINING LOG 1974

Note about abbreviations:

E = Easy, M = Medium, G = Good, H = Hard, VH = Very Hard A.O. = All Out, Q = Quick, B-U = Build-Up

1+1 or 2+2 usually means 1 medium + 1 hard

31 Dec., Mon.

20 miles

Judy Graham & Terri Anderson joined me for a run to "three trees" from CSUN, longer than the usual route however.

1 Jan., Tue.

18 miles

New Year's Day began with a morning 5 mile run

Afternoon: 5 mi. warmup, progressions and a 5 mile warmdown.

2 Jan., Wed.

18 miles

AM: 6 miles at the dam

PM: same as yesterday

3 Jan., Thur.

13 ½ miles

AM: 6 miles at the dam

PM: pre-race workout

8 laps warmup

10 x 100 shakeups

4 x 250

3 x 150

1 ½ laps E.

3 x 150

1 x 330

15 x 100 w/3 x 250

4 Jan., Fri.

5 miles pre-race warmup

5 Jan., Sat.

After heavy rainfall, there was snow north of home, and at the track at C.O.C. so race cancelled.

At Laszlo's:

3 mi. warmup

15 x 100

10 x 220

3 laps E.

15 x 100 w/3 x 250

Total: 8 miles

6 Jan., Sun.

AM: 8 miles at school (CSUN)

Week Total: 90.5 miles

7 Jan., Mon.

No running (heavy rain and new job)

8 Jan., Tue.

10 mile run around campus (CSUN)

9 Jan., Wed.

AM: 5 mile loop

1 E. lap

6 x 200

1 E. lap

PM: At UCLA

3 mi. warmup & progressions

Day total: 12.5 mi

10 Jan., Thur.

At Laszlo's

8 laps

15 x 100

10 x 250

2 ½ E.

3 x 880

2 ½ E.

6 x 330

2 ½ E.

20 x 100 w/5 x 220

Total = 12.5 mi.

11 Jan., Fri.

AM: 5 lap warmup

20 laps (sets of 100 med/ 150 buildup / 100 med / 50 H

4 x 330 + 6 x 100 w/ ½ lap interval and repeat set

PM: ½ hour run only, heavy rains

Day total: 10 mi.

12 Jan., Sat.

Afternoon:

10 lap warmup

15 x 100 shakeups

8 x 330 (2+2)

2 ½ laps E.

1320 A.O.

6 x 150

1320 A.O.

6 x 150

1320 A.O.

2 ½ laps E.

8 x 250 (1+1)

2 laps E.

14 x 100 (2+2)

Total: 15 mi.

13 Jan., Sun.

12 mile run (From school to green tanks)

Week Total = 72 miles

14 Jan., Mon.

AM: 5 & 20 laps

4 x 330

6 x 100

4 x 330

6 x 100

PM: 1 hour straight running at good pace (in C.C.)

8-9 miles.

Day total: 18 miles

15 Jan., Tues.

AM: 5 mile lap around school (CSUN)

PM: no run, worked late.

16 Jan., Wed.

AM: 5 laps warmup

15 laps (usual sets)

1 x 880 H.

½ lap jog

1 880 H.

½ lap

12 x 100

PM: 2 x 5 mile loop, CSUN

Day total: 17 miles

17 Jan., Thur.

PM: 5 mile loop at CSUN in dark & fog covered fields.

Added 4 fartlek laps in front by Nordhoff = 6 x 150 & 6 x 100.

Day total: 6 ½ miles

18 Jan., Fri.

AM: 5 x 15 laps, and 6 x 100 (double-breathing)

PM: 6 miles at Sepulveda Basin

Day total: 11.5 miles

19 Jan., Sat.

Afternoon:

10 x 100 Good

3 x 660

2 laps E.

5 laps H.

2 ½ laps E.

8 x 150

2 880 H.

6 x 330 (1+1)

2 ½ laps E.

12 x 100 w/2 x 220

PM: Sunkist Meet

Day total: 12.5 miles

20 Jan., Sun.

6 miles early

Spent day cross-country skiing.

WEEK TOTAL = 76.5 miles

21 Jan., Mon.

PM: UCLA

8 laps

10 x 100 Good

6 x 330 H

2 laps E.

3 x 1000 (2:35 or better)

2 laps E.

8 x 250 H.

2 laps E.

14 x 100 2 med./1 very hard

Day total 10.5 miles

22 Jan. Tue.

AM: UCLA

5 laps warmup

15 laps (usual sets)

6 x 100 (double-breathing shakedown)

PM: 8 laps

15 x 100

6 x 330

2 laps E.

3 x 660

2 laps E.

4 x 250

2 laps E.

4 x 330

2 laps E.

15 x 100 (2+1) Day total: 12 mi.

23 Jan., Wed.

No running. Infected big toenail. Saw Dr. John Pagliano.

24 Jan., Thur.

PM: 8 laps

10 x 100

5 x 330

2 laps E.

8 x 150

5 laps tempo

4 x 330

2 laps E.

10 x 100 Day total: 10 mi.

25 Jan. Fri.

AM: 3 miles & shakeups

PM: UCLA

8 laps warmup

10 x 100 shakeups

8 x 220

2 laps E.

3 x 500 H.

2 laps E.

5 x 250 (1-3-5 H)

2 laps E.

15 x 100 w/4 x 220 H. Day total: 13.5 mi.

26 Jan. Sat. (2:30 PM workout after CLC Kiwani's Mile event 10AM-2PM, presenting awards):

Warmup

8 laps

15 x 100 w/2 x 440 on #3 & 6

2 laps E.

1 x 5 laps H. (5:10 mile)

8 x 150 (med. & quick)

2 laps E.

2 x 1000 A.O.

2 laps E.

4 x 250 H.

2 laps E.

14 x 100 (2+2) Day total: 14mi.

27 Jan. Sun.

Twice a 10-miler.

Week Total: 66 miles

28 Jan. Mon.

AM: 5 lap warmup

15 laps of sets (100m / 150 build-up / 100m / 100 h)

1 lap jog

4 x 330 H.

½ lap jog

6 x 100 (double-breathing)

½ lap jog

4 x 330 H.

½ lap jog

6 x 100 E. shakeups

PM: 1 ½ hours fartlek

29 Jan. Tue.

10 laps warmup

15 x 100 shakeups

6 x 200

1 x 1000 H.

8 x 150

3 laps E.

2 x 660 H.

2 ½ laps E.

14 x 100 (2+2) shakeups

30 Jan. Wed. (evening concert - Moody Blues, at the Forum)

AM: 5 mile loop, good pace.

Shakeups w/double-breathing.

31 Jan. Thur.

AM: 5 mile loop

PM: 8 laps warmup

10 x 100 shakeups

6 x 330 (2 H.)

8 x 150 quick

2 ½ laps E.

8 x 150 same - quick

2 x 500 tempo

2 laps E.

12 x 100 med/build-up/hard

JANUARY MONTH TOTAL = 376.0 MILES

1 Feb. Fri.

Arrived in San Jose 9 AM, ran in the afternoon with Covert & Wagenbach.

3 miles jog, shakeups and 220s.

2 Feb. Sat.

Ran 5th in a disaster for an "international" Pan Am CC Championships.

The quality of the field amounted to less than a Calif. State Meet. Oh bother.

Day's total: 5 mi.

3 Feb. Sun.

Ran the morning around a park near Judy's apt. and then later with the girls, about 6 miles.

Day's total: 10 mi.

Week total = 70 miles

4 Feb. Mon.

AM: 5 lap warmup
20 laps of usual sets
Jog
PM: 2 mi. warmup
Stretch
10 x 100 shakeups
8 laps of straights & curves
Shakeups Jog.
Day total: 13.5 mi.

5 Feb. Tue.

AM: 4 ½ miles + 10 x 100 shakeups (Horrible wind)

PM: 8 laps warmup
15 x 100 shakeups
5 x 250
2 laps E.
4 x 500
8 x 150
3 laps H.
2 ½ laps E.
8 x 220
2 laps E.
12 x 100 w/2 x 220 Shakeups
Day total: 5 + 12 ½ = 17.5 mi.

6 Feb. Wed.

"Not feeling well, stomach trouble, just took the day off. And in spite of the wind, I ran about 10 miles on Lassen Street."

"Tracy Sundlun called, confirming my entry in the San Diego indoor 2-mile!"

7 Feb. Thur.

AM: After the body conditioning class at 7 AM, did one loop around campus.
(5 miles)
PM: 8 laps warmup
10 x 100 shakeups 2H/1M
2 laps E.
8 x 150
3 laps tempo
8 x 150
3 laps tempo
2 ½ laps E.
12 x 100 w/2 x 220 Shakeups Total: 12 miles

8 Feb. Fri.

5 lap warmup

10x100 shakeups

Progressions

110 - 880

1 lap E.

6 x 100 shakeups (double-breathing)

9 Feb. Sat.

8 lap warmup

15 x 100 shakeups

6 x 250 (1 + 1)

2 ½ laps E.

2 x 880 H (approx. 2:20)

4 x 440 H (approx. 70s)

8 x 220 (2 + 2)

2 x 880 H.

2 laps E.

6 x 330 (2 + 2)

15 x 100 w/3 x 220 H. Shakeups

Total: 14 miles

10 Feb. Sun.

11 miles on San Vicente Blvd.

Week Total: 91 miles

11 Feb. Mon.

AM: 5 lap warmup

20 laps of usual sets.

This morning's workout was OK, but this evening after doing:

Regular warmup

10 x 100

8 x 220

2 laps E.

8 x 220

2 laps E.

I injured my back and missed the rest of the week's workouts.

13 Feb., Wed. - Dylan concert and dinner

14 Feb. Thur. - Dr. Bornstein's

17 Feb. Sun. - San Diego Indoor Games

21 Feb. Thur.

First workout back.

Ran a partial loop at school in the morning.

Pool run a lot tonight after a short 10 lap jog at Laszlo's.

22 Feb. Fri.

Dr. Bornstein

22 Feb.Went to Popotla and jogged a painful 2 - 2 ½ miles. Caught a cold.

No running Saturday or Sunday.

26 Feb. Tue.

Ran brief workout although the back is still tight and the head cold worsened.

8 laps warmup

10 x 100

10 laps of straights

12 x 100

(6.5 miles)

27 Feb. Wed.

Ran in the evening about 5 miles at SM College, plus some stretching and a few shakeups.

28 Feb. Thur.

AM: physical therapy after a 4-mile loop, very easy, at school.

FEBRUARY MONTH TOTAL = 137.5 MILES

1 Mar. Fri.

AM therapy, after easy 2-3 miles.

PM Dr. Bornstein

Ran a full 5-mile loop at CSUN feeling better, but that made the sharp pains return.

2 Mar. Sat.

At Laszlo's, warmup, shakeups, fartlek and shakedown. 1 hour.

3 Mar. Sun.

Watched Culver City 30K, Reid Harter won in 1:35.

Ran at UCLA, 8 laps warmup, stretching, 10 x 100, and 8 laps of straights.

Recovery week total: 33.5 miles.

4 Mar. Mon.

PM: 8 laps warmup

10 x 100 shakeups

6 x 220

2 laps E.

6 x 220

2 laps E.

8 x 100

4 March: Joni Mitchell concert at the Music Center

5 Mar. Tue.

7 AM body conditioning class + jogging + stretching

PM: Laszlo's

8 lap warmup

15 x 100 (10 + 5)

12 x 330 (2 + 2)

2 laps

2 x 880 Tempo

2 laps E.

10 x 150 quick

2 x 880 same tempo

5 x 250 (1, 3, 5 H.)

2 laps E.

10 x 100 good

Total 15 miles

6 Mar. Wed.

AM: 5 mile loop + shakeups & lots of stretching

PM: Two mile loops + shakeups.

Day total: 15 miles

7 Mar. Thur.

AM: Body conditioning class with lots more jogging, and stretching.

PM: 10 lap warmup

10 x 100 shakeups

8 x 440 tempo

2 laps E.

3-4 miles fartlek (around campus)

10 x 100 shakedown

Total: 8 mi.

8 Mar. Fri.

AM: 5 mile loop

PM: 9 ½ miles plus shakeups

(Loop from SMC to 14th St. to San Vicente to Ocean Ave. and back in reverse)

9 Mar. Sat.

Afternoon:

8 laps warmup

15 x 100 shakeups (1+1)

10 x 250 (2+2)

1320 tempo

1 lap jog

1320 tempo

2 laps jog

3 x 500 good

1 mile hard

6 x 330 (2+2)

2 laps E.

15 x 100 shakedown (2+1)

Total 15 mi.

10 Mar. Sun.

AM: Lassen St. run to Topanga Blvd. and back via Nordhoff to CSUN.

(2 hours)

Week Total: 91 miles

11 Mar. Mon.

AM: 5 miles

PM: Two x 5 mile loops at CSUN

(Hal Holbrook at D.C. Pavilion)

12 Mar. Tue.

PM: 8 laps warmup

15 x 100 shakeups

3 x 500 tempo

2 ½ laps E.

14 x 150

2 x 5 laps good

10 x 250

2 laps E.

14 x 100 shakeups

Total 14 miles

13 Mar. Wed.

AM: 5 mile loop, CSUN

PM: 4 mile loop, SMC

8PM: panel discussion with Olga Connolly at Loyola.

14 Mar., Thur.

PM: 8 laps warmup

10 x 100 shakeups

10 x 330 w/2 x 440 H.

2 laps E.

10 x 150 (2 + 1)

3 x 880 (1 + 3H)

2 ½ laps E.

8 x 250 good

2 laps E.

12 x 100 shakedown

Total 12.5 miles

15 Mar., Fri.

AM: 5 mile loop

PM: no workout

16 Mar., Sat.

2:30 PM:

8 laps warmup

15 x 100 shakeups

14 x 220 (2+2)

1 mile

2 laps E.

10 x 150

1 mile

2 laps E.

14 x 100 shakedown

Total 12 miles

17 Mar., Sun.

20 mile run in about 2:20

From GH to CSUN 2 loops and back.

Week Total: 90.5 miles

18 Mar., Mon.

AM: 5 miles

PM 10 lap warmup

10 x 100 shakeups

12 x 200

3 laps E.

12 x 220

3 laps E.

15 x 100 (1+1) shakeups Day total = 5 + 9.5 mi.

19 Mar., Tue.

AM: 4 miles, CSUN

PM: 8 laps warmup

15 x 100 (last 5 H.)

8 x 440 (2+1)

2 laps E.

10 x 150 (2+1)

5 laps tempo

2 laps E.

(19 Mar., cont.)

4 x 500 (2M/2H)

2 ½ laps E.

10 x 100 H. Day total = 4 + 12.5 mi.

20 Mar., Wed.

AM: 5 mile loop

PM: 2 mile warmup

6 x 100 shakeups

9 mile run (SMC-14th-San Vicente-Ocean Ave. and back in reverse)

Day total = 5 + 11.5 mi.

21 Mar., Thur.

AM: 5 miles

PM: 8 laps warmup

15 x 100 shakeups

9 x 330 w/ 3 x 440 for total of 12 (4, 8, 12 -- 440s)

2 ½ laps E.

1320 (4:00)

Jog

1320 (same)

2 laps E.

14 x 150 (2+2)

2 laps E.

5 x 250

1 ½ laps E.
10 x 100 (2+2)

22 Mar., Fri.

AM: slept in, much-needed rest.

PM: 4 mi. up San Vicente at warmup tempo, and 4 mi. back down fartleking every other block.

23 Mar., Sat.

2:30 PM: 8 laps warmup

15 x 100 shakeups

10 x 220

2 laps E.

3 x 1000 (1 + 3 H.) about 2:30 half-mile

(23 Mar., cont.)

2 laps E.

14 x 150

2 ½ laps E.

6 x 250 w/ 2 x 440 H. (#3 + 6)

2 laps E.

15 x 100 shakedowns (3 x 220 + 100 H)

Day total = 15.5 mi.

24 Mar., Sun.

25 miles w/Lu, Myron & Miki on Ocean/SV/UCLA, 23 mi.=2:42

Week Total: 116 miles

25 Mar., Mon.

AM: 4 miles

PM: 2 mi. warmup

15 x 100 shakeups

8 x 220 (2+2)

1 ½ laps E.

8 x 220 (2+2)

1 ½ laps E.

10 x 100 shakedowns (Total 11 mi.)

26 Mar., Tue.

AM: 4 miles

PM: 8 laps warmup

15 x 100 shakeups

6 x 440

2 ½ laps E.

150s . . . quit at 2 for cramp in left calf muscle.

2 x 2 mile loops around campus

20 x 100 mixed shakedowns
Total 15.5 miles

27 Mar., Wed.

AM: Dr. appt.

PM: 15 easy laps at SMC = 5.5 miles

Plus shakeups

Total 7 miles

28 Mar., Thur.

AM: Slept in, after restless night.

Lab tests result in UA infection and low HGB.

PM: Easy workout tonight.

8 laps warmup

15 x 100 shakeups

8 x 250

2 ½ laps E.

2 x 1320

8 x 150

29 Mar., Fri.

AM: 5 mile loop, CSUN

PM: 2 mi. warmup

Exercises

9 mi. run in SM

Shakedowns at SMC on return.

Day total = 5 + 11.5 mi.

30 Mar., Sat.

9:30 AM: 8 laps

15 x 100 shakeups

8 x 220 (1+1)

3 laps E.

8 x 150 quick

1320 H.

8 x 150 quick

2 ½ laps E.

8 x 330 (3+1)

2 laps E.

15 x 100 shakedowns

3 SETS: 1, 2, 3, 4 = 220, #5 = H.

31 Mar., Sun.

From SMC, to Pico to 20th to San Vicente to top and back down to Barrington to Sunset to Church Lane to Sepulveda to Moraga and back.

Total 23 mi. ?

Week Total = 90 miles

MARCH MONTH TOTAL = 405.5 MILES

1 Apr., Mon.

AM: 25 laps straights

PM: 20 big (660) laps, every 3rd fresh, plus 15 shakedown.

Day total: 6.5 + 11.5 miles

2 Apr., Tue.

AM: 13 big laps (5 miles) + 15 x 100 shakeups.

PM: 8 laps warmup

10 x 100 shakeups

8 x 330

2 ½ laps E.

2 x 880 H.

8 x 150

2 x 880 H.

6 x 150

2 laps E.

8 x 250 H.

2 ½ laps E.

14 x 100 (2+2)

Day total: 6 + 16 miles

3 Apr., Wed.

5 lap warmup

25 laps of usual sets (100m/150 buildup/100m/60 hard)

Battling a terrible wind.

PM: 1 ½ mi. warmup

9.5 mi. run SMC to cannon

1 ½ mi. warmdown on return.

Day total: 7.5 + 12.5 miles

4 Apr., Thur.

AM: 5 lap warmup

15 laps of usual sets

6 x 100 w/ double-breathing. Walk.

6 x 100 same

PM: 8 lap warmup

15 x 100 (10+5)

8 x 660 tempo

8 x 150 (2+1)

2 ½ laps E.

Feeling pretty bad at this point, I gave up on intervals and went on the roads for two 2-mile loops + 15 x 100 shakedowns on return. (Ruined my 20-a-day streak, darn.)

Day total: 6.5 + 10.5 mi.

5 Apr., Fri.

Went to San Diego and ran at UCSD to Torrey Pines Rd. to La Jolla Shores Dr. and looped back. Shakeups on return

Total about 10 miles

6 Apr., Sat.

AM: 5 lap warmup

20 laps of sets

6 x 100 w/double-breathing

Jog a lap

4 x 330

Jog

8 x 100 w/double-breathing

Day total: 9 + 8 mi.

7 Apr., Sun.

16 mile run

(Balboa Park / Valley JC)

Week total = 122 miles

8 Apr., Mon.

AM: 5 lap warmup + 20 laps of sets

PM: from SMC to Pier and back

9 miles

Day total: 6.5 + 9 mi.

9 Apr., Tue.

AM: 3-4 miles only, CSUN

PM: Too windy. -0-

10 Apr., Wed.

AM: 6 or 7 miles around CSUN (on and off campus)

PM: Usual 9 miles in SM (about 70 min.)

plus 7 "big laps" on return.

Day total: 7 + 11.75 miles

11 Apr., Thur.

AM: Just slept in (late night).

PM: 10 lap warmup

10 x 100 shakeups

8 x 330 Good

2 ½ laps E.

4 x 500 (2H/1E/1H)

10 x 150

2 x 1000 H. (2:37 + 2:31)

3 laps E.

8 x 220 (2H/1E)

12 x 100 (2+1)

Day total: 13 miles

12 Apr., Fri.

Mott the Hoople tonight at 8PM!

AM: 7 miles, from house to CSUN & loop.

PM: 3 mi. jog

15 x 100 shakeups

3 x 220 quick

1 x 660 E.

10 x 100 shakedown

Day total: 7 + 5 miles

13 Apr., Sat.

San Diego Relays

5:04 Mile (3rd)

2 mi. warmup

10 x 100

4 x 220

Jog

6 x 100

2 x 220

Jog

Race

Warmdown- mile jog + 10 shakedown

14 Apr., Sun.

17 miles approx.

Around Mission Bay & Sunset Cliffs with Bill Gookin, including a "graceful" fall down the cliffs. J. Klutz.

Gookin thinks he's a mountain goat.

Week Total: 86 miles

15 Apr., Mon.

AM: 5 lap warmup + 25 laps of straights

PM: 10 miles at CSUN (first 5, good tempo)

Day total: 5 + 10 miles

16 Apr., Tue.

AM: 5 mile loop

PM: 10 lap warmup

15 x 100 shakeups (10 + 5)

10 x 220 (2H, 2M)

2 ½ laps E.

2 x 1320 H. (3:49 + 3:51)

14 x 150 (2+2)

2 laps E.

2 x 880 H. (2:31 + 2:33)

2 laps E.

5 x 250 (odds = H.)

2 laps E.

12 x 100 A.O. shakeups

Day total: 5 + 16 miles

17 Apr., Wed.

AM: 1 ¼ mile warmup

25 laps of usual sets

½ mile jog

PM: from SMC, to San Vicente, to Ocean Ave., usual loop, but cut it short, and shakedown on return.

Day total: 8 + 9 miles

18 Apr., Thur.

AM: 5 miles at SMC + shakeups

PM: 10 laps warmup

10 x 100 good shakeups

6 x 250 (2H/2M/short jog)

2 laps E.

6 x 220 (1+1)

1320 H

4 x 440 (2H/2M)

2 ½ laps E.

6 x 330 w/2 x 500 H.

2 laps E.

12 x 100 (2 + 1H) Shakedown

Day total: 5 + 14 miles

19 Apr., Fri.

PM workout only:

2 mile warmup

10 x 100 shakeups

3 x 220

1 ½ laps E.

3 x 150

330 H.

1 ½ laps E.

Shakedown

Day total: 5 mi.

20 Apr., Sat.

PSA-AAU 15km, Mission Bay

5K = 19:06 (?)

10K = 38:42 (accurate)

15K = 57:22 (accurate)

Ran 20th overall, 1st woman.

Including warmup and warmdown = 12 miles.

21 Apr., Sun.

AM: 30 big laps at SMC, plus shakedowns

Total: 11.5 miles.

Week Total: 100.5 miles

22 Apr., Mon.

AM: 5 lap warmup
25 laps of usual sets

PM: About 8 mile run, from Moraga to San Vicente, to Lincoln, to SMC.
Day total: 7.5 + 8.5 miles

23 Apr., Tue.

AM: Ran to school, partial loop & back, 5 miles.

PM: 8 laps warmup
15 x 100 (last 7 H.)
8 x 440 (2 + 1) (68 + 67)
2 laps E.
4 x 250 H.
2 x 1000 (68/2:23 & 71/2:24)
4 x 250 H.
3 laps E.
3 x 660 (71, 72, 69/1:46)
2 laps E.
12 x 100 (3 M/ 220 H/ 100 H)
Day total: 5 + 15 miles

24 Apr., Wed.

PM: 16 mile run - from SMC to Moraga and back.

25 Apr., Thur.

AM: 3 miles plus 8 x 100 shakeups
PM: 8 laps
10 x 100
8 x 220
2 laps
3 x 500
6 x 150
1 x 880
6 x 150
2 ½ laps E.
14 x 100 (2+1) shakedown
Day total: 3 + 11 miles

26 Apr., Fri.

AM: 4 miles, CSUN plus good shakeups

PM: Just 3 miles plus some shakeups

Day total: 5 + 4 miles

27 Apr., Sat.

AM: 2 mi. warmup

10 shakeups (H)

3 x 150 V.H.

1 ½ laps E.

2 x 220 Good

1 lap E.

10 x 100 M.

28 Apr., Sun.

MT. SAC - Two-Mile

Also ran the Masters Three-Mile

(no results recorded)

Week Total: approx. 90 miles.

29 Apr., Mon.

PM: 2 mile warmup

10 x 100 Good shakeups

8 x 220 (1+1)

2 laps E.

8 x 200 (1+1)

2 laps E.

Day Total: 6.5 mi.

30 Apr., Tue.

AM: 4 mile run, SMC

PM: 8 laps

12 x 330 (3 x 440 every fourth one)

2 laps E.

8 x 150

3 laps H.

4 x 250

2 laps E.

8 x 150

2 laps E.

14 x 100 shakedown

Day total: 4 + 14.5 miles

APRIL MONTH TOTAL = 421.5 MILES

1 May, Wed.

AM: 4 mi. loop

PM: 7.5 mi. plus shakeups

Day total: 4 + 8 miles

PM: LA Athletic Club party for Miki.

2 May, Thur.

PM: 2 mi. warmup

10 x 100 shakeups

6 x 250 2H / 2M / 2H

2 x 500 V.H.

2 ½ laps E.

12 x 150 2H / 2M

2 x 500 V.H.

2 laps E.

4 x 300 2H / 1M / 1H

2 laps E.

14 x 100 shakedown (2+2)

Total: 13 mi.

3 May, Fri.

AM: 3-4 miles at school plus shakeups

PM: 2.5 - 3 miles plus shakeups

4.5 mile loop after. One hour altogether.

Day total: 4 + 8 miles

4 May, Sat.

Late afternoon, just a hard warmup:

2 mi. warmup

10 x 100 Good

3 x 220 H.

2 laps E.

4 x 150 H.

2 laps E.

12 x 100 Good shakedowns

Total: 7.5 miles

5 May, Sun.

Chapman College, Masters Track Meet 9 AM

6-Mile

34.24.4 official time, A.R.

Day total: approx. 12 mi.

Week total: 82 miles

6 May, Mon.

AM: 2 mi. warmup + 15 x 100 shakeups.

PM: 2 mi. jog

10 x 100 shakeups

12 laps (big ones) w/ 1 M. + 1 Good

Day total: 3 + 7 miles

7 May, Tue.

10 lap warmup

15 x 100 (8M / 7H)

3 x 500 H.

880 H. (2:24)

6 x 150

880 H. (2:22)

4 x 250 (2H / 1E / 1H)

2 ½ laps E.

(7 May, cont.)

1320 H.

4 x 250 (2H / 1E / 1H)

2 laps E.

8 x 150

2 laps E.

Shakedowns: 3M / 220 H / 1 V.H. = set x 3 sets = 15 total

Total: 16 mi.

8 May, Wed.

PM: 9 mile run.

9 May, Thur.

PM: 10 laps warmup

10 x 100 shakeups

10 x 330 w/3 x 440 all in 68

6 x 220 2M / 1H

5 laps H. mile = 5:06

6 x 150

2 ½ laps E.

4 x 250

2 laps E.

14 x 100 (2+2)

Total: 14 ¾ miles

10 May, Fri.

AM: 5 lap warmup

20 laps usual sets of 4

PM: 1 hour run.

Day total: 6.5 + 8 miles

11 May, Sat.

10 lap warmup

15 x 100 shakeups 10 + 5

4 x 500 2 V.H. / 1 M / 1 V.H.

2 ½ laps E.

8 x 150 (1 + 1)

4 laps H.

1 laps E.

3 x 500 (#1 + 3 H

2 laps E.

(11 May, cont.)

15 x 100 w/ 3 x 220 + 100 H.

Total: 16 miles

12 May, Sun.

Ran 15 big laps at SMC plus 15 shakeups (2+1)

Total 7 miles

Week Total: 88-89 miles

13 May, Mon.

AM: 5 good miles at SMC.

PM: 10 lap warmup

10 x 100 good shakeups

6 x 330 2H / 2M / 2 H.

2 laps E.

1000 (2:32 - :35 only)

6 x 150 2H / 2M / 2H

1000

2 ½ laps E.

4 x 250

2 laps E.

14 x 100 shakedown

14 May, Tue.

PM: 10 lap warmup

15 x 100 (10 + 5) shakeups

3 x 660 H.

6 x 150

5 laps H.

2 laps E.

4 x 250

2 laps E.

(shortened workout, feeling sick)

14 x 100 shakedown.

Total 12 miles

15 May, Wed.

AM: 40-plus min., 6-7 miles

PM: 1 hour

Day total: 6.5 + 8 miles

16 May, Thur.

PM: 10 laps warmup

10 x 100 Good shakeups

6 x 250 w/ 2 x 440 H.

8 x 150

880 H. (68/ 2:21)

2 laps E.

8 x 220

3 x 660

2 ½ laps E.

8 x 150

2 laps E.

12 x 100 w/ 3 x 220 shakedowns

Total: 15.5 miles

17 May, Fri.

AM: good quick warmup

Noon: leave for NY

Total: 5 miles

18 May, Sat.

10,000m road nationals

Central Park, NYC

2nd place

Warmup 4-5 mi. + 5 mi. warmdown = 16 mile day.

19 May, Sun. = only 2 miles easy.

Week Total: approx. 82 miles

20 May, Mon.

PM: 2 x 4.5 mile loops at CSUN, slowly, still sore calf muscles especially the right one.

21 May, Tue.

PM: 8 laps warmup

15 x 100 shakeups

6 x 250 + 2 x 440

2 ½ laps E.

Left after that -- stomach still hurts. Flu-like.

22 May, Wed.

Still not feeling well, went to school health center. Sick.

One easy 4 mi. loop in morning and evening.

Total 8 mi. ?

23 May, Thur.

AM: 5 mi. loop

PM: 15 laps + shakeups at SMC.

24 May, Fri.

AM: 5 mi. loop only.

25 May, Sat.

In Baja, few miles in morning, 30 min.

PM: 45 min. + 8 shakeups.

26 May, Sun.

AM: 30 min. (too hot)

PM: 1 hour (cooler evenings)

Week Total: less than 60 miles.

27 May, Mon.

AM: 40 min. run only

28 May, Tue.

PM: back at Laszlo's, easy workout.

Rare run from Valley College to North Hollywood park for 3 loops (mile each) and back, with shakeups at the end.

Total 10 miles

29 May, Wed.

PM: Ran two 5-mile loops at CSUN.

30 May, Thur.

Terrible head cold, feverish too, sore throat, congested. No way to run.

31 May, Fri.

Still resting.

MAY MONTH TOTAL = 305.5 MILES

1 June, Sat.

Still sick.

2 June, Sun.

7 miles easy.

3 June, Mon.

Still unhealthy, waited for warmest hour of the day to jog one loop plus shakeups for 6 miles total.

4 June, Tue.

PM: 8 laps warmup

10 laps of straights.

1 lap jog

10 x 100 shakedown

Total: 5 miles

5 June, Wed.

PM: 1 hour run from home to CSUN, 5 mi. loop, and back for approx. 8 miles.

Notes to self:

"After my back injury, there followed 8 weeks of high mileage, averaging out to 98.5 mi/week and then the 6 mile record. . . only to result in a ua. infection, gastric disorder, and a horrible cold. Does this say anything about overtraining?"

6 June, Thur.

PM: feeling better, still, finished an entire workout although lacking in speed and breathing difficult.

8 laps warmup

10 x 100 shakeups

8 x 250 2M / 1H

2 laps E.

2 x 880 Tempo
10 x 150
2 ½ laps E.
3 x 500 H / M / H
3 laps E.
10 x 100 (1+1)
Total: 12.5 miles

7 June, Fri.

Just ran 5 miles at easy pace.

8 June, Sat.

Alone, at CSUN, 3PM:
8 laps warmup
6 x 330 (3 + 6 = 440H)
2 x 1320 w/ 6 x 150 in between
2 laps E.
10 x 220 (2+2)
2 ½ laps E.
14 x 100 (2+2)
Total: 10.5 miles

9 June, Sun.

10 miles at Sepulveda Dam with the Cook's, doing fartlek.

Week total: 57 miles

10 June, Mon.

Two loops at CSUN, 1 easy, 1 fartlek with good hard ¼ mile stretches.
Total: 10 mi.

11 June, Tue.

PM: 8 laps
15 x 100 shakeups
6 x 330
2 ½ laps E.
5 x 220
15 x 100
Cut it short tonight, being tired, weak and feeling "heavy" in the legs.
Total: approx. 7.5 miles

12 June - attended Percy Cerutti's lecture in Culver City.

13 June

5 mile loop at CSUN

14 June

Warmup

10 x 100 shakeups, good.

4 x 500 H.

10 x 150 2M / 1H

2 ½ laps E.

6 x 200 2M / 2H /2M

2 x 800 H.

1200 E.

14 x 100 shakeups 2M /2H

Total: 9 mi.

15 June, Sat.

Hidden Valley 12 mile road race

Approx. 77 min.

16 June, Sun.

7 mi. easy

Week total: 50 miles

17 June, Mon.

AM: 3 mi. jog

PM: Easy 4.5 mi. loop at CSUN.

Still sore from Saturday's hills.

Total: 7.5 miles

18 June, Tue.

PM: 8 laps warmup

15 x 100 shakeups

Run to North Hollywood park.

15 x 100

Total: 10 miles

19 June, Wed.

AM: one CSUN loop from home, 7 miles.

PM: from the cannon (SM Pier) to 14th St. and back w/SM runners, good pace, plus shakeups, 6 miles total approx.

20 June, Thur.

AM: 7 mile loop from home

PM: 10 laps warmup

10 x 100 Good shakeups

4 x 500 (2+1)

3 laps E.

8 x 220 (1+1)

5 laps tempo

8 x 220 (1+1)

2 ½ laps E.

8 x 100 shakedown

Day total: 7 + 12 miles

21 June, Fri.

AM: 7 mile loop

PM: Watching AAU Nationals -

“Tonight, the first events of the AAU nat’ls did not serve to be a particularly stimulating evening, although the highlight races were probably the 100 (world record tie of 9.9) and Burkle’s surprise finish overtaking F. Shorter and winning the 5,000m. Other than that, seeing Fleming and Cusack again was nice.”

22 June, Sat.

Senior Olympics in Irvine.

1500m - won women’s division in 4:54.4.

Total approx. 7 mi. including warmup and warmdown.

23 June, Sun.

5000m - won women’s division in 17:59.4.

Hardly any warmup, maybe ran 6 miles overall.

Week’s approx. total: 70 miles.

24 June, Mon.

AM: from home, doing the longest loop, 8 miles.

PM: 1 ½ hours running, good fartlek, from home to Balboa & Burbank and back, 11 miles.

25 June, Tue.

PM: Smoggy & 98-degrees

8 laps warmup

15 x 100 shakeups

8 x 330 (2+1)

(25 June, cont.)

2 ½ laps E.

Mile - tempo

8 x 150

3 laps E.

1000 - tempo

Cut workout short - weather

10 x 100 shakedown

Total: 11 miles

26 June, Wed.

PM: 10 miles easy w/ 15 x 100 shakeups mid-way.

27 June, Thur.

AM: only 3 miles at CSUN

PM: 8 laps

15 x 100

10 x 220 (2+2)

2 laps E.

8 x 330 (stopped at 4)

Easy laps and shakeups

(Day's total: 13 miles)

28 June, Fri.

AM: 8 miles

PM: 4-5 miles, good pace.

29 June, Sat.

(Bakersfield - Women's AAU Nationals)

30 June, Sun.

2-Person/10-Mile Relay, Cerritos, (Total: approx. 7 miles)

Week Total: approx. 74 miles

JUNE MONTH TOTAL = 256 MILES

1 July, Mon.

AM: 5 mile loop

PM: 1 mile warmup

10 x 10 shakeups

20 laps (sets of four: 100 M/ 150 build-up/ 100 M/ 50 H

4 ½ miles followed, easy pace.

Day total: 5 + 11 miles

2 July, Tue.

Long Beach State University, Olympic Development Camp

PM: 2 mi. warmup

10 x 100

5 x 660 at steady state

Warmdown

Total: 5 miles

3 July, Wed.

AM: 40 min. run over golf course.

PM: Santa Barbara, jogged over course for tomorrow's race, maybe 5 miles.

4 July, Thur.

15km road race - District Championships

1st woman, 60:35

Total 11 miles

5 July, Fri.

AM: Pagliano's office, care for blisters, tape rash, and possible start of stress fracture, left ball of foot, beneath big toe.

6 July, Sat.

AM, CSUN: 1 ½ mi. easy

1 ½ mi. good

1 ½ mi. fartlek

Shakeups

PM, CSUN: 5 mile grass loop only

7 July, Sun.

AM: 5 mi. only

Week Total: 58 miles

8 July, Mon.

AM: 5 miles

PM: 5 big laps at SMC

3 more fresh laps

16 x 260 (2 good / 2 swing)

2 laps easy

7 x 150 fresh

20 x 100 (2 fresh / 2 easy)

(Joe Douglas' workout)

9 July, Tue.

AM: 5 miles

PM: 2 easy + 4 fresh big laps

10 x 100 shakeups

3 x 330 good swing

1 lap E.

6 x 220 / 6 x 150 / 6 x 220

with 1 lap between each set.

6 x 150 fresh

2 laps E + 5 fresh big laps

10 x 100 shakeups

(Joe Douglas' workout)

10 July, Wed.

PM: 20 big laps

15 x 100 shakeups

Total: 8 miles, Santa Monica

11 July, Thur.

PM: 5 big loops

8 x 220 (2 sets of 4 straights)

6 x 150 fresh

6 x 440 (2 sets of 3 w/220 jog)

6 x 150 fresh

2 sets of 5 x 220 straights

10 x 100 shakeups

Total: 10 miles

12 July, Fri.

AM: 5 mi. loop

PM: from the cannon to 14th St. to San Vicente and back.

Lu Dosti and I kept good pace, with a 5:20 mile on the way back.

Day total: 5 + 6 miles

13 July, Sat.

AM: 3 ½ - 4 miles at CSUN.

PM: 5 big laps E.

5 big laps fresh

10 x 100 Shakeups

8 x 260 Good swing

1 lap E.

3 sets of 4 x 440 (2 good, 2 swing)

2 big laps E.

6 x 150 fresh

10 x 100 E.

Day total: 3.5 + 13.75 miles

14 July, Sun.

16 big laps

15 x 100 shakeups

Total: 7 miles

Week Total: 82 ¼ miles

15 July, Mon.

AM: 4 mile loop, CSUN

PM: 2 big laps E.

15 min. fresh

10 x 100 shakeups

4 sets of 5 x 220s - goos

20 min. fresh running

20 x 100 shakedowns - 2 E. / 2 Good

(Joe Douglas' workout)

Day total: 4 + 12 miles

16 July, Tue.

PM: 3 big laps E.

20 min. fresh

10 x 100 E.

3 sets - 6 x 220 Good

1 lap E.

2 sets - 6 x 250 (both swing, one good and one better)

2 laps E.

20 min. fresh

Total: 13.5 miles

(Joe Douglas' workout)

17 July, Wed.

AM: 5 mi. loop

PM: 12 big laps and 15 x 100 shakeups

Day total: 5 + 5.5 miles

18 July, Thur.

AM: 4 mi. loop

PM: 3 laps easy

10 min. fresh

10 x 100 E.

2 sets of 3 x 440 good speed

1 lap E.

4 x 440 (1+1) (71 & 68 Hard one)

2 big laps E.

20 min. fresh

10 x 100 E. shakeups

(Joe Douglas' workout)

Day total: 4 + 13.5 miles

19 July, Fri.

AM: 5 mile loop

PM: from cannon to 24th and back, 7 miles.

20 July, Sat.

PM: 10 big laps E. and 15 x 100 (2+1) shakeups

21 July, Sun.

8 AM: UCLA

50 min. run and 15 x 100 shakeups (2+1)

Hollywood Bowl - Grateful Dead Concert

Week Total: approx. 82.5 miles

22 July, Mon.

AM: 3 miles on Palisades

PM: 8 laps (big laps, 660) "Fast" / Easy

10 x 100 E. shakeups

3 sets: 7 x 220 (1.good swing / 2.speed / 3.swing)

1 lap E.

20 x 100 (2 E. / 3 good speed)

Day total: 3 + 10 miles

23 July, Tue.

AM: 5 mi. loop, CSUN

PM: 10 big laps, warmup

15 x 100 (2+1)

Day total: 5 + 5 miles

24 July, Wed.

AM: 5 miles, CSUN

Including an easy loop plus a quarter on the track.

PM: Meet at Pierce College

Prolonged warmup

15 min.

15 x 100 (2 + 1)

4 x 100

Jog in between, resting, and waiting.

Mile 5:05

10 x 100 warmdown

Day total: 5 + 5 miles

25 July, Thur.

PM: 10 laps (660 each)

15 x 100 (2+1) shakeups

26 July, Fri.

AM: 3 miles, CSUN

PM: 3 miles, Ocean Ave., San Vicente

15 x 100 shakeups (2+1)

27 July, Sat.

UC Santa Barbara, One-Hour Run

Going into 9 $\frac{3}{4}$ miles, stopped about the same place as last year.

Including warmup, maybe totalled an 11 mile day. Weather, very hot. Track, great surface.

28 July, Sun.

Santa Barbara

With John Brennand and Mike Marin, Tom and I ran 9 miles on the roads.

Week Total: 65 miles.

29 July, Mon.

AM: 3 miles, CSUN

PM: 13 big laps and 15 x 100 shakeups (2+1)

Day total: 3 + 6 miles

30 July, Tue.

AM: 3 miles

PM: 10 laps E. (660 each)

10 x 100 E. shakeups

9 x 220 (2 fresh / 1 good speed)

10 x 100 E. shakeups

(Still Joe's workouts)

31 July, Wed.

PM: 10 laps E.

15 x 100 shakeups (2+1)

Day total: 5 miles

JULY MONTH TOTAL= 312.75 MILES

1 Aug., Thur.

AM: 4 miles, fresh pace, CSUN

PM: 6 laps (660s) E.

10 x 100 E.

3 x 150 good pick-ups (+jog 150)

10 x 100 E.

Day total: 4 miles

2 Aug., Fri.

PM: Pierce Meet

Warmup 15 min.

12 x 100 (2+1)

5:03.5 mile

Warmdown 10 min., 5 x 100 E.

(2 Aug) Day total: 5 miles

3 Aug., Sat.

8 miles with Judy Graham, home to CSUN loop.

(AM - beach, PM - surprise party for Becky Dennis)

4 Aug., Sun.

AM: Home to CSUN loop, 8 miles

(SMTTC Picnic at Playa del Rey lagoon)

Week Total: 54 miles

5 Aug., Mon.

AM: 4 mile loop, CSUN

PM: 2 x 4 mile loop + 15 x 100 shakeups

Day total: 12+miles

6 Aug., Tue.

AM: shortened loop + shakeups

PM: 10 laps warmup

15 x 100 shakeups

6 x 330 (2+2)

2 laps E.

8 x 150

2 x 880 H.

8 x 150

2 laps E.

8 x 220 (2+1)

2 laps E.

14 x 100 (2+2)

Day total: 5 + 13.5 mi.

7 Aug., Wed.

AM: 25 laps

5 laps warmup + 5 sets of 4 laps:

100 / 150 / 100 / 50

PM: from SMC to the Vets Admin Bldg & back,
about 11-12 miles

Day total: 6 + 11 mi.

8 Aug., Thur.

AM: 3 miles E.

PM: 10 laps warmup

15 x 100 shakeups (10 + 5)

4 x 500 (2H / 1 swing / 1 H)

2 ½ laps E.

5 lap H.

6 x 150 Quick

2 ½ laps E.

3 x 500 Good

2 ½ laps E.

12 x 100 (2+1)

(Day total: 3 + 13.5 mi.)

9 Aug., Fri.

AM: 5 mile loop, CSUN

PM: at SMC, 20 laps (660s) = 7 ½ mi.

Plus 15 x 100 shakeups (2+1)

Day total: 5 + 8.5 mi.

10 Aug., Sat.

AM: 5 lap warmup

20 laps, usual sets

6 x 100, double-breathing

5 x 330 good

6 x 100, same as above

Day total: 9 miles SFVTC Picnic

11 Aug., Sun.

AM: 10 miles around the Sepulveda Dam + golf course + 1mi. of Balboa Park, shakeups

Day total: 12 miles)

Week Total: 99 miles

12 Aug., Mon.

AM: 25 laps + brief warmdown jog.

PM: 3 loops at CSUN (shortened last loop)

Day total: 6.5 + 12 miles

13 Aug., Tue.

AM: overslept, reading too late last night.

PM: 30 min. warmup

15 x 100 shakeups

6 x 440 (2H/2M/2H)

2 ½ laps E.

2 x 1320 H.

8 x 150 "roll"

1 x 1320 H.

2 laps E.

4 x 250 H.

2 laps E.

12 x 100 (2+1)

Day total: 16 mi.

14 Aug., Wed.
AM: 3 ½ mi. E.
PM: 1 hour (about 7 mi.)
on palisades in S.M. & San Vicente.
Day total: 10 ½ mi.

15 Aug., Thur.
PM: 25 min. warmup (about 3 ½ mi.)
10 x 100 shakeups
2 ½ laps E.
10 x 100 shakeups
2 miles E.
Day total: 9.5 mi.

16 Aug., Fri.
AM: about 6 miles easy, CSUN
(PM: 12+ hours at Disneyland w/Mark Covert and Tom Fleming & Diane)

17 Aug., Sat.
AM: 5 lap warmup
20 laps -- 100M / 100H / 100M / 150H
3 x 500 swing tempo
6 x 100 shakeups
Day total: 8 mi.
(Reid Harter & Portia's wedding)

18 Aug., Sun.
AM: 6-Mile Race, on SM palisades
1st woman, 36:42
3 mi. warmup & 2 mi. warmdown = 11 mi.
PM: 5 mi. run
Day total: 11 + 5 mi.

Week Total: 84.5 miles

19 Aug., Mon.
AM: 5 lap warmup
20 laps -- 100M / 100H / 100M / 150H
3 x 500 good tempo
6 x 100 shakeups
PM: 1 hour run (8.5 mi. CSUN)
15 x 220 (2M/1H) continuous jog
10 min. warmdown jog after
Day total: 8.5 + 12 miles

20 Aug., Tue.

AM: 45 min. at UCLA

PM: 3 mi. warmup

15 x 100 shakeups

8 x 250

2 laps E.

6 laps H.

(Stopped, unable to finish)

Day total: 6 + 8.5 mi.

21 Aug., Wed.

AM: 5 lap warmup

20 laps of sets (as above)

Mile warmdown

PM: 12 miles at Sepulveda basin

Day total: 7.5 + 12 mi.

22 Aug., Thur.

AM: only about 3 ½ miles at CSUN

PM: 4 mi. warmup

15 x 100 shakeups

10 x 220 (1M / 2H)

2 ½ laps E.

3 x 880 - A.O. / M / A.O.

10 x 150 (2+1)

3 laps E.

4 x 500 (2H / 1M / 1H)

2 ½ laps E.

14 x 100 (2+2)

Day total: 3 ½ + 16 ¼ miles

23 Aug., Fri.

AM: 6 miles, CSUN

PM: 7 miles on the palisades & San Vicente Blvd.

Day total: 13 miles

24 Aug., Sat.

2:30 PM only:

10 lap warmup

10 x 100 good shakeups

8 x 440 (1+1)

2 ½ laps E.

4 laps - Good

10 x 150

2 laps E.

5 x 330

2 laps E.

12 x 100 (2+2)

Day total: 13 mi.

25 Aug., Sun.

AM: 14 miles (along SM Marathon course)

PM: 10 big laps (at SMC)

10 x 330 Good

3 big laps

Day total: 21.5 miles

Week Total: 122 miles

26 Aug., Mon.

AM: 25 laps, including warmup & usual sets

PM: 9.5 miles from SMC to the cannon & back.

27 Aug., Tue.

PM only: 10 lap warmup

15 x 100 shakeups (10+5)

4 x 250

2 ½ laps E.

4 x 250

3 laps E.

2 x 500 fresh

2 ½ laps E.

12 x 100 shakedown

Day total: 10.5 mi.

28 Aug., Wed.

AM: Easy, short walk/jog testing new inserts in shoes.

Just a mile or so to the store for a paper.

PM: with Pat & Mike, ran about 5 miles + shakeups, and jogged back.

Day total: 7 miles

29 Aug., Thur.

AM: left for Charleston, W.VA.

PM: ran about 5 miles with Scobey, Kurrle, Tuttle,
but had to rush back due to tornado warnings.

Bad winds and heavy rain.

Day total: 5 mi.

30 Aug., Fri.

5 miles only

31 Aug., Sat.

Charleston 15-mile Race

Time, about 1:40, 2nd place W.

Warmup, and running back to hotel, made about 20 miles total.

AUGUST MONTH TOTAL: 397.5 MILES

1 Sept., Sun.

1-2 miles only, before departing for home and another 1-2 mi. at home

Week Total: 66.5 miles

2 Sept., Mon.

AM: 2 x approx. one-miles loop, CSUN

PM: 1 x 4.5 mi. loop, CSUN with Pat & Mike

Day total: 6.5 mi.

3 Sept., Tue.

AM: 4 miles, SM palisades

PM: 10 laps warmup

15 x 100 shakeups

2 x 660 swing tempo

15 laps (sets of 100s)

15 x 100 shakedown

Day total: 13.5 mi.

4 Sept., Wed.

AM: appointment with Dr. John Pagliano

PM: from home, 2 loops at CSUN, and back.

Good fartlek run.

Day total: 13 miles

5 Sept., Thur.

AM: 4 ½ mile loop, CSUN

Temperatures already hot at 8AM and smoggy.

PM: 8 laps warmup

15 x 100 shakeups - last 7 H.

4 x 500 - 2H / 1E / 1H

3 laps E.

2 x 1320 (3:51, 3:56)

2 ½ laps E.

3 x 500 - 1H / 1M / 1H

2 laps E.

14 x 100 shakedowns (2+2)

Day total: 4.5 + 12 miles

6 Sept., Fri.

AM: 3 miles, CSUN

PM: cannon to San Vicente, to Bundy, return, & repeated palisades for about 12 miles.

Day total: 15 miles

7 Sept., Sat.

AM: 5 laps warmup

20 laps - 100M / 150H / 100M / 60H

1 lap jog

6 x 330 - 2H / 2M / 2H

1 lap jog

6 x 100 - double-breathing

½ lap jog

6 x 330 (same)

1 lap jog

6 x 100 shakedowns

Day total: 11 miles

8 Sept., Sun.

10-mile loop around dam (Sepulveda basin)

to Pierce and back (approx. 12),

totalling 22 miles in 3 hours.

Week total: 98 miles

9 Sept., Mon.

AM: a loop & half at CSUN (6 mi.)

PM: 8 laps warmup

15 x 100 (10+5)

14 x 220 (2+2)

3 laps E.

5 x 660 - 2H / 1M / 1H

3 laps E.

10 x 330 w/ #3, 6, 9=440s

2 laps E.

12 x 100 shakedown

Day total: 6 + 14 miles

10 Sept., Tue.

AM: 1 ¼ mi. warmup

15 laps - sets as usual

1 ½ mi. warmdown

PM: 10 laps warmup

15 x 100 (10+5)

6 x 330 (1+1)

3 laps E.

1 x 5 laps H tempo (80%)

1 x 880 VH

2 laps E

2 x 500 tempo

2 laps E

12 x 100 (2+2)

Day total: 6.5 + 11.5 miles

11 Sept., Wed.

PM: 10 laps at SMC (660s)

15 x 100

6 fresh laps (660s)

5 easy laps (660s)

Day total: 9 miles

12 Sept., Thur.
PM: 10 laps warmup
10 x 100 G.
3 x 500 H/M/H
2 laps E.
Mile H.
6 x 220 (1+1)
3 laps E.
6 x 220 (1+1)
2 laps E.
4 x 250 2H/ 1M/ 1H
2 laps E.
12 x 100 (2+2)
Day total: 13 mi.

13 Sept., Fri.
AM: 5 miles, CSUN
PM: 8 miles, home to CSUN & full set of exercises
Day total: 13 miles

14 Sept., Sat.
Cross Country 4-mile race, Long Beach
Time 23:47, not so fast as last year.
Then again, just a workout.
PM: 1 hour running, including shakeups
(Day total: 8 + 6 mi.)
(Went to the 50-miler tonight at SMC)

15 Sept., Sun.
15 miles (1:44)
Began protein diet.

Week Total: 92 miles

16 Sept., Mon.
First day completed of protein diet and I feel nauseated, weak and dizzy.
It may be due to lack of sufficient calories as well as shock of change, but nevertheless, I'm resting my body in workouts today. Weight is down by 2 lbs. at 108 lbs.
AM: 15 laps (100s all med.)
PM: 4 miles, CSUN
Day total: 8 mi.

17 Sept., Tue.

AM: 4 miles E. at CSUN

PM: 10 laps warmup

15 x 100 shakeups

2 x 500 M. tempo

3 laps E.

8 x 150 "roll"

2 laps E.

10 x 100 shakedown

I was glad to ease off as I was again becoming nauseous, have diarrhea, but was alright for diner w/Pat and Gary later.....ate fish.

Day total: 4 + 7.5 mi.

18 Sept., Wed.

LA - London, Pan Am

Stayed up late, rose early.

Will work out in El Segundo and go from there. Hope to sleep on plane to adjust to European time 8 hrs. ahead. Ran one hour plus shakeups, about 6 miles.

19 Sept., Thur.

London to Dusseldorf.

PM: running the course, one loop plus the start, about 11km.

20 Sept., Fri.

7km only, on the course with the other women, who all went farther except for Gerta.

21 Sept., Sat.

5km only, alone.

22 Sept., Sun.

Women's International Marathon, Waldniel, W. Germany (at noon)

Time: 2:56:25.2, 5th overall, 1st American

Week Total: 68 miles

23 Sept., Mon.

5km, as before the race, to edge of town and back, alone.

24 Sept., Tue.

In the woods, Herzogenaurach, about 10km or 45 min. running from adidas hotel, uphill through streets to flat dirt road in woods, just beautiful.

25 Sept., Wed.

Running the same course, with some good fartlek.
Finished 42 min.

26 Sept., Thur.

In Munich, about 8 mi. or 1 hour running to Olympic Village, up People Hill and around the grounds, walking and running.

27 Sept., Fri.

Traveling. 0 mileage

28 Sept., Sat.

Still no mileage running, but walked 5 hours all over Florence.

29 Sept., Sun.

15km race, plus the 3km each way to & from hotel.

52:15, 7th place overall, 1st woman. Broke a WR on time for 15K.

30 Sept., Mon.

Did a 2 ½ hour running tour of Rome. . . almost always on the move too, with some good paces along the river.

SEPTEMBER MONTH TOTAL: 318 MILES

1 Oct., Tue.

No running mileage, again, a lot of walking and this time with bags part of the time.

2 Oct., Wed.

On a running tour of Tunis. Hirro led us for 1hr. 20 min. covering a good 12 miles.

3 Oct., Thur.

40+min. running -- about 6 miles.

4 Oct., Fri.

AM: good 40 minutes

PM: no more workouts, but a walk to the museum and all the sightseeing, walking all afternoon.

5 Oct., Sat.

AM: workout with Mohammed Gammoudi and fellow team members on the national cross country team. Running 16km in 65 minutes over their cross-country course.

PM: walking all over Carthage.

6 Oct., Sun.

Pouring rain, streets muddy, no mileage.

7 Oct., Mon.

Traveling to Marseille.

No mileage (just walked a lot).

8 Oct., Tue.

AM: 50 min. running through the exquisite woods just outside Paris.

PM: Became extremely ill.

9 Oct., Wed.

Still ill -- went to the American hospital, examined and diagnosed as a virus.

10 Oct., Thur.

Remained in bed 'til the PM, when feeling better, ventured out a little.

11 Oct., Fri.

Better, but not running yet.

Still walking and sightseeing.

12 Oct., Sat.

Still no run. Feeling bad.

13 Oct., Sun.

Feeling best of the week, went for a last run in the woods on the outskirts of west Paris, the Bois de Boulogne, out for about 50 min. easy running and walking.

14 Oct., Mon.

No run today. Left Paris to London to LA, arriving LAX at 5:04 and was 7:15 by the time I arrived in El Segundo, staying at Mom's. Going to sleep at 10:30 was about 6:30 AM on Paris' time. Hard adjustment.

15 Oct., Tue.

AM: went out for about 15 min. only upon waking in El Segundo. The traveling, illness and time adjustment were all too taxing on me.

16 Oct., Wed.

AM: first run back home - from the house to CSUN, a loop and back. A gentle run, the legs feel strong, the body nearly re-adjusted, but breathing was difficult most of all. Weighed 105 lbs. today!

PM: short run up to the track and back home.

17 Oct., Thur.

PM: Laszlo's workout

10 laps warmup

10 x 100 good shakeups

3 x 660 tempo

6 x 220 G.

2 ½ laps E.

4 laps tempo

5 x 220 G.

2 laps E.

15 x 100 (2+1)

18 Oct., Fri.

PM: 2 miles warmup

10 x 100 shakeups

5 miles on San Vicente and palisades in SM, fartlek run.

19 Oct., Sat.

Santa Barbara

Workout: couple miles on the track, then on road following the marathon course.

About 1 hour.

20 Oct., Sun.

AM: 1 hour running on roads, Santa Barbara.

21 Oct., Mon.

AM: about 5 miles, CSUN

PM: the same

Day total: 10 mi.

22 Oct., Tue.

PM: no regular workout

Ran from Valley College to North Hollywood Park,

4 loops (1 ½ mi.) fartlek and ran back.

Approx. 91 minutes.

Day total: 12.5 miles

23 Oct., Wed.

Feeling ill the whole day, didn't run.

24 Oct., Thur.

AM: 4 miles, to CSUN gym and back home.

PM: 10 laps warmup

15 x 100 shakeups

10 x 250 (2H / 2M alt. jog every 2)

2 ½ laps E.

3 laps tempo

3 laps good

5 x 440 (#2 + 4 good)

2 ½ laps E.

14 x 100 (2+2) shakedown

Day total: 4 + 12.5 mi.

25 Oct., Fri.

AM: ran to & from home, a loop at CSUN + 10 x 100 shakeups.

After last night's workout and Wednesday's illness, weight back to 104 lbs.

PM: 4 mi. loop around golf course at Balboa Park.

26 Oct., Sat.

2:30 PM: 10 lap warmup

15 x 100 shakeups (8+7)

5 x 330 (#2 + 4 H.)

2 laps E.

10 x 100 (1+1)

Actually, should've been 150s.....mistaken.

2 laps E.

3 x 250 build-ups

6 x 100 shakedown

Weighed 107 lbs., 3 more than yesterday.

27 Oct., Sun. (set back clocks)

Long Beach 16.2 mi. road race

1:38:58

Splits:

4.1 mi. = 24:20

4.0 mi. = 48:45

4.0 mi. = 73:30

4.1 mi. = 98:58

SPA-AAU Mtg., 6 PM, Anaheim

Week Total: 87 miles

28 Oct., Mon.

PM: 6 miles around Balboa's dam.

Weather was cold and very windy.

Feeling more fatigued than sore from yesterday's race, so I didn't push for a longer run.

29 Oct., Tue.

AM: about 5 miles from home to CSUN & a short loop.

PM: 10 laps warmup

15 x 100 shakeups (10+5)

(29 Oct., cont.)

10 x 220 2H / 2M

2 laps E.

2 x 880 (2:33 & 2:30)

8 x 150

3 laps E.

2 x 880 (2:36 & 2:33)

2 laps E.

6 x 330 (2+2)

2 ½ laps E.

10 x 100 shakeups, mixed

Day total: 5 + 14 miles

30 Oct., Wed.

AM: 20 laps of sets: 100M/ 150H/ 100M/ 100H

Plus warmup, warmdown.

PM: about 5.5 miles at SMC plus 15 x 100 shakeups

Day total: 6 + 6.5 miles

31 Oct., Thur.

AM: 3 ½ mi. easy

PM: 8 laps warmup

10 x 100 good shakeups

5 x 330 1H/ 1M

2 ½ laps E.

2 x 660 good tempo

6 x 220 (1+1)

2 ½ laps E.

2 x 660 good tempo

2 laps E.

15 x 100 shakedown

Day total: 3.5 + 11 miles

OCTOBER MONTH TOTAL: 246 MILES

1 Nov., Fri.

AM: 15 laps, usual sets + warmup

PM: Warmup only

2 miles warmup

12 x 100 shakeups

4 x 220 fresh

440 jog warmdown

Day total: 4 + 4 miles

2 Nov., Sat.

1:00 PM: 10 laps warmup

15 x 100 shakeups, last 5H.

3 x 250 build-ups

4 x 150

1 ½ laps E.

4 x 150 same

2 x 330 build-up, from long steps to quick shorter steps

12 x 100 (1+1) shakedown

Day total: 7.5 miles

3 Nov., Sun.

Cross Country District Meet

3.5 miles - 18:41

Including 50 min. warmup & about 5 mi. warmdown, 12 mi. total.

Week Total: 67.5 miles

4 Nov., Mon.

AM: warmup, approx. 16 laps of usual sets + warmdown ½ mile.

PM: from home, CSUN 5 miles + 2 miles back home.

Day total: 5.5 + 10 miles

5 Nov., Tue.

AM: 5 miles "fresh" + "easy"

PM: 10 laps warmup

15 x 100 (8+7)

6 x 330 (1+1)

2 ½ laps E.

3 x 440 A.O. (72/ 70.5/ 69.5)

3 laps H. (3:51)
4 x 250 build-ups
2 laps E.
2 x 500 A.O. (74)
2 ½ laps E.
12 x 100 (2H+1E)

Day total: 5 + 13 miles

6 Nov., Wed.

AM: 4 mi. loop, CSUN, fartlek

PM: 25 x 660 laps, SMC

After 5 lap warmup, every 3rd was "fresh."

Day total: 4 + 9.5 miles

7 Nov., Thur.

AM: 4.5 miles over streets around home (approx. 35 min.)

PM: 8 laps warmup

10 x 100 good shakeups

5 x 250 (1, 3, 5 H.)

2 ½ laps E.

1 x 660 (71)

8 x 150 1M/ 1 build-up

4 x 330 2H/ 1M/ 1H

2 laps E.

12 x 100 w/2 x 220 H.

Day total: 4.5 + 10 miles

8 Nov., Fri.

AM: 5.5 miles from home plus short loop, CSUN

PM: at SMC, 5 laps (660 each)

10 x 100 (2+1)

3 x 250 buildups

1 ½ laps E.

12 x 100 shakedowns, good

Day total: 5.5 + 5.5 miles

9 Nov., Sat.

2:30 PM: 10 laps warmup

10 x 100 shakeups, mixed

4 x 220 build-ups

4 x 150 build-ups

1 x 330 build-ups

3 x 150 build-ups

8 x 100 shakedowns, mixed.

Day total: 6 miles

10 Nov., Sun.

Cross Country State Meet - AAU

1PM at UCSD

5000m - 17:28 - 4th

Including warmup & warmdown, about 9 miles.

Week Total: approx. 87 miles

11 Nov., Mon.

AM: 1 mi. warmup

20 laps of usual sets

PM: 1 ½ hour run - about 10+miles on roads, San Vicente Blvd., plus 2 mi. warmdown at SMC.

Day total: 6 + 12 miles

12 Nov., Tue.

AM: about 5 miles, CSUN

PM: one of those worthless nights of just "covering the distance."

10 laps warmup

15 x 100 shakeups

5 x 330 w/2 x 440

2 ½ laps E.

4 laps tempo

8 x 150

3 laps E.

5 x 250

2 laps E.

14 x 100 w/3 x 220 shakedowns

Day total: 5 + 11.5 miles

13 Nov., Wed.

AM: 4 ½ miles

PM: 5 miles only, plus shakeups

14 Nov., Thur.

Fortunately, feeling better today.

Note: I slept in rather than run in the morning, and pulled off a good workout tonight.

PM: 10 laps warmup

10 x 100 good shakeups

6 x 220

2 ½ laps E.

1000 (2:26)

1000 (2:24)

6 x 220 (1H)

3 laps E.

3 x 500 (all at about 71 pace)

2 laps E.

5 x 250 quick

2 ½ laps E.

14 x 100 (2+2) shakedown

Day total: 14 miles

15 Nov., Fri.

AM: 5 miles from home

PM: Nearly two hours workout

About 13.5 miles on San Vicente Blvd., plus stretching + shakeups.

Day total: 5 + 13.5 miles

16 Nov., Sat.

PM only: 10 laps warmup

15 x 100 - last 5H shakeups

4 x 220 quick

4 x 150 quick

1 ½ laps E.

4 x 150 quick

Shakeups

Day total: 6 miles

17 Nov., Sun.

Extended warmup 4 mi. + shakeups + 3 mi.

Race 10.08 in 59:??

Warmdown - 3 miles

Day total: 21 miles

Week Total: 104.5 miles

18 Nov., Mon.

AM: 4 mile jog + shakeups 12 x 100 (3+1)

PM: 8 miles on San Vicente Blvd. & palisades (Ocean Ave.)

Day total: 13 miles

19 Nov., Tue.

AM: 3 easy miles, at UCLS

PM: 10 laps warmup

15 x 100 (10+5) shakeups

10 x 220 (2+2)

2 laps E.

2 x 1000 H. (2:27 / 2:34)

8 x 150 quick

3 x 660 H.

2 ½ laps E.

15 x 100 (3M/ 220H/ 100H)

Day total: 3 + 12.5 miles

20 Nov., Wed.

AM: About 6 miles, from home, partial CSUN loop.

PM: At SMC, 5 big laps group warmup & 20 more fresh.

10 x 100 shakeups plus 13 more fresh laps & a few shakedown.

Day total: 21 miles

Birthday dinner at Les Freres Taix

21 Nov., Thur.

AM: 4 miles along Venice boardwalk

PM: 10 laps warmup

10 x 100 good shakeups

4 x 500 (2H/ 1M/ 1H)

2 laps E.

1 mile (75/ 2:28/ 3:41/ 4:51)

8 x 150 H.

2 ½ laps E.

8 x 330 w/2 x 440: 70, 67

2 laps E.

10 x 100 shakedowns

Day total: 4 + 13.5 miles

22 Nov., Fri.

AM: 4 ½ miles fartlek (in place of 20 laps - very windy)

PM: 8 miles from home, CSUN loop

Day total: 4.5 + 8 miles

23 Nov., Sat.

AM: 6 miles from home to CSUN, short loop.

PM: 5 miles only, plus shakeups on San Vicente Blvd. & palisades (Ocean Ave.)

Day total: 6 + 6 miles

24 Nov., Sun.

At least 18 miles from SMC to UCLA (2 x 3 mile loops) and back, by way of San Vicente, Wilshire and Veteran Ave. About 2 ¼ - 2 ½ hours. Started the carbohydrate depletion diet, the protein diet, today.

Week Total: 109.5 miles

25 Nov., Mon.

Still on protein diet, and fortunately there's no nausea like last time.

AM: About 3 ½ miles - a short loop at CSUN.

PM: Only 5 miles easy, at SMC.

Although I don't feel as sick as the other time, this diet has left me weak -- only noticed when trying to workout. (Dinner of stuffed tomato with tuna and cheese.)

Day total: 8.5 miles

26 Nov., Tue.

AM: only 3 miles easy, however felt better than anticipated, and had time permitted, would've run more.

Tonight, went through the motions better than expected although still very weak.

PM: 10 laps warmup

15 x 100 shakeups

6 x 330 1M/ 1G

2 ½ laps E.

2 x 660 tempo

8 x 150 quick

5 x 250 quick

2 laps E.

12 x 100 2M/ 1H shakeups

Day total: 3 + 10.5 miles

27 Nov., Wed.

AM: 4 miles easy, from home.

Breaking the protein diet today. Small breakfast though.

PM: 10 (or so) big laps at SMC plus 12 mixed shakeups.

Day total: 4 + 5 miles

28 Nov., Thur.

AM: Loop around Balboa's golf course plus a few shakeups.

(PM: Thanksgiving dinner)

Day total: 5 miles

29 Nov., Fri.

PM: about 4 miles plus 15 shakeups

(San Vicente Blvd. & Ocean Ave. to 26th St. and back.

Day total: 5 miles

30 Nov., Sat.

AM: about 4 ½ miles at Balboa Park

NOVEMBER MONTH TOTAL: 374 MILES

1 Dec., Sun.

Western Hemisphere Marathon, Culver City

2:43:54.6 new W.R.

Week Total: 75 miles approx.

2 Dec., Mon.

AM: about 3 miles, CSUN, easy run & shakeups

PM: at least 6 miles, at the dam with Monty Montgomery and friends.

Day total: 9 miles

3 Dec., Tue.

AM: 6-mile loop from home, CSUN

PM: 10 laps warmup

15 x 100 (10+5) shakeups

8 x 330 (2H)

2 ½ laps E.

6 x 150 G.

2 x 1000 tempo

6 x 150 G.

3 laps E.

14 x 100 shakedown

Day total: 6 + 12 miles

4 Dec., Wed.

PM: from home and around CSUN for over an hour.

Maybe 8+miles.

5 Dec., Thur.

PM: 8 laps warmup

10 x 100 shakeups

10 x 220 (2+2)

2 ½ laps E.

3 x 500 (72, 71)

8 x 150

2 laps E.

3 x 500 (same, 2H, 1E)

2 ½ laps E.

14 x 100 (2+2)

Day total: 12 miles

6 Dec., Fri.

PM: About 5 ½ miles on Ocean Ave. including shakeups.

Day total: 5.5 miles

7 Dec., Sat.

AM: 6 miles - loop from home and around CSUN.

PM: 8 laps warmup

10 x 100 shakeups

6 x 330

2 laps E.

2 x 660

10 x 150

2 x 660

2 laps E.

14 x 100 shakedown

Day total: 6 + 10 miles

8 Dec., Sun.

About 8 miles on San Vicente Blvd, fartlek.

Very windy.

Week total: 74.5 miles

9 Dec., Mon.

AM: 5 miles at UCLA

PM: 8 laps warmup

10 x 100 G.

330s (?)

2 laps E.

6 x 220 H.

4 laps G.

6 x 220 H.

2 laps E.

14 x 100 shakedowns

10 Dec., Tue.

AM: 5 miles to CSUN from home.

PM: 10 laps warmup

15 x 100 (10+5) shakeups

4 x 440 - 71.5/ 68/ E/ 66

2 laps E.

2 x 1320 - 3:42 & 3:49

5 x 220 H/ M

2 ½ laps E.

6 x 250 G.

2 laps E.

12 x 100 w/220/ 250/ 220 inbetween

Day total: 5 + 14.5 miles

11 Dec., Wed.

AM: Warmup + 15 laps (100s & 60s)

PM: 6 ½ miles at the Balboa dam

Day total: 5 + 6.5 miles

12 Dec., Thur.

AM: About 3 ½ miles, CSUN

PM: 10 laps warmup

10 x 100 G. shakeups

6 x 250 G.

2 ½ laps E.

4 x 220 G.

5 laps tempo

4 x 220 G.

2 laps E.

6 x 330 w/2 x 500 H.

2 laps E.

10 x 100 (1+1) shakedowns

Day total: 3.5 + 12.5 miles

13 Dec., Fri.

It was so windy this morning, I skipped any running and utilized the time to prepare for tomorrow's party.

Tonight, it was worse weather and I didn't get home from work until dark. Zero day. Probably needed the rest anyway, feeling fatigue, soreness and overtraining yesterday.

14 Dec. Sat.

This morning I was photographed in the Helm's Hall of Fame and my marathon shoes were placed behind glass. After a struggling workout in the wind, it was opportune tonight for a great party. Nearly everyone I can think of was there and the delayed celebration was well worth waiting for!

Workout: 8 laps warmup

15 x 100 shakeups (10+5)

10 x 220 (2+2)

2 ½ laps E.

2 x 1000 H.

6 x 150 G.

2 laps E.

3 x 660 H.

(14 Dec., cont.)

2 laps E.

12 x 100 (1+1)

Day total: 11.5 miles.

15 Dec., Sun.

11 miles with Pat, Fred and Mike at San Vicente Blvd. & the palisades (Ocean Ave.)

Week Total: 75 miles

16 Dec., Mon.

PM: 4 ½ miles from home, loop at CSUN to the track.

12 x 100 shakeups

8 x 220 - 2H/ 2M

2 ½ miles from track to home

Day total: 9 miles

17 Dec., Tue.

PM: Warmup only. fatigued and not feeling well at all.

3 miles total

18 Dec., Wed.

AM: 4 ½ mile loop + shakeups

PM: 4 mile loop only

Day total: 8 ½ miles

19 Dec., Thur.

AM: 5 miles at UCLA

PM: 10 laps warmup

10 x 100 good shakeups

6 x 220 (1+1)

2 ½ laps E.

2 x 660 H (72 pace)

8 x 150 quick

2 x 660 H (72 pace)

2 ½ laps E.

15 x 100 - 3 sets: 3M/ 220H/ 200H

Day total: 5 + 10.5 miles

20 Dec., Fri.

AM: 25 laps - Sets: (2 each) 100M/ 100H/ 100M/ 150 buildup/ 100M/ 60H

6 x 100 - double-breathing

4 x 330 - 2H/ 1M/ 1H

6 x 100 - double-breathing

Day total: 8.5 miles

21 Dec., Sat.

2:00PM

10 laps warmup

15 x 100 shakeups (10+5)

6 x 330 - 2H/ 2M/ 2H

2 ½ laps E.

6 x 150 fresh

5 laps - 5:03 mile, 73.5 last 400

4 x 250 - last 100 pick-up

2 ½ laps E.

6 x 330 - w/2 x 440 at 68, 67

2 laps E.

10 x 100 shakedown - 2H/ 2M

Day total: 13 ¾ miles

22 Dec., Sun.

1 hour running at SMC, just did 10 big laps easy, stretching + 10 shakeups.

Day total: 5 miles.

Week Total: 61.5 miles

23 Dec., Mon.

AM: 5 miles, CSUN

PM: 5 big laps (660s) at SMC

10 x 100 good shakeups

4 x 330

2 laps E.

4 x 220 quick

4 laps H.

4 x 220 quick

2 laps E.

15 x 100 shakedown

Day total: 5 + 6.5 miles

24 Dec., Tue.

AM: 4 miles on the palisades

PM: 4.5 miles & shakeups, UCLA

Day total: 9 miles

25 Dec., Wed.

Mid-day: 4 mile loop at CSUN

26 Dec., Thur.

AM: 4 miles at Sepulveda basin (Balboa) golf course

PM: 10 laps warmup (fast one)

15 x 100 - 8M/ 7H shakeups

8 x 200 (1+1)

2 laps E.

1320 tempo (3:52)

6 x 150 - 2 + 1H

2 ½ laps E.

5 x 250 + 1 x 440 H.

2 laps E.

12 x 100 shakeups 2 + 1H.

Day total: 4 + 11.5 miles

27 Dec., Fri.

AM: 4 ½ mile loop w/Pat at CSUN

PM: 4 mile loop plus 15 x 100 shakeups (2+1)

4 x 150s H. & jog ½ mile

Day total: 4.5 + 6 miles

28 Dec., Sat.

MT. SAC all-comer's meet rained out.

Returned to UCLA for a time-trial run.

AM: 2 mi. warmup

15 x 100 (10M + 5H)

Mile: 5:04

2 laps E.

3 x 440 - 2H, 1E (71, 72.5)

2 laps E.

6 x 100 (Double breathing)

PM: about a 6-mile loop, CSUN, in rain.

Day total: 7 + 6 miles

29 Dec., Sun.

AM: At SMC, 6 ½ miles plus 10 x 100 shakeups

One run today only, later driving to Mt. Wilson in vain.

Dinner tonight with Bob Deines.

Day total: 7 miles

Week Total: 70.5 miles

30 Dec., Mon.

AM: 5-lap warmup

15 laps of sets (100/ 150/ 100/ 60)

PM: 8 lap warmup

10 x 100 good

6 x 220

2 laps E.

6 x 220

2 laps E.

6 x 220

10 x 100 shakedown

Day total 5 + 7.5 miles

31 Dec., Tue.

PM: 8 laps warmup

10 x 100 good shakeups

4 x 250 (alt. jog)

2 x 660 H.

6 x 150 G.

1 x 660 H.

2 laps E.

15 x 100 w/220s shakedowns
Day total: 7.5 miles

Half-Week Total: 20 miles

DECEMBER MONTH TOTAL: 331.5 MILES

1974 YEAR TOTAL: 3,882 MILES