

Jacqueline Hansen
Training Journal 1975

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

1 Jan., Wed.

New Year's Day

Warmup 2 miles

15 x 100 shakeups

3 x 250

1 lap jog

MILE time-trial, 5:02

Not so great a time, but considering the terrible wind, satisfactory enough.

10 x 100

Warmdown 2 miles

2 Jan., Thur.

AM: 16 laps - 5 warmup / 11 laps, in sets of 100M/ 150B-U/ 100M/ 60H

Total 4 miles

PM: 2 mi. warmup

15 x 100 (10+5)

6 x 220 (1+1)

1 x 500 (error - should've been a 660)

6 x 150 (1+1)

2 laps E.

5 x 250 Build-Ups

2 laps E.

10 x 100 (1+1)

Total 9 miles

3 Jan., Fri.

AM: 5 miles, CSUN

PM: 20 laps - 5 warmup

15 of usual sets

10 x 100 shakeups and stretching

Total 5 miles

4 Jan. Sat.

Nearly 3 miles warmup or more (23 min.)

15 x 100 (10+5)

4 x 250
1 x 440
6 x 150
1 ½ laps E.
4 x 250
10 x 100 shakedowns
Total 9 miles

5 Jan. Sun.

Sunkist Qualifying Meet, UCLA 10:30 AM

After waiting to run until after 4PM (!), placed first in the mile in 4:52.1 (68/ 2:22/ 3:37/ 4:52.1)

Half-week Total: 48 miles.

6 Jan., Mon.

AM: 20 laps, UCLA - usual sets

PM: 8-9 miles at the dam with Monty Montgomery & friends.

Day total: 14 miles

7 Jan., Tue.

AM: 5 miles, CSUN

PM: 8 laps warmup

15 x 100 (10+5)

8 x 220 (1+1)

2 ½ laps E.

3 x 250 Build-Ups

2 x 880 G.

3 x 250 B-U

2 laps E.

4 x 330 (2+1)

2 laps E.

12 x 100 w/3 x 220 H.

Day total: 17 miles

8 Jan., Wed.

AM: 5 miles, CSUN

PM: 7-8 miles with Judy Graham, UCLA

Day total: 13 miles

9 Jan., Thur.

2 ½ miles warmup

10 x 100 (6+4)

4 x 250 (2H-1M-1H)

1 x 660 H.

2 ½ laps E.

6 x 150 Quick
2 x 1320 Tempo
2 ½ laps E.
4 x 250
3 laps E.
12 x 100 3M/ 220H/ 100H
Total: 12 miles

10 Jan., Fri.
AM: UCLA, 4 - 4 ½ miles
PM: CSUN x 2 loops from home w/Pat for about 11 miles
Day total: 15 miles

11 Jan., Sat.
AM: 5 laps warmup
20 laps - sets as usual
6 x 100 - double-breathing
4 x 330 (1+1)
2 x 500 G.
6 x 100 same

PM: about 4.5 - 5 miles easy jog at SMC w/Tom

12 Jan. Sun.
AM: at SMC, 20 big laps = 7.5 miles
(Knee, sharp pain, shortened workout. No PM workout. Ice.)

Week Total: 92.5 miles

13 Jan. Mon.
AM: no workout, resting the knee.
PM: 2 aspirin 30 min. prior, with knee brace.
Extended warmup, 3 mile jog
15 x 100
4 x 250
Jog ½ mile
10 x 100 shakedown
Ice after, and heat later.

Total: 6 miles

14 Jan., Tue.

AM: ran a couple miles easy.

PM: 2 ½ mi. warmup

15 x 100 shakeups

4 x 250

1 x 500

2 laps

6 x 150

4 x 250

2 laps

10 x 100 shakedown

Total 9 miles

15 Jan., Wed.

AM: just a couple miles & shakeups

PM: 4 miles & shakeups, CSUN

Feeling sore knee, sore muscles all over, swollen glands, headache, congestion

Day total: 6.5 miles

16 Jan., Thur.

Dr. appt. - fever and virus.

Zero mileage

17 Jan., Fri.

Worked half-day, then home sick.

Zero milelage

18 Jan., Sat.

AM: Ran a little, relieved congestion.

5 laps + 10 laps usual sets, plus 6 x 100.

PM: Went to the **Sunkist Meet** (in retrospect, I don't think it was wise).

This was the indoor mile where Judy & I were leading when Julie Brown made a move to the front. Problem being, she didn't cut back into lane one before the curve. Passing should always be completed on the straight-away. Still in lane two on the curve, she leaned right into Judy, causing them both to go down and sending me into a collision.

This is what I wrote: "Nearly lost my life, or at least my pride. I was tripped and flipped off the track before I knew what was happening. But finished in 5:03 anyway to Laszlo's satisfaction."

Week Total: 37.5 miles

20 Jan., Mon.

AM: feeling pretty good

5 laps warmup

3 sets of 4 laps each, per usual

17 total laps

PM: from home, a loop at CSUN, for 7 miles

Day total: 11 miles

21 Jan., Tue.

AM: Jogged about 2 mi. only, feeling sore.

PM: 2 ½ miles warmup

15 x 100 (7+8H)

5 x 330 (1, 3, 5 H)

2 ½ laps E.

4 x 220 (2H-1M-1H)

1000 G. tempo

6 x 150 Q.

2 x 440 H.

2 laps E.

14 x 100 (w/ 3 x 220H)

Supposedly he cut it short because I'm so sore.

The left side of my back is very bruised from being stepped on in the fall.

(Think spikes!)

22 Jan., Wed.

AM: 4 miles, approx., at UCLA plus shakeups (10 x 100)

PM: 25 laps (x 660) plus 15 x 100 shakeups

Had a chance to use jacuzzi, thanks to Pete Mundle (SMTC), and it really did help alleviate some of the soreness in my back as well as legs, knees, etc. Am planning to race, still, 2 & 1 mi. this weekend.

23 Jan., Thur.

AM: 3 miles - palisades

PM: 2 mi. warmup

10 x 100 Good

4 x 220 (2H/ 2M/ 1H)

1 x 400 Tempo

3 x 150

1 ½ laps E.

12 x 100 shakedown (2+1M)

Day total: 9 miles

24 Jan., Fri.

AM: 1 ¼ mi. warmup

12 laps (sets of 100s)

Easy jog.

Total: 5 miles

PM: **Anaheim So. Cal Indoor Games**

2 mile - 1st - 10:36

Total: 6 miles

25 Jan., Sat.

PM only: Anaheim, 1 mile - Terrible

Total: 5 miles.

26 Jan., Sun.

REST

Total Week: 64.5 miles.

27 Jan., Mon.

AM only: 6.5 miles easy jog, UCLA

28 Jan., Tue.

PM only: On San Vicente & the palisades, ran 15 km easy/fresh w/Tom.

29 Jan., Wed.

PM only: met Reid Harter on San Vicente.

Ran about 10 miles.

30 Jan., Thur.

PM only: track rained out, ran from Valley JC to NH Park and back,
15 x 100, 2 big loops E., 10 x 100.

All in all, about 10 miles.

Finally am feeling relief from ,y cold and congestion and sore throat.

31 Jan., Fri.

AM only: over 7 miles from home to CSUN, loop.

JANUARY MONTH TOTAL: 247 MILES

1 Feb., Sat.

1:30PM: 8 laps warmup

15 x 100

5 x 330 (1H/1M)

2 ½ laps E.

5 x 220 (2H/ 1M/ 2H)

3 laps Tempo

5 x 220 (same)

2 ½ laps E.

3 x 500 (1H/ 1M/ 1H)

2 laps E.

12 x 100 (w/ 3 x 220H)

Total: 10 miles

2 Feb., Sun.

10 miles, more or less, at the dam.

Week Total: 62.5 miles

3 Feb., Mon.

AM: 5 laps warmup, UCLA

15 laps of usual sets

PM: about 5 miles fresh / jog at UCLA

until the knee became painful, comparable to three weeks ago.

4 Feb., Tue.

Ran from the college to the park and back, with a few shakeups, until the knee started to be unbearable. I thought the brace would help. Dr. appt. tomorrow.

5 Feb., Wed.

Noon - Pagliano. Cartilage trouble, right knee, treating with heat before and ice after running. Long and slow running only.

6 Feb., Thur.

AM: from home to CSUN, 1 loop, good run. Knee OK.

PM: 2 ½ mi. warmup

4 x 500

3 laps E.

3 x 2 laps M.

4 laps E.
(Laszlo's interpretation of long slow distance?)

7 Feb., Fri.
AM: same loop, felt good.
PM: at SMC, 5 miles easy & fresh laps.

8 Feb., Sat.
AM: 4 miles only, San Vicente, feeling tired.

9 Feb., Sun.
10 hours sleep, felt rested finally.
Ran two laps at CSUN in gentle rain.

Week Total: 57 miles

10 Feb., Mon.
PM: at San Vicente, ran 8 miles
Felt great except going downhill, jars the knees

11 Feb., Tue.
AM: 4 miles - fresh jog & shakeups
PM: 2 ½ mi. warmup
15 x 100 shakeups (10+5)
4 x 500 Good
3 laps E.
2 x 1000 Good
3 laps E.
12 x 100 shakedown
(Shortened workout, for the knee problem) 10 miles total.

12 Feb., Wed.
No running

13 Feb., Thur.
AM: 4 miles fresh jog on El Segundo track
PM: 2 ½ mi. warmup
10 x 100 shakeups
3 x 1000 1+3 tempo
4 laps fresh
4 x 660 1+3 tempo
3 laps E.
4 x 440 fresh
14 x 100 shakedown

Day total: 4 + 13 miles

14 Feb., Fri.

AM: 5 miles fresh jog w/ Vicki Cook to school & home.

PM: 8 miles

15 Feb., Sat.

2:00 PM: 2 ½ mi. warmup

15 x 100 (10+5)

10 x 330 2M-1H

3 laps E.

3 x 880 (1H/1M/1H)

4 laps E.

3 x 500 G.

3 laps E.

10 x 100 (2+2) shakedowns Total: 13.5 miles

16 Feb., Sun.

AM: over 10 miles, Santa Monica

Week Total: 75.5 miles

17 Feb., Mon.

AM: 4 miles

PM: 8 miles

18 Feb., Tue.

AM: 4 miles

PM: 2 ½ miles warmup

15 x 100

14 x 220

2 laps

3 x 660

10 x 150

3 laps

Stopped here, with sore lower left leg, and ankle.

19 Feb., Wed.

PM: from home to San Vicente, to palisades, to the cannon (near the pier), and back up to 26th, then down to 14th and home.

Total: 9 miles

20 Feb., Thur.

AM: 4 miles

PM: 2 mi. warmup
10 x 100 (6+4)
4 x 500 G.
2 laps E.
1320 H.
10 x 150 Q.
3 x 660 H.
2 ½ laps E.
6 x 250 H.
2 laps E.
10 x 100 (2+1) shakedowns
Day total: 4 + 13 miles

21 Feb., Fri.
AM: 4 miles
PM: 1 mi. to SMC
21 laps (660s)
15 x 100 (2+1)
Day total: 4 + 10 miles

22 Feb., Sat.
From home, to UCLA,
1 x 3 mi. loop to S.V., total 11 miles.

23 Feb., Sun.
UCSB All Comers' Meet - 1 mile run (5 min.)
Total about 5 miles

Week Total: 82 miles

24 Feb., Mon.
PM: 7 miles from home, to cannon and back.

25 Feb., Tue.
PM: 2 ½ mi. warmup
15 x 100 (8+7) shakeups
6 x 330 - 2H / 2M
2 laps E.
8 x 150 Q.
2 x 1320 H. 3:37 (72, 2:27), 3: 45
10 x 220 - 2H / 2M
3 laps E.
4 x 500 2H / 1M / 2H, all 74s
2 laps E.

14 x 100 (2+2)

Total: 15.5 miles. I wrote "best workout in a month, but then . . ."

26 Feb., Wed.

AM: 1 mi. warmup

8 laps of usual sets

1 mi. home

"Stopped at 8 laps when the pain in my right knee returned. Unbelievable."

PM: 10 mi. run - "Long and easy, feeling OK w/continuous running. Stopped once w/one mi. to go and was forced to walk home."

27 Feb., Thur.

AM: no run.

PM: Warmup

Shakeups

5 x 440 w/ continuous jog between.

Finished when knee was in pain.

Total: 5 miles

28 Feb., Fri.

AM: no run, rested again

PM: not so bad, maybe for resuming prescription and hot packs.

Ran about 8 miles easy on S.V. and palisades, w/Howard.

FEBRUARY MONTH TOTAL: 284.5 MILES

1 Mar., Sat.

AM: 8 miles fresh running

2 Mar., Sun.

1 mi. to SMC, 20 laps, shakeups, total, 8.5 miles

Week Total: 66 miles

3 Mar., Mon.

AM: 3 miles

PM: w/ Howard Miller, Jim Estes & Bob King, ran about 11 miles.
Day total: 14 miles

4 Mar., Tue.

No intervals, to protect the knee.

PM: 1 mi. to SMC, 20 laps + 10 shakeups

Total: 9.5 miles

5 Mar., Wed.

PM: Ran to Howard's, plus 9.5 mi. run. Total, 10.5 miles

Saw Pagliano, adjusted my inlays, suggested more long slow distance for a week, and aspirin before, ice after, heat at night. Possible cortisone shot as last resort in a week.

6 Mar., Thur.

AM: 4 miles

PM: From Valley College to North Hollywood Park, two loops, 10 shakeups, back to school, 15 shakeups, 4 laps easy.

Total: 15 miles

7 Mar., Fri.

AM: 4 miles

PM: 7 miles (rain)

8 Mar., Sat.

8 miles running

9 Mar., Sun.

Noon workout: 8 laps warmup

15 x 100 shakeups

4 x 660 (2+1)

3 laps E.

2 x 4 laps tempo

10 x 150 (2+1)

3 laps E.

4 x 330

2 ½ laps E.

12 x 100 (2+1)

Total: 14 miles

Week Total: 82 miles

10 Mar., Mon.

AM: no run (rain, and resting the knee for tonight's test)

PM: two hour run from home to UCLA, one loop x 3 mi. & returned home.

Stopped to stretch mid-way. 14 miles total.

11 Mar., Tue.

AM: 4 miles

PM: Run from Valley Col. to NH Park + 2 loops

15 x 100 shakeups

5 partial loops of tempo running

Fartlek run back

15 x 100 shakeups

4 laps tempo

10 x 100 shakedown

Day total: 18.5 miles (Knee was OK, just sore thighs from yesterday)

12 Mar., Wed.

AM: 4 miles

PM: 11 miles

(Knee still OK, still sore muscles from overall workload)

13 Mar., Thur.

Tired, and rainy, so slept in.

PM: still tired and sore, so only did the warmup.

On the ride home, Laszlo and I decided to skip Boston and look for a later date for a marathon.

I was relieved greatly.

14 Mar., Fri.

AM: 4 miles

PM: 6 mi. to SMC, 20 laps, total 7.5 miles

15 Mar., Sat.

PM: 20 laps at SMC, 2 E/ 2Fresh

Total 7.5 miles

16 Mar., Sun.

AM: Ran in the Valley with a group for 14 miles.

Week Total: 91 miles

17 Mar., Mon.

PM: about 16 miles to Howard's and UCLA

18 Mar., Tue.

PM: 2 ½ mi. warmup

15 x 100 shakeups (M)

3 x 1000 tempo

2 big laps (1 mi.) E.

3 x 1000 same

12 x 100 shakedown

Total: 10 miles

19 Mar., Wed.

PM: 10 mile run

20 Mar., Thur.

AM: 4 miles

PM: 2 ½ mi. warmup

15 x 100 shakeups

5 x 330 tempo

2 laps E.

4 laps G.

8 x 150 Q.

4 laps G.

2 laps E.

6 x 440 (2M / 2G)

3 laps tempo

2 laps E

12 x 100 shakedown

Day total: 4 + 14.5 miles

21 Mar., Fri.

PM: 10 miles w/ Howard

22 Mar., Sat.

AM: two-hour run

Home, cannon, palisades, SV, Wilshire, Sepulveda, Moraga, back by Sunset Blvd. to SV, etc.

PM: 1 ½ hr. run at SMC = 30 laps (660s): 5 laps E, 15 alt. fresh, 10 E.

23 Mar., Sun.

AM: to Will Roger's Park, inspiration point, back via the cannon by SM Pier.

Total: 11.5 miles

Week Total: 104.5 miles

24 Mar., Mon.

AM: 4 miles

PM: 9 miles

25 Mar., Tue.

PM: 2 ½ mi. warmup

15 x 100 shakeups (8M + 7H)

4 x 500 (2H/ 1M/ 1H) fair, 76, 78, & 74 pace

2 laps E.

8 x 220 (2+1)

3 x 1320 (1H/ 1M/ 1H)

2 ½ laps E.

10 x 330 (w/ 2 x 440)

2 laps E.

12 x 100 (2+2)

Total: 15.5 miles

26 Mar., Wed.

PM: 7 or 8 miles, one hour.

(Meet w/ Laszlo about race schedules)

27 Mar., Thur.

AM: 4 miles

PM: 2 ½ mi. warmup

15 x 100 (10M + 5H)

10 x 250 (w/ 3 x 440)

2 ½ laps E.

5 laps Good tempo

8 x 150 (1+1)

2 laps E.

5 x 250 G.

2 laps E.

15 x 100 (3x100 M/ 220 H/ 100 H & repeat, 3 sets total)

Day total: 4 + 13 miles

28 Mar., Fri.

AM: 4 miles

PM: 8 lap warmup

15 x 100 shakeups (10+5)

4 x 150 Good & Jog

3 x 250 G. & Jog
1 x 330 G. & Jog 1 ½ laps, 10 x 100 Shakedown
Day total: 4 + 6 miles

29 Mar., Sat.
PM: 8 laps warmup
10 x 100 shakeups
8 x 220
1 ½ laps E.
3 x 660
2 laps
15 x 100 (3x100/ 220/ 100H)
Total: 8 miles

30 Mar., Sun.
17-mile run

Week Total: 88.5 miles

31 Mar., Mon.
AM: 4 mi.
PM: 2 mi. warmup
15 x 100 shakeups
8 x 220
3 laps E.
8 x 220
1 lap jog
10 x 100 shakedown
(Total: 7 mi.)
Day total: 4 + 7 miles

MARCH MONTH TOTAL: 393.5 MILES

1 Apr., Tue.
AM: 4 miles
PM: 2 ½ mi. warmup
15 x 100 shakeups (10+5)
8 x 330 (2+1)
2 ½ laps E.
2 x 1 mile (5:17 each)
8 x 150 G.

3 x 1000 (2G/ 1M)

2 laps E.

14 x 100 shakedowns

Day total: 4 + 13.5 mi.

2 Apr., Wed.

AM: 4 miles

PM: good 10 miles fartlek (w/Bob Branch)

3 Apr., Thur.

AM: 4 miles

PM: 2 ½ mi. warmup

10 x 100

4 x 500

2 ½ laps E.

3 x 1320 G.

Jogged warmdown and stopped early.

Total: 13 miles

4 Apr., Fri.

AM: 4 miles

PM: 4 miles + shakeups

(at Sepulveda dam)

Day total: 8.5 miles

5 Apr., Sat.

Race rainout.

Ran about 11 miles on SV & Ocean Ave. w/ one hard mile between 14th to Ocean on S.V. Blvd.

6 Apr., Sun.

AM: Howard & I ran from his place to the Marina breakwater and back, ahead of the hard rain.

12 miles.

Week Total: 87 miles

7 Apr., Mon.

AM: 5 miles - good fartlek

PM: 11 miles w/Howard, like yesterday

8 Apr., Tue.

AM: 4 miles

PM: 0 miles (ill + bad rainstorm)

9 Apr., Wed.

Only jogged a couple miles (still sick)

10 Apr., Thur.

PM: 2 ½ mi. warmup

10 x 100 (6M + 4H)

10 x 330 (2H/1E)

2 ½ laps E.

2 x Mile Tempo

10 x 150 G.

2 laps E.

5 x 250 (1+1)

2 laps E.

14 x 100 (2+2)

Total: 14 mi.

11 Apr., Fri.

AM: spoke at Baldwin Hills Elem. School

PM: 11 miles

12 Apr., Sat.

Same as Thur. PM

13 Apr., Sun

AM: Laszlo's at LAVC

5-lap warmup

15 laps of sts (100M/ 100H/ 100M/ 100H)

2 x 660 G.

4 x 330 (2+1)

6 x 100

Total: 6 miles

Week Total: 67 miles

14 Apr., Mon.

AM: 5-lap warmup

15 laps, usual sets

PM: home to Howard's to Marina & back, 15 miles.

15 Apr., Tue.

2 ½ mi. warmuup

15 x 100 (10+5)

10 x 250 (w/ 3 x 440 - 71, 70, 69)

2 ½ laps E.

5 laps H. (5:14 mi.)

6 x 150 G.

2 x 10 H. (2:35)

3 laps E.

3 x 500 (1 & 3 H)

2 laps E.

12 x 100 (2+1) shakedown

Total: 14 mi.

16 Apr., Wed.

AM: 5 laps warmuup

15 laps of usual sets

PM: about 7 mi. + shakeups

Day total: 13 miles

17 Apr., Thur.

PM: 2 ½ mi. warmup

15 x 100 (8M + 7H)

10 x 220 (2H/ 2M)

2 ½ laps E.

3 x 880 (2:33 & 2:27)

10 x 150 G.

2 laps E.

3 x 660

2 laps E.

10 x 100 (2H/ 2M)

Total: 14 mi.

18 Apr., Fri.

AM: 4 mi.

PM: 10 mi.

19 Apr. & 20 Apr., Sat.- Sun. No running, (sore achilles).

Week Total: 75 miles

21 Apr., Mon.

PM: at SMC, one hour of big laps, easy & fresh pace, feeling not so sore.

Total, about 6 mi.

Noted: "Boston results: Bill Rodgers ran 2:09:55. Favorable tail wind 25 MPH. Rumor has it Liane Winter broke my record."

22 Apr., Tue.

PM: 2 ½ mi.

15 x 100 (10+5H)

4 x 660 (2H/ 1M/ 1H)

2 ½ laps E.

5 x 250 (1+1)

5 laps H.

8 x 150 Q.

1000 H (2:33 pace)

2 laps E.

14 x 100 shakedown (2+2)

Total: 10 miles

23 Apr., Wed.

AM: 4 miles

PM: 2 ½ mi. warmup

10 x 100 (6M + 4H)

4 x 220 (2H-1M-1H)

1 ½ laps E.

2 x 330 G.

6 x 150 (1+1)

1 ½ laps E

4 x 250 B-U

2 laps E.

14 x 100 (#4: 250 / #8: 220 / #12: 250 - all H)

Total: 9.5 miles

24 Apr., Wed.

AM: 3 mi. only

PM: 11 mi.

25 Apr., Thur.

PM: warmup only

26 Apr - 27 Apr., Sat.-Sun. - Mt. SAC Relays

28 Apr., Mon.

AM: 3 miles on the palisades

2PM: 4 miles on SMC track (sets as usual)

5PM: about 5 miles with Joan Ulyot on the golf course.

Dr. Van Aaken, his nephew Jochen and Joan U. arrived 3:30 PM, for informal seminar tonight.

29 Apr., Tue.

PM: 2 ½ mi. warmup

15 x 100 (10+5H)

8 x 250 w/2 x 440 (69 & 67)

2 ½ laps E.

8 x 150

2 x 1320 (3:41)

8 x 150

2 laps E.

6 x 220

2 laps E.

14 x 100 (2+2)

Total: 14 mi.

30 Apr., Wed.

AM: 4 mi.

PM: 7 mi.

7PM: Dr. Van Aaken's lecture at Culver City Auditorium

APRIL MONTH TOTAL = 409.5 MILES

1 May, Thur.

AM: 6 miles on palisades from home.

PM: San Diego lecture with Dr. Van Aaken tonight

Ran about 5 miles w/Gookin before dinner.

2 May, Fri.

PM: 3 mi. warmup

15 x 100 (10+5H)

4 x 220 Q.

1 x 330 H.

1 ½ laps E.

4 x 150 Q.

2 laps E.

10 x 100 shakedowns - Total 8 miles

3 May, Sat.

Lakewood Invitational

One Mile - 5:06 First place. Terrible time, but dirt track, cool & windy, and not bad for having no warmup.

4 May, Sun.

5000m - 17:28

Total 8 miles, including warmup and warmdown.

Week Total: 68 miles

5 May, Mon.

AM: CSUN 4-mi. loop

PM: SV & Palisades to SMC, total 10 miles

6 May, Tue.

AM: 4 mi.

PM: probably no workout for traveling to NYC.

7 May, Wed. - NY

AM: 5 laps warmup

15 laps of usual sets

6 x 100

Noon: 4 mi. loop

8 May, Thur.

AM: 4 mi. fartlek

PM: at Randall's Island track

3 mi.

15 x 100 shakeups

2 laps E.

2 x 220

1 lap E.

12 x 100 shakedown

Day total: 10 mi.

9 May, Fri.

Noon: 2 mi. jog

2 mi. fartlek

Jog back.

Total: 4.5 mi.

10 May, Sat.

Walked to Central Park 1 ½ mi.

2 mi. jog

Shakeups & 150s

Race 10km

Warmdown 2 mi. fresh

Shakeups

2 mi. jog

Week Total: 70 miles

12 May, Mon.

AM: 4 mi.

PM: 10 mi. (1K fresh & 10 x 100)

13 May, Tue.

PM: 2 ½ mi. warmup

15 x 100 (10+5)

8 x 250 (2+2)

3 x 1320 (3:48, E, 3:54)

8 x 150 (2+2)

2 laps E.

3 x 500 H-M-H (74 pace)

2 laps E.

14 x 100 (+3 x 220 H)

Total: 13.5 mi.

14 May, Wed.

AM: 5 laps warmup

15 laps of sets as usual

Total: 5 mi.

PM: 1hr. 10 min. run about 9.5 miles

15 May, Thur.

PM: 2 mi. warmup

10 x 100 (6+4)

2 x 660 G.

6 x 220 (2+2)

2 ½ laps E.

1 x 660 H (70 pace)

4 x 250 (1+1)
2 laps E.
4 x 250 (1+1)
2 ½ laps E.
12 x 100 shakedowns w/2 x 220 H.
Total: 8 mi.

16 May, Fri.
AM: 4 mi.
PM: left for Bakersfield

17 May, Sat.
Half-Marathon, Bakersfield
1st W - (6th overall) - 1:21
With warmup, total 15 miles

18 May, Sun.
At Valley College, during the Grandfather Games, ran about 4 miles plus shakeups.

Week Total: 75 miles

19 May, Mon.
AM: 20 laps, usual sets.
PM: at Culver City High School
4 miles
Shakeups
3 mi. fartlek
Shakeups
Day total: 5 + 9 miles

20 May, Tue.
AM: 3 miles
PM: 2 ½ mi. warmup
15 x 100 shakeups (8+7H)
8 x 220 (2+2)
2 ½ laps E.
4 x 880 - 2H/1E/1H (2:25-2:31)
10 x 150 (2+2)
2 laps E.
6 x 330 w/ 2 x 440
1 ½ laps E.
12 x 100 shakedowns (w/ 2 x 220)
Day total: 3 + 13 miles

21 May, Wed.

AM: 20 laps, usual sets

PM: 12+ miles

22 May, Thur.

PM: 2 miles warmup

10 x 100 shakeups

4 x 250

1 x 660

2 ½ laps E.

6 x 150

2 x 330

1 x 500 (69.5 quarter)

3 x 220

2 laps E.

10 x 100 shakedown

Total: 8.5 mi.

23 May, Fri.

AM: 3 miles

PM: 3 mi.

15 x 100 shakeups

6 x 150

Jogged about a mile

Day Total: 3 + 5.5 miles

24 May, Sat.

AM: Warmup long

5000m race - 16:55

Brief warndown

Total: 7 mi.

25 May., Sun.

AM: 19 miles

Week Total: 90 miles

26 May, Mon.

20 laps

4 x 150

1 lap jog
4 x 250
12 x 100
Total: 8 miles

27 May, Tue.
AM: 40 min. run, about 5 miles
PM: 2 ½ mi. warmup
15 x 100 (10+5)
5 x 330 (2H/ 1M/ 2H)
2 ½ laps E.
2 x 1320 - 75/2:30/3:45 & 2:33/3:50
2 ½ laps E.
2 x 880 - 75/2:28 & 71.5/2:23
4 x 250 Build-Ups
2 laps E.
12 x 100 (3M/ 220H/ 1H 100--sets)
Total: 14 miles

28 May, Wed.
AM: 20 laps - usual sets
PM: 4 mi.
Shakeups
3 x 660 H/M/H
2 ½ laps E.
6 x 330 (2+2)
2 laps E.
12 x 100 (2+1H) shakedown
Day Total: 5 + 10 miles

29 May, Thur.
AM & PM: about 5 miles, each workout
Day total: 10 miles

30 May, Fri.
AM: 20 laps, usual sets, at UCLA
PM: 8 laps warmup
10 x 100 G.
10 x 330 w/ 2 x 440 (69.5 / 69.0)
2 ½ laps E.
12 x 100 (3x100/ 220H/ 100H)
Also at UCLA
Day total: 5 + 7 miles

31 May, Sat.

AM: home to Ocean Ave. & San Vicente & back via Georgina Ave. to 26th & S.V. through the V.A. and home -- 13 miles.

PM: at UCLA, 5 miles jog and fresh fartlek.

MAY MONTH TOTAL: 348 MILES

1 June, Sun.

At Valley College track

8 AM: 20 laps

Sets: 100M/ 2 x 100H/ 100M/ 2 x 150H

1 ½ laps E.

5 x 250

1 ½ laps E.

12 x 100 (2+1)

PM: ran laps at Pierce College, about 3 miles.

Day total: 8 + 3 miles

Week Total: 90 miles

2 June, Mon.

20 big laps at SMC (x660 ea.)

Shakeups

Total: 8.5 miles

3 June, Tue.

AM: 4 miles

PM: 2 ½ mi. warmup

15 x 100 shakeups (8+7H)

6 x 250 w/ 2 x 440 (67.5, 66.5)

2 ½ laps E.

2 x 100 (2:28, 2:30 pace)

6 x 150 (2+1H)

1 x 1000 (2:29 pace)

2 laps E.

6 x 220 (2+2)

2 ½ laps E.

10 x 100 A.O.

Total: 10 miles

4 June, Wed.

AM: 15 laps at UCLA
PM: 2 loops at CSUN plus shakeups
Day total: 14 miles

5 June, Thur.
AM: 4 miles
PM: 2 ½ mi. warmup
10 x 100 (6+4)
5 x 220 (2H/ 1M/ 2H)
2 ½ laps E.
2 x 500 (70s)
8 x 150 (2M/ 2H)
2 x 500 (71s)
2 ½ laps E.
14 x 100 (w/ 250/ 220/ 250)
Total: 10 miles

6 June, Fri.
AM: 3.5 miles
PM: UCLA
2 miles warmup
Shakeups
6 x 150
1 ½ laps
2 x 330
1 ½ laps
Shakeups & jog warmdown
Day total: 10 miles.

7 June, Sat.
PM: UCLA
2 miles
15 x 100
3 x 250
Jog
4 x 150
Jog
10 x 100
Total 6 mi.

8 June, Sun.
2 mi. warmup
15 x 100 shakeups

3 x 250 Q.

3 x 150 Q.

10 x 100 shakeups

SPA District Chmpshps.

Two-Mile 10:28.0 (1st)

Day total: 9 miles

Week total: 75 miles

9 June, Mon.

AM: 40 min.

(Home, on Bentley, to Ohio, to VA, to Wilshire to Sepulveda and home.)

PM: 11 miles on S.V. and palisades (Ocean Ave.)

Day total: 16 miles

10 June, Tue.

AM: about 3 mi. at UCLA (2 mi. + 15 x 100)

PM: 2 ½ mi. warmup

15 x 100 (8 + 7H)

6 x 330 (2+2)

2 ½ laps E.

4 laps H.

6 x 250

2 laps E.

10 x 100 shakedown

Day total: 13 miles

11 June, Wed.

AM: from home, to UCLA loop - 1 hour run

PM: Culver High

4 mi. jog

10 x 100

6 x 330

2 laps

20 x 100

Day total: 15 mi.

12 June, Thur.

AM: about 3 mi. only

PM: 2 mi. warmup

15 x 100 (10+5)

4 x 440 (3H + 2M)

2 laps E.

5 laps H.

10 x 150 Tempo
2 x 1320 H.
2 laps E.
5 x 250 (2H/ 1M/ 1H)
2 laps E.
12 x 100 (2+2)
Day total: 17 mi.

13 June, Fri.
AM: 4 mi.
PM: 10 mi.
14 June, Sat.
AM: 5 laps warmup
6 x 100 shakeups
20 laps: 1 x 100E/ 2 x 150 H/ 1 x 100E/ 2 x 100H =set
2 x 500 H.
5 x 250 (2+1+2H)
2 x 500 H.
10 x 100 (2H/1M)

1PM: Flag Day Parade at Culver City

PM: 6 miles on San Vicente Blvd.
Day total 16.5 miles

15 June, Sun.
AM: 5 laps warmup
15 laps (sets)
3 x 250
2 x 100
3 x 250
1 ½ laps
8 x 100
Day total: 9 mi.
Week total: 100.5 miles

16 June, Mon. (missing)

17 June, Tue.
AM: 3 mi.
PM: 2 ½ mi. warmup
15 x 100 shakeups
5 x 250 (2H/ 1M/ 2H)
2 laps E.

6 x 150 Quick
1 x 1000 H.
6 x 150 Q.
2 laps E.
2 x 440 H.
2 laps E.
14 x 100 (w/ 220/ 250/ 220)

Workouts missing up to 6/20 Fri.
Traveling to San Juan, Puerto Rico

20 June, Fri.
AM: 6 mi. at home before 9AM airport
PM: 4 mi. in San Juan

21 June, Sat.
AM: 50 min. + shakeups
PM: 7 mi.

22 June, Sun.
AM: 7 mi.

Week total, averaging, 74 mi.

23 June, Mon.
AM: 4-5 miles

24 June, Tue.
SAN JUAN 450 - 30 KM
Placed 37th overall (over 200 entrants)
1st woman -- 2:11:54
Total: 23 miles including warmup & warmdown and 30K race.

25 June, Wed.
AM: 5 miles easy

26 June, Thur.
AM: 7 mi. in San Juan
PM: New Jersey, Tom Fleming's
3 ¼ mi to track
15 x 100
5 x 220
2 laps
1 x 440

1 lap
3 ¼ mi. back
Day total: 17 mi.

27 June, Fri.
6 miles easy

28 June, Sat.
WOMEN'S AAU NATIONALS
3000M - 9:55 for 12th
Day total: 8 mi.

29 June, Sun.
AM: 8 miles w/ Fleming before early flight back to LA
(Note: I did get food poisoning or rather, bad water in the shaved ice, while in San Juan)
Week Total: 72 miles

30 June, Mon.
AM: 6 mi. - steady run on SV & palisades
PM: 10 mi. - steady, but fresher, & some pick-ups, home to SMC for shakeups.
Day total: 16 mi.

1 July, Tue.
PM: 2 ½ mi. warmup
15 x 100 shakeups
10 x 330 w/3 x 440
2 ½ laps E.
4 laps Tempo
6 x 150 Q.
2 ½ laps E.
6 x 250 (but had to quit)
10 x 100 shakedown
Still feeling ill, stomach's messed up, ran slow & achy
Total: 9 mi.

2 July, Wed.
PM: 20 laps at SMC
5 + warmup, then every 3rd fresh and 6 x 660 fresh

6 x 100 shakedowns (double-breathing)
Total: 8 mi.

3 July, Thur..
At SMC, 5 laps warmup (2 mi.)
10 x 100 shakeups
2 x 220 H.
1 lap jog
15 x 100 (2 + 1H)
Total: 5 mi.

4 July, Fri.
15km SPA Team Championships, Santa Barbara
1st woman, 56:04, 4th Open Team

5 July, Sat.
AM: 12-mile run in S.B. w/ John Brennand & friends.

6 July, Sun.
AM: 14-mile run to P.O.P pier (Venice) and back from Bob Branch's.
PM: 5 miles w/ Leal at UCLA.
Day Total: 19 miles
Week Total: 80 miles

7 July, Mon.
PM: 10 miles

8 July, Tue.
AM: 4 mi.
PM: 2 ½ mi. warmup
15 x 100 (10+5)
3 x 500 Tempo
2 ½ laps E.
1 x 1320 G. Tempo
6 x 150 Q.
1 x 1320 Tempo (4:03)
2 ½ laps E.
8 x 220
2 laps E.
12 x 100 (2+1)
Day total: 4 + 13 mi.

9 July, Wed.

AM: 10 mi. (w/Bob, 26th-POP-back+shakeups)

PM: another 10 mi., (running on & off at Pierce all-comers meet)

10 July, Thur.

PM: 2 ½ me. warmup

15 x 100 shakeups (10+5H)

3 x 500 H.

2 laps E.

2 x 1000 H. w/1 lap jog between

5 x 330 - 2H + 1M

2 ½ laps E

8 x 220 - 2H + 1M

2 laps E.

10 x 100 - 2H + 1M

Total: 13 mi.

11 July, Fri.

AM: 4 mi.

PM: 9 mi.

12 July, Sat.

10AM at Valley: 2 mi. warmup

10 x 100 G.

3 x 660 G/M/G

2 ½ laps E.

1320 G.

6 x 150 G.

1320 G.

2 laps E.

880 G.

2 laps E.

10 x 100 shakedown

Total: 12 mi.

13 July, Sun.

AM: 20 miles from Bob's to Marina and back.

Week Total: 105 miles

14 July, Mon.

AM: 4 mi.

PM: SMC
20 laps (5 warmup, every 3rd fresh)
10 x 100 shakedowns
Day total: 13 mi.

15 July, Tue.
PM: 2 ½ mi. warmup
15 x 100 (8+7H)
8 x 440 (1M/1H)
2 ½ laps E.
8 x 150 (2M/1H)
5 laps H.
2 ½ laps E.
8 x 250 w/2 x 500 H.
2 laps E.
14 x 100 w/3 x 220 H.
Total: 14.5 mi.

16 July, Wed.
AM: 4 mi.
PM: 1 hour at UCLA, 7.5 mi.

17 July, Thur.
PM: 2 ½ mi. warmup
15 x 100 (10M+5H)
4 x 330 2G-1M-1H
2 ½ laps E.
2 x 660 Tempo
6 x 150 Q.
2 ½ laps E.
6 x 150 Q.
2 laps E.
12 x 100 2M-1H
Total: 10.5 mi.

18 July, Fri.
2 mi. warmup
12 x 100
4 x 220 & jog. Total: 4 mi.

19 July, Sat.
One-Hour Run, UCSB
10 miles 112 yards
Day total: 14 mi.

20 July, Sun.

Two 4.5 mi. loops = 9 mi.

Week Total: 76.5 miles

21 July, Mon.

AM: 4 mi.

PM: UCLA

2 miles warmup

15 x 100 shakeups

Pacing - 4 x 1320

Jog & Shakedown

Day Total: 12 miles

22 July, Tue.

AM: 4 mi.

PM: 7 mi.

23 July, Wed.

AM: 4 mi.

PM: 2 mi. warmup

15 x 100 (10+5)

2 x 330 G.

1320 H.

4 x 250 G.

12 x 100 Shakedowns

Day Total: 12 mi.

24 July, Thur.

AM: 1 hour (7.5-8 mi.)

25 July, Fri.

PM: 3 mi. at SMC plus shakeups

26 July, Sat., 3PM (about 14.5 miles in all)

One-Hour Run - 10 miles 243 yards

27 July, Sun.

PM: 6 miles w/ Leal on S.V.

Week Total: 70 miles

28 July, Mon.

AM: about 2 miles only

PM: about 6 miles

2 mi. warmup

10 x 100

1320

4 x 150

1320

4 x 150

Jog

10 x 100

29 July, Tue.

PM: about 7 mi. w/ Leal on S.V.

30 July, Wed.

PM: ran to UCLA, met Tom

Shakeups and jogged

1 x 400 (70)

Jogged + Shakedown

Total: 7 mi.

31 July, Thur.

PM: back at Valley

2 mi. warmup

15 x 100 shakeups

To NH Park, loop and back.

20 x 100 shakedowns, mixed pace.

Total: 11.5 mi.

JULY MONTH TOTAL = 349.5 MILES

1 Aug., Fri.

PM: ran to UCLA, warmup & shakeups w/Tom

Total: 7 mi.

2 Aug., Sat. Total about 10 mi.

Griffith Park 13km, 1st W., 52:13

3 Aug., Sun.

AM: from Bob's to MDR & back

Total: 20 miles (17 mi. in 2:03 mid-run)

Week Total: 71 miles

4 Aug., Mon.

PM: ran to UCLA = 3.5 mi.

Warmup w/Tom = 2 mi.

10 x 100 shakeups

110, 220, 440, 2 x 660

10 x 100 shakedown

Total: 10.5 mi.

5 Aug., Tue.

2 ½ mi. warmup

15 x 100 (2H/ 1M/ 2H)

1 x 1000 Tempo

5 x 250 (same)

1 x 1000 Tempo

6 x 220 G.

2 laps E.

5 x 330 (2H/ 1E/ 2H)

2 laps E.

14 x 100 (2+2)

Total: 12.5 mi.

6 Aug., Wed.

AM: ran to work, 1 hr., nearly 9 miles

PM: ran to UCLA, plus 4.5 loop, 1 ½ w/Tom + shakeups

Total: about 10 miles

7 Aug., Thur.

AM: 3 ½ mi. w/ Tom

PM: 2 ½ mi. warmup

15 x 100 (10+5)

8 x 330 G. w/2 x 660 HT

2 ½ E.

1 x mile H.

6 x 150 M.

2 ½ laps E.

3 x 500 H/M/H

2 laps E.

14 x 100 w/2 x 220 H.

Day total: 16.5 mi.

8 Aug., Fri.

PM: ran only 3 mi. w/ pick-up last ¼ mi. plus shakeups at end.

Total: 3.5 mi.

9 Aug., Sat.

HUNTINGTON BEACH 10-MILE

1st W. 59:09

10 Aug., Sun.

20 miles from Bob's to the marina and back.

Week Total: 95 miles

11 Aug., Mon.

AM: 3 ½ mi.

PM: to UCLA, 4 loops & back , 10 mi.

12 Aug., Tue.

PM: 2 ½ mi. warmup

15 x 100 (8+7)

10 x 220 2H/2M

2 ½ laps E.

1320 H: 78/80/80 (3:58)

1320 M

1320 H: 77/80/77 (3:54)

2 ½ laps E.

8 x 150 2M/2H

3x 500 (last one 72 pace)

2 laps E.

14 x 100 2M/2H

Total: 14 mi.

13 Aug., Wed.

AM: UCLA, 5 laps warmup

15 laps (100m/ 150H/ 100M/ 100M)

PM: 14 miles

15 Aug., Thur.

PM: 8 laps easy

15 x 100 (10+5)

8 x 440 (2H)

2 ½ laps E.

2 x 880 G.

10 x 150 (2+2)

2 ½ laps E.

5 x 250 G.
2 laps E.
12 x 100 M. w/2 x 220 build-up
Total: 13 mi. (not a good workout for me, so sore)

15 Aug., Fri.
AM: 5 laps warmup
20 laps of usual sets
Total: 6.5 mi.
PM: from Leal's, down SV to SM Pier and back
Total: 11 Miles

16 Aug., Sat.
1PM: 2 mi. warmup
15 x 100 shakeups (10+5)
4 x 500 2H/1M/1H
3 x 1320 Drive
 w/6 x 150 between
2 ½ laps E.
8 x 250 (1+1, alt. jog)
2 laps E.
15 x 100 3M/220H/100H
Total: 15 mi.

17 Aug., Sun.
8 miles at CSUN

Week Total: 100 miles

18 Aug., Mon.
AM: 25 laps
PM: 8 miles
Day total: 14.5 miles

19 Aug., Tue.
AM: 4 mi.
PM: 2 mi. warmup
15 x 100 (8+7H)
10 x 220 2M/2H
2 ½ laps E.
MILE H.
5 x 250 H/M
2 ½ laps E.
8 x 330 G. w/ 2 x 500 H.
2 laps E.

14 x 100 shakedowns -- Day total: 17 mi.

20 Aug., Wed.

AM: 5 laps warmup, 12 laps of usual sets

PM: 10 miles on SV and palisades (Ocean Ave.), broken fartlek running and last ¼ mi. pick-up.

Day total: 14.5 mi.

21 Aug., Thur.

AM: 25 laps.

PM: 2 mi. warmup

15 x 100 (10 + 5)

8 x 330 G. w/2 x 500 (#4+8)

2 ½ laps E.

2 x 880 Drive

8 x 150 Tempo

2 x 880 Drive

2 ½ laps E.

6 x 250 (2+2, alt. jog)

2 laps E.

12 x 100 (2+2)

Day total: 20 miles

22 Aug., Fri.

AM: 20 laps

PM: 1 ½ hour fartlek

Day Total: 12 mi.

23 Aug., Sat.

Warmup usual

15 x 100 (8M/7H)

8 x 250 (1+1)

MILE 5:02

1 ½ laps walk/jog

6 x 330 2H/2M/2H

2 ½ laps E.

3 x 500 (last 200 drive)

2 laps E.

10 x 100 shakedowns

Total: 11.5 mi.

24 Aug., Sun.

W/ Bob Branch & Jim Flanagan, 20 miles to MDR.

Week Total: 109.5 miles

25 Aug., Mon.

AM: 4 mi. run

PM: from home, to SV, to 14th and back = 11 miles

26 Aug., Tue.

PM: 2 mi. warmup

15 x 100 (10+5)

10 x 220 (2+2)

2 laps E.

1000 G. tempo

10 x 150 (2+2)

1000 G. tempo

2 laps E.

2 laps E.

4 x 250 (1+1)

2 laps E.

12 x 100 w/3 x 100E, 1 x 220G, 1 x 100H

Total: 12 mi.

27 Aug., Wed.

AM: 4 mi.

PM: 7 mi.

Total: 11 mi.

28 Aug., Thur.

Leave for Charleston, W.Va.

PM: jogged about 4 mi. there.

29 Aug., Fri.

AM: 5 mi.

Weather, high 80s & very humid.

30 Aug., Sat.

15 mi. Race, 2nd place, time about 1:27

(Flight home via Denver)

31 Aug., Sun.

PM: at Outlaw, maybe 3 mi. after traveling from Denver to Rapid City

Week Total: 65 miles

AUGUST MONTH TOTAL = 409.5 MILES

1 Sep., Mon.

AM: 10 miles - Outlaw to Custer and back. Nice weather, hot but dry.
Altitude about 5000 ft.

2 Sep., Tue.

No running. Traveling from Rapid City to Salt Lake to L.A.

3 Sep., Wed.

AM: 5 miles

PM: 11 miles

4 Sep., Thur.

PM: 2 ½ mi. warmup

15 x 100 (10 + 5)

8 x 330 (2+2)

2 ½ laps E.

8 x 150 Q.

4 laps H. 5:12

5 x 250 (2+1+2H)

2 ½ laps E.

3 x 550 (H/M/H)

2 ½ laps E.

15 x 100 w/3 x 220H

Total: 14 miles

5 Sep., Fri.

PM: 13 mi. run from home.

6 Sep., Sat.

AM: 5 laps warmup

20 laps (sets: 100M/ 2x150H/ 100M/ 2x100H)

Jog 1 lap

4 x 250

2 laps H

2 laps M

2 laps H

6 x 100 shakedowns

Total: 8 mi.

7 Sep., Sun.

AM: 16 mi. run, 2 hours

Week Total: 77 miles

8 Sep., Mon.

PM: only 5 miles, not feeling good.

9 Sep., Tue.

AM: 3.5 mi.

PM: 2 ½ mi. warmup

15 x 100 (10+5)

3 x 500 H.

1320 H.

3 x 500 H.

2 ½ laps E.

10 x 150 (2H/2M)

2 ½ laps E.

8 x 330 M w/2 x 660 H

2 laps E.

14 x 100 M w/2 x 220 H

Total: 14.5 mi.

10 Sep., Wed.

PM: 11 miles w/Leal on S.V. & Ocean Ave.

11 Sep., Thur.

AM: 4 mi.

PM: 2 ½ mi. warmup

15 x 100 shakeups

8 x 330

2 ½ laps E.

5 laps tempo

Did not finish workout, feeling very tired, and not well.

12 Sep., Fri.

PM: 12 miles on SV & Ocean

13 Sep., Sat.
AM: UCLA, 25 laps

14 Sep., Sun.
16 miles w/Howard and Leal.

Week Total: 71 miles

15 Sep., Mon.

PM: 13 miles

16 Sep., Tue.

AM: 4 mi.

PM: 2 mi. Warmup

15 x 100 (10+5)

6 x 250 (2+2)

2 ½ laps E.

4 laps tempo

2 ½ laps E.

10 x 150

(something omitted here, hard)

2 laps E.

15 x 100 shakedowns

17 Sep., Wed.

PM: 11 miles

18 Sep., Thur.

AM: 4 mi.

PM: 2 ½ mi. warmup

15 x 100 (10+5)

3 x 500 H.

1320 H.

2 ½ laps E.

3 x 500 H.

2 laps E.

2 x 880 H.

8 x 150 (2+2)

1 x 880 H.

2 ½ laps E.

12 x 100 (2+1)

Total: 13.5 miles

19 Sep., Fri.

AM: 4 mi.

PM: 11 mi. + shakeups

20 Sep., Sat.

AM: Chapman College

5 laps warmup

20 laps, sets (100M/ 150H/ 100M/ 100H)

5 miles - cross country, jog only.

Total: 11.5 mi.

PM: w/Bob Branch, Kenter Canyon & back.

Good hard hills for most of 7 miles.

21 Sep., Sun.

20 miles to MDR & back.

Week Total: 110 miles

22 Sep., Mon.

AM: 5-lap warmup

20 laps of usual sets

PM: 7 miles on SV (slightly tired)

23 Sep., Tue.

AM: 3.5 mi.

PM: 2 ½ mi. warmup

15 x 100 (8+7H)

8 x 330 M. w/2 x 440H

2 ½ laps E.

4 laps H.

6 x 150 G.

2 ½ laps E.

3 x 500 G.

2 laps E.

12 x 100 (3x 00M/ 1x 220H/ 1x100H)

Total: 14 miles

24 Sep., Wed.

AM: 5 laps warmup + 15 laps, sets.

PM: 11 miles, S.V.

25 Sep., Thur.

PM: 2 ½ mi. warmup

15 x 100 shakeups

5 x 250 (1-3-5 H)

880 H (2:24)

6 x 150 (1+1)

2 ½ laps E.

6 x 220 (1+1)

2 laps E.

12 x 100 w/220 250, 220H

Total: 10 mi.

26 Sep., Fri.

AM: 3.5 mi.

PM: 3 mi. + 12 shakeups

Day total: 7.5 mi.

27 Sep., Sat.

Long Beach Grand Prix

5000m - 17:15 2nd W, 25th overall

28 Sep., Sun.

20 miles

Week Total: 89.5 miles

29 Sep., Mon.

AM: 5 laps warmup

20 laps (sets)

PM: 9 miles

30 Sep., Tue.

PM: 2 ½ mi. warmup

15 x 100 (8M/7H)

10 x 440 (3H- 73/ 71/ 72)

2 ½ laps E.

8 x 150 (2+2)

5 laps H. (mi=5:13)

8 x 150 (2M + 1H)

2 laps E.

5 laps H. (mi=5:17)

2 ½ laps E.

10 x 220 (2H + 1H)

3-hour workout in all, total 18 miles.

SEPTEMBER MONTH TOTAL = 381 MILES

1 Oct. Wed.

AM: 5 laps warmup

20 laps (usual)

PM: 1 hour, 8 miles on SV w/Leal

Day total: 14.5 mi.

2 Oct., Tue.

AM: 4 mi.

PM: 2 ½ mi. warmup

10 x 100 (6+4)

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

2 laps H (2:24)

6 x 150 (1+1)

2 ½ laps E.

3 x 250 Build-up

2 laps E.

10 x 100 shakeups w/2 x 220 H

Total: 13 mi.

3 Oct., Fri.

PM: 3 mi. & about 12 good shakeups.

4 Oct., Sat.

4PM: Mile Square Park

Blue Angels Sports Festival

5000m Cross Country - 16:55, 3rd individual & 2nd place team.

5 Oct., Sun.

AM: w/Leal & Bob, 19 miles

Depletion run / protein diet start today.

Week Total: 92 miles

6 Oct., Mon.

AM: 4 mi.

PM: 7 mi.

7 Oct., Tue.

PM: 2 ½ mi. warmup

15 x 100
5 x 250 (2G/ 1M/ 2G)
2 ½ laps E.
880 G/
8 x 150 (1+1)
2 laps E.
5 x 250 (same)
2 laps E.
10 x 100 mixed
Total: 11.5 mi.

8 Oct., Wed.
(Still on protein diet)
PM: 8 mi. - Balboa Dam, w/ Leal.

9 Oct., Thur.
PM: 2 ½ mi. warmup
15 x 100
3 x 250
440
6 x 150
2 ½ laps
3 x 250
2 laps
500
12 x 100
Total: 9 miles

10 Oct., Fri.
In Eugene, from Hayward Stadium to Hendricks Park & on for a total of 5 miles.

11 Oct, Sat.
3 miles only, from Lily Ledbetter's home.

12 Oct., Sun.
NIKE-OTC MARATHON - new WR - 2:38:19

Week Total: 75 mi.

13 Oct., Mon.
PM: 5 miles

14 Oct., Tue.

PM: 2 ½ mi. warmup

15 x 100 (10 + 5)

10 x 220 (2H/2M)

2 ½ laps E.

6 x 150 (1+1)

4 x 500 (2H/ M/ H)

2 laps E.

6 x 330 (2H/ 2M)

2 laps E.

10 x 100 mixed shakedowns

Total: 12.5 miles

15 Oct., Wed.

AM: about 5 mi. to UCLA & back

PM: 11 miles w/ Leal

16 Oct., Thur.

PM: 2 ½ mi. warmup

15 x 100 (10+5)

8 x 330 (2+2)

2 ½ laps E.

8 x 150

4 laps H. (5:19)

1 ½ laps E.

4 laps H. (5:30)

2 ½ laps E.

15 x 100 shakedowns

Total" 12 miles

17 Oct., Fri.

PM: 11 mi. w/ Leal

18 Oct., Sat.

AM: 11 miles at CSUN

19 Oct., Sun.

Workout at Pierce College

2 ½ mi. warmup

15 x 100 (10+5)

3 x 880 H.

3 laps E.

14 x 100 (2M/2H)
1 x 2 loops of last hill on CC course
1 lap jog
10 x 100 shakedown
Total: 10 miles

Week Total: 77.5 miles

20 Oct., Mon.
2 hours running - 16 mi.

21 Oct., Tue.
PM: 2 ½ mi. warmup
15 x 100 (8M/ 7H)
10 x 250 w/2x 440 (72 ea.)
2 ½ laps E.
2 x 880 H (2:26, 2:27)
8 x 150 (1M/ 1H)
1 Mile (5 min.)
2 ½ laps E.
6 x 150 G.
1 x 880 H.
2 laps E.
15 x 100 w/ 3M/ 220H/ 100H
Total: 15.5 miles

22 Oct., Wed.
AM: 7 mi.
PM: 11 mi. w/ Leal, SV + Ocean Ave.

23 Oct., Thur.
PM: 2 ½ mi. warmup
15 x 100 (10+5)
5 x 250 (3H/ 2M)
2 ½ laps E.
1320 H
5 x 250 same
2 ½ laps E.
3 x 500 (H/ M/ H)
2 laps E.

14 x 100 w/220H, 250 build-up, 220 H.
Total: 12 miles

24 Sep., Fri.
PM: 11 miles w/ Leal.

25 Sep., Sat.
AM: 3 mi. plus shakeups

26 Sep., Sun.
Long Beach Marathon Prep; 16.2 miles
1:36:44

PM: 5 mi. at Gookin's.

Week Total: 95 miles

27 Oct., Mon.
PM: 7 miles

28 Oct., Tue.
AM: 4 mi.
PM: 2 ½ mi. warmup
15 x 100 (10+5)
10 x 220 (1+1)
2 ½ laps E.
2 x 880 (1H/ 1M)
4 x 250 H.
1 ½ laps E.
6 x 100 G.
Total: 10 miles

29 Oct., Wed.
AM: 7 Mi.
PM: 11 mi.

30 Oct., Thur.
PM: 2 ½ mi. warmup
15 x 100
10 x 250 (w/ 2 x 440)
2 ½ laps E.
1000 H
1320 H
2 laps E.
6 x 150 2M/1H

Started raining, ran 2 mi. under bleachers & went home.
Total 13 miles

31 Oct., Fri.
PM: 11 mi. w/ Leal

OCTOBER MONTH TOTAL = 365 MILES

1 Nov., Sat.
AM: 3.5 mi.
2 PM: 2 ½ mi. warmup
15 x 100
8 x 330
2 ½ laps E.
880 H.
8 x 150
880 H.
2 ½ laps E.
5 x 250 H.
2 laps E.
15 x 100 w/3 x 220
Total: 13.5 mi.

2 Nov., Sun.
Alondra Park - Senior Track Club
4-Person/ 10-Mile Relay
(me, 4th leg, 23:?)
Week Total: 84 miles

3 Nov., Mon.
UCSB - Institute of Environmental Stress, Dr. Barbara Drinkwater
Testing

4 Nov., Tue.

AM: 5 miles at Rockwell Int'l Park

PM: 2 ½ mi. warmup

15 x 100 (10+5)

10 x 250 (2H/ 1M)

2 ½ laps E.

660 H (69)

660 Tempo

660 H (66/1:40)

8 x 150 (2+2)

5 laps H (last 4 = 5:13)

2 laps E

5 x 220 (2 & 4 M / 1, 3, 5 H)

2 laps E.

6 x 330 (2H/ 2M/ 2H)

2 lapps E.

12 x 100 (2+1)

Day Total: 21.5 miles

5 Nov., Wed.

AM: 4 mi.

PM: 11 mi. w/ Leal

6 Nov., Thur.

PM: 2 ½ mi. warmup

15 x 100

5 x 250

2 laps E.

6 x 150

1000 H (2:30)

6 x 150

2 x 500

2 laps E.

12 x 100 (2+1)

Total: 11 mi.

7 Nov., Fri.

Noon: 5 miles

7 Nov., Sat.

Glen Helen Park - SPA District CC Chmps.

3 mi. - 4th individual, 2nd team

8 Nov., Sun.

19 miles w/ Leal

Week Total: 77 miles

10 Nov., Mon.

AM: UCLA, 1 ½ mi. warmup

12 laps (usual sets)

PM: 11 mi.

11 Nov., Tue.

PM: 2 ½ mi. warmup

15 x 100 (10+5)

5 x 330 (2H/ 1M/ 2H)

2 ½ laps E.

2 x 1320 (3:41, 3:45)

6 x 220 (1+1)

1 x 1320 (3:45)

2 laps E.

8 x 330 (w/2 x 440, 69 ea.)

14 x 100 (2+2)

Total: 13 mi.

12 Nov., Wed.

AM: 5 laps warmup

20 laps: 2x100M/ 2x150H/ 2x100m/ 2 x 100H

PM: 8 miles w/ Leal

13 Nov., Thur.

AM: 4 mi.

PM: 2 ½ mi. warmup

15 x 100 (10+5)

4 x 250 2H/ 1E/ 1H

2 ½ laps E.

1000 H

2 x 440 H

6 x 150)1+1)

2 ½ laps E.

14 x 100

(quit after a few -- severe foot pain)

Total: 8.5 mi.

14 Nov., Fri.

5.5 miles - down SV t 14th, every other block on the way back fresh.

15 Nov., Sat.

3 mi. + shakeups at UCLA

16 Nov., Sun.

Cross Country CA AAU Chmps. at Fountain Valley

5th individual, 3rd team.

Week Total: 68 miles

17 Nov., Mon.

15 mi. + in about 2 hours.

18 Nov., Tue.

PM: 2 ½ mi. warmup

15 x 100 (8M + 7H)

10 x 220 2H/ 2M

2 laps E.

1000 H

1000 M

1000 H
2 ½ laps E.
6 x 150 (1+1)
1000 H
2 laps E
14 x 100 (w/ 2x220H)
Total: 12.5 mi.

19 Nov., Wed.
AM: 25 laps as usual
PM: 8 mi.

20 Nov., Thur.
2 ½ mi. warmup
15 x 100 (10 + 5)
6 x 330 (1+1)
2 ½ laps E.
MILE H (4:56)
6 x 150 (1+1)
2 ½ laps E.
5 x 250 H/M
2 x 500 H.
2 laps E.
14 x 100 w/ 3 x 220 H.
Total: 13.5 mi.

21 Nov., Fri.
AM: 1 ½ mi. warmup
20 laps (usual sets)
PM: 8 mi. on SV w/ Leal
(Wilt story)

22 Nov., Sat.
2:30 PM: 2 mi. warmup
15 x 100 (8 + 7H)
10 x 220 (2H/2M)
2 ½ laps E.
2 x 1320 H. (3:44, 3:46)
5 x 250 (1H / 1M)
2 laps E.
1320 H. (3:45)
15 x 100 (3x100 M/ 1 x 220H/ 1x100H)

Total: 12.5 mi.

23 Nov., Sun.

Ran w/ Leal for most of the Culver City Mara. course, 20 miles and a little more.

PM: Poco & Stills concert at UCLA

Week Total: 104 miles

24 Nov., Mon.

Air pollution from Tujunga fires, no running.

25 Nov., Tue.

8 miles w/ Leal

26 Nov., Wed.

Departed Hollywood, 3PM on the Las Vegas Relay

Arrived LV 28 Nov. 11 AM.

Departed LV 3PM

Arrived San Francisco 4PM

29 Nov. Sat. - AAU Women's CC Nationals

PM: Senior TC Banquet & Co-Champion of the Year Award.

30 Nov., Sun.

AM: 7 miles. Felt so tired the last two miles, quit.

NOVEMBER MONTH TOTAL = 318 MILES

1 Dec., Mon.

AM: 7 mi.

PM: 7 mi.

2 Dec., Tue.

PM: 2 ½ mi. warmup

15 x 100 (10+5)

10 x 250 (1+1)

2 laps E.

2 x 1 mile (4:58, 5:24)

6 x 150 M

1 x Mile (5:14)

4 x 250 G.
2 laps E.
14 x 100 (2M/ 2H)
Total: 13 mi.

3 Dec., Wed.
AM: 5 laps warmup + 20 laps (usual sets)
PM: 11 miles from Leal's to cannon (SM Pier) and back.
Day total: 16 mi.

4 Dec., Thur.
AM: 3.5 mi.
PM: 2 mi. warmup
15 x 100 (10+5)
3 x 500 (H/ M/ H)
2 laps E.
5 laps H. (5:03 mile)
10 x 150 (2+2)
2 laps E.
5 x 250 (H/ M)
2 x 880 H.
2 ½ laps E.
14 x 100 (2M/ 1H)
Total: 16.5 mi.

5 Dec., Fri.
Missed workout.
Today's CBS interview took all afternoon.
Maybe got a mile or two in during filming.
Nice interview though, with Laszlo, Earl Rippee, Leal, Heather & Dick Nance.

6 Dec. Sat.
AM: 11 mi.
PM: 3 mi.

7 Dec., Sun.
Culver City Marathon: my workout was about 17 miles running with Leal.
Miki ran 2:47, Myron Shapiro 2:54, Leal 3:04 & Michael (Reinhart) 3:17.

Week Total: 93 miles

8 Dec., Mon.

PM: 8 mi.

9 Dec., Tue.

PM: 2 ½ mi. warmup

15 x 100 shakeups

3 x 500

2 laps E.

6 x 150

1320

6 x 150

2 laps E.

12 x 100 shakedown

(Traveling to Hawaii)

11 Dec., Thur. - 8 mi.

12 Dec., Fri. - 8 mi.

13 Dec., Sat. - 4 mi.

14 Dec., Sun.

Honolulu Marathon

1st place: 2:49

Estimated Week Total: 73 miles

15 Dec., Mon. - 5 mi.

16 Dec., Tue. - AM 6 mi., PM 5 mi.

17 Dec., Wed. - AM 4 mi., PM 5 mi.

18 Dec., Thur. - Ladder-type workout for 9 mi. at stadium.

19 Dec., Fri. - AM 4 mi., PM 6 mi.

20 Dec., Sat. - ran to track, 20 laps, ran back = 8 mi.

21 Dec., Sun. - Tantalus run, 10 miles

Estimate Week Total: 60 miles

22 Dec., Mon. arrived home 2 AM

PM: 11 miles w/Leal.

Met with Sports Illus. writer for lunch at noon.

23 Dec., Tue.

PM: 2 ½ mile warmup

15 x 100 (10+5)

10 x 220 (2M/ 2H)

2 laps E.

2 x 1000 Tempo (2:28, 2:31 en route)

8 x 150 G.
1 x 1000 Tempo
2 laps E.
5 x 330 (H/M)
2 laps E.
10 x 100 - E/ B-U/ H
Total: 13 mi.
(S.I. writer observed and interviewed)

24 Dec., Wed.
AM: 4.5 mi.
PM: 8 mi.

25 Dec., Thur.
AM: 5 mi.
PM: 1 hour, Santa Barbara
Day total: 15 mi.

26 Dec., Fri.
AM: 6 mi.
25 laps at UCSB

27 Dec., Sat.
AM: S.I. photo-shoot
PM: Laszlo's workout - about 9 mi.
10:30 PM: depart for Brazil, for Sao Silvestre New Year's Eve Run
Ran the course upon arrival (6 miles).
Estimated Week Total: 84 miles

29 Dec. Mon.
6 miles, Santos
30 Dec., Tue.
AM: track workout, 6.5 mi.
PM: ran the course.
31 Dec., Wed.
Sao Silvestre Race

1975 YEAR TOTAL = 4142 MILES