

JACQUELINE HANSEN
TRAINING LOG 1978

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. Sun.

AM: Ran 20 mi. along beach-front to Venice from Santa Monica.

2 Jan. Mon

AM: 5K easy run

PM: 2 mi. of 50-yard sprints

3 Jan. Tue.

PM: 10 miles

(intended 15, but fell in the rain, cut my hand badly and bruised my knees)

4 Jan. Wed.

PM: 2 mi. warm-up

12 x 100 shakeups

6 mi. half-effort (37:27)

Cool-down and shakedown

5 Jan. Thur.

PM: 1-hour run (7 miles)

6 Jan. Fri.

PM: 4 miles easy, CSUN (too late to do more)

7 Jan. Sat.

AM: 2 ½ mi. warm-up, UCLA

15 x 100 shakeups

2 x 220

3 miles hard (not good, only 17:52)

Cool-down

8 Jan. Sun.

AM: 20 miles depletion run

On coast highway from Topanga to UCLA & two loops there.

9 Jan. Mon.

2 ½ mi. warm-up
15 x 100 shakeups
4 x 220 good
1 mi. cool-down
CSUN, raining

10 Jan. Tue.

PM: 2 mi. easy
1 mi. pickups
½ mi. easy
Raining hard. Feeling awful on depletion diet.

11 Jan. Wed.

PM: at UCLA
Warmed up, ran scheduled workout of
1 mi. at $\frac{3}{4}$ effort
(even though I've withdrawn from Mission Bay Marathon)
2 mi. warmup
15 x 100 (10+5)
3 x 220 Good
Mile (5:25)
Cool-down
Shakedown

12 Jan. Thur.

21 km run

13 Jan. Fri.

PM: Balboa Park
8 – 9 miles

14 Jan. Sat.

8 mile run

15 Jan. Sun.

Noon, UCLA
2+ mi. warm-up
10 x 100 shakeups
2 x 880 (2:31, 2:33)
Mile (5:19)
2 x 880 (2:36, 2:34)
3 laps cool-down

16 Jan. Mon.

No running (Healthy, just too much rain, too much work).

17 Jan. Tue.

AM: 6 miles

PM: 7 miles

18 Jan. Wed.

AM: 5 miles

PM: 2 mi. warm-up

2 mi. of 50-yard sprints

1 mi. cool-down

19 Jan. Thur.

AM: 4 mi.

Departing for Honolulu

20 Jan. Fri.

AM: 40 min. run

PM: 30 min. run

21 Jan. Sat.

AM: 20 min. run

22 Jan. Sun.

PERIMETER RELAY

Started 11:00 PM Saturday night.

Relay legs:

1) 3.0 mi. 18:02 (6/mi.)

2) 3.4 mi. 20:20 (5:59/mi.)

3) 3.3 mi. 18:52 (5:43/mi.)

4) 3.0 mi. 18:37 (6:12/mi.)

5) 2.7 mi. 19:40 (6:47/mi.) Hot & upgrades.

6) 1.7 mi. 11:54 (7/mi.) Hot and all upgrades.

7) 1.4 mi. 9:?? Hot and traffic.

Total 18.5 miles – 116:25 – 6 min./mi. avg.

23 Jan. Mon.

15 km., starting slowly from soreness.

24 Jan. Tue.

Similar to yesterday.

25 Jan. Wed.

Flew home.

PM: UCLA

2 mi. easy

2 mi. pickups

2 mi. easy

26 Jan. Thur.
PM: 15 km. run

27 Jan. Fri.
5 miles

28 Jan. Sat.
AM: Popotla, Baja
30 min. easy run.

29 Jan. Sun.
Topanga Cyn. & PCH
13 ½ miles

30 Jan. Mon.
PM: UCLA
2 mi. warm-up
15 x 100 shakeups
2 mi. cool-down
Few shakedown

31 Jan. Tue.
AM: 1 hour easy run.

JANUARY TOTAL MILEAGE = 433 KM / 270 MI

1 Feb. Wed.
AM: Long walk
PM: UCLA
2 mi. warm-up
15 x 100 shakeups
3 x 220 hard
1 mi. cool-down

2 Feb. Thur.
PM: UCLA
3 mi. warm-up
15 x 100 shakeups
Walk & jog.
(Rest day, working hard on upcoming Bonne Bell race.)

3 Feb. Fri.
5 miles

4 Feb. Sat.

3 miles

5 Feb. Sun.

Bonne Bell 10K / Nat'l Championships road race.

Rain.

I led the first loop to give directions.

Faded back in second loop.

9th overall, 38:12. Exhausted.

6 Feb. Mon.

8 miles easy.

7 Feb. Tue.

Same.

8 Feb. Wed.

15km.

9 Feb. Thur.

7-8 miles.

10 Feb. Fri.

8 miles.

11 Feb. Sat.

8 miles.

12 Feb. Sun.

Hidden Valley 6-mile road race

34:49

13 Feb. Mon.

11 miles.

14 Feb. Tue.

Back at Laszlo's.

2 ½ mi. warm-up

15 x 100 shakeups (8M / 7H)

8 x 330 (2M / 1H)

2 laps E

1320 H (3:59)

6 x 220 (2M / 1H)

1320 Tempo (4:08)

2 laps E

3 x 500 (H/M/H)

2 ½ laps E
10 x 100 shakedowns

15 Feb. Wed.
13-14 miles.

16 Feb. Thur.
AM: 5km
PM: 2 ½ mi. warm-up
15 x 100 shakeups (10M / 5H)
4 x 500 (2H / 1M / 1H)
2 laps E
2 x 1320 H
10 x 150 M
2 laps E
2 ½ laps H
14 x 100 shakedowns (w/ 2 x 220 H)

17 Feb. Fri.
AM: Topanga & PCH
15 km

18 Feb. Sat.
Last night, San Diego Indoor Games
Today, in Popotla, Baja
AM: 30 min.
PM: 6 miles

19 Feb. Sun.
AM: 1 hour 40 min.

20 Feb. Mon.
AM: 10km
PM: 20km

21 Feb. Tue.
2 ½ mi. warm-up
15 x 100 shakeups (10M / 5H)
10 x 330 w/ 2 x 660 (1:50)
2 ½ laps E
3 x 800 (H/ M/ H) (2:40, 2:3?)
2 ½ laps E
6 x 220 (2M / 1H)
2 laps E
Mile H (5:20)
2 ½ laps E

12 x 100 shakedowns (2M / H)

22 Feb. Wed.

PM: 4 mi. up San Vicente for warm-up
4 mi. down, fartlek
3 mi. on Ocean Ave. cool-down
Total 11 miles.

23 Feb. Thur.

PM: 2 ½ mi. warm-up
15 x 100 shakeups (8M / 7H)
8 x 250 w/2 x 440 (72, 74)
2 laps E
2 x 1320 H
8 x 150 M
2 laps E
1320 H
2 ½ laps E
3 x 500 M
2 laps E
14 x 100 (2M / 1H)

24 Feb. Fri.

PM: UCLA
1 hour+ for 15km

25 Feb. Sat.

2:00 PM
2 ½ laps warmup
15 x 100 shakeups (10M / 5H)
3 x 660 (1 + 3 stride out/ #2 M)
2 ½ laps E
6 x 150 M
2 x 1 mile Tempo
2 ½ laps E
6 x 150 M
2 laps E
2 x 660 same as above

26 Feb. Sun.

AM: 30km run

27 Feb. Mon.

AM: 5 mi.
PM: walked only (hurting)

28 Feb. Tue.

AM: UCLA

My favorite workout: 20 laps of 100s, 150s + 2 mi. cool-down or more.

FEBRUARY TOTAL MILEAGE = 502 KM / 314 MI

1 Mar. Wed.

Stormy weather all day!

PM: 8 miles

2 Mar. Thur.

15km run (roads)

No track workout, too wet.

3 Mar. Fri.

UCLA:

2 mi. warm-up

2 mi. sets of 100s, 150s

2 mi. cool-down

Flight to Phoenix

4 Mar. Sat.

Phoenix:

4 mi.

10 x 100 shakeups

1 ½ mi. cool-down (over race course)

5 Mar. Sun.

Bonne Bell 10K, Phoenix

37:00 5th

6 Mar. Mon.

15km

7 Mar. Tue.

AM: 8km

PM: 2 ½ mi. warm-up

15 x 100 10M / 5H

4 x 500 G

2 ½ laps E

10 x 150 M

2 ½ laps E

2 x 1320 H (3:59)

2 laps E

6 x 220 2M / 1H
2 x 880 H (2:34)
2 laps E
12 x 100 2M / 2H

8 Mar. Wed.

AM: 5 mi.
PM: 10 mi.

9 Mar. Thur.

AM: 3-4 mi.
PM: 5 mi.

10 Mar. Fri.

AM: 5 mi.
PM: 8 mi.

11 Mar. Sat.

2:30 PM
3 ½ mi. warm-up
15 x 100 shakeups
3 x 660 H
6 x 220 2M / 1H
2 x 660 H
2 ½ laps E
Mile M tempo
6 x 150 2M / 2H
1320 M tempo
1 ½ laps E
12 x 100 2M / 1H

12 Mar. Sun.

AM: 18 mi. depletion run

13 Mar. Mon.

AM: 5km
PM: UCLA
2 mi. warm-up
3 x 220
Cool-down

14 Mar. Tue.

AM: 4 mi.
PM: 2 ½ mi. warm-up
15 x 100 10M / 5H
6 x 250 M / H

1 x 800 Tempo, fresh
6 x 150 2M / 1H
1 x 500 H (69)
6 x 200 M
1 x 500 H (71)
2 laps E
12 x 100 2M / 1H

15 Mar. Wed.

AM: 5 mi.
PM: 7 mi.

16 Mar. Thur.

AM: 5km
PM: 10km

17 Mar. Fri.

With Marty Cooksey to Atlanta, GA.
30 min. jog

18 Mar. Sat.

Short jog over part of course with Marty.

19 Mar. Sun.

Dropped from marathon at 13 mi.

20 Mar. Mon.

8PM: skipped running, fell asleep.

21 Mar. Tue.

PM: Laszlo's – raining, so ran bike paths.
6 loops (6 mi.) varied pace each loop:
2 loops alternating ½ mi. pick-ups
1 loop easy
2 loops ½ mi. H, 220 E, 440 H, 220 E. 880H
1 loop easy

22 Mar. Wed.

8 mi. easy

23 Mar. Thur.

AM: 5 mi.
PM: 2 ½ mi. warm-up
15 x 100 10M / 5H
6 x 220 M
2 laps E

1320 x 2 H (3:48, 3:56)
8 x 150 M
2 laps E
800 H
5 x 250 G
2 ½ laps E
10 x 100 shakedowns

24 Mar. Fri.
PM: 8 ½ mi.

25 Mar. Sat.
2:00 PM:
2 ½ mi. warm-up
15 x 100 shakeups 10M / 5H
5 x 400 1, 3, 5H
2 laps E
8 x 150 M
3 x 1320 H/ M/ H
2 laps E
6 x 200 M
Mile tempo
1 ½ laps E
10 x 100 mixed shakeups
(weather hot, dry, windy, in the 90s)

26 Mar. Sun.
15km (fresh at sub-7 min. pace)

27 Mar. Mon.
AM: intended 5 mi. run.
Lost in Topanga State Park (foggy)
Beautiful, solitary, must've run at least 15 miles.
Ran more than 2 ½ hours and hiked another hour.
Called Tom from the Palisades for a ride.

28 Mar. Tue.
AM: 4 mi. (no exploring, tired legs)
PM: still sore, Laszlo went easy on me.
Todd Miller (houseguest) got off easy too.
2 ½ mi. warm-up
15 x 100 shakeups
12 laps pick-ups on straight-aways
3 laps E
15 x 100 shakedowns

29 Mar. Wed.

AM: 4 mi.

PM: mile warm-up

3 miles pick-ups on straightaways

Mile cool-down

Still have sore legs.

30 Mar. Thur.

PM: 2 ½ mi. warm-up

Started raining again.

Went right into 17 continuous laps of straightaway pickups.

10 x 100 shakeups

31 Mar. Fri.

PM: 10km

MARCH TOTAL MILEAGE = 514 KM / 321 MI

1 Apr. Sat.

Long Beach Grand Prix (Nike race)

Ran for workout, running at the back of the pack,

With Ruth Caldwell (Wysocki) and Todd Miller in only 38:09.

2 Apr. Sun.

AM: 1 ½ hour run, 30 min. easy/ 30 min. fresh/ 30 min. easy

3 Apr. Mon.

PM: 2 ½ mi. warm-up

15 x 100 10M / 5H

8 x 220 M

2 laps E

8 x 220 M

2 laps E

10 x 100 M

4 Apr. Tue.

AM: 5 mi. E

PM: 2 ½ mi. warm-up

15 x 100 8M / 7H

3 x 500 H/ M/ H

6 x 220 2M /1H

3 x 500 H/ M/ H

2 ½ laps E

2 x 880 H

10 x 150 M
2 x 880 H
2 ½ laps E
14 x 100 shakedown

5 Apr. Wed.

AM: only 2 mi. and walked more.

AM: 7 mi.

6 Apr. Thur.

AM: 5 mi.

PM: 2 ½ mi. warm-up

15 x 100

10 x 330 (including 2 x 440)

2 ½ laps E

10 x 150 M

1 mile x 2 H

6 x 150 M

(stopped early- rainy & cold, sore knee)

7 Apr. Fri.

AM: 10 mi. run

8 Apr. Sat.

Catalina

15 km

9 Apr. Sun.

Catalina

AM: 1 hr. 45 min.

10 Apr. Mon.

15 km

11 Apr. Tue.

PM: 2 ½ mi. warm-up & 15 x 100 shakeups only.

(Sore throat, feeling ill, went home)

12 Apr. Wed.

No running.

Travel to Boston.

13 Apr. Thur.

15 km easy run

14 Apr. Fri.

15 km run

15 Apr. Sat.

5 km run

16 Apr. Sun.

Panel presentation, Wellesley College.

5 km run

17 Apr. Mon.

Boston Marathon

Ran half of the race, dropping in Wellesley,

(Feeling the effects of my cold.)

18 Apr. Tue.

AM: 1 hour run

Flight home.

19 Apr. Wed.

PM: 15 km

20 Apr. Thur.

PM: 2 ½ mi. warm-up

15 x 100 10M / 5H

8 x 330 M/H

2 laps E

1320 G

5 x 220 M

1320 G

2 laps E

8 x 250 including 2 x 500 H

2 ½ laps E

10 x 100 shakedown

21 Apr. Fri.

AM: 4 mi.

PM: 7 mi.

22 Apr. Sat.

Pierce College

PM: 2 mi. warm-up

10 x 100 shakeups

8 x 220 2H/ 2M

1 lap E

4 x 800 3H/ 1M/ 1H

1 lap E

5 x 250 G

1 lap E
3 x 500 H
(cool-down, no record)

23 Apr. Sun.

7:00 AM, Tom dropped me at Ventura Blvd. + Topanga Cyn. Blvd.
I ran to the Sepulveda Basin (he drove there to run with Bob Deines & others).
There (1 hr. or 7.5 mi.), I ran another 1hr. 10 min. (or 9 mi.).
Total = 27 km.

24 Apr. Mon.

PM: 1 hour run

25 Apr. Tue.

AM: 6 km

26 Apr. Wed.

PM: 8-9 mi. (15 km)

27 Apr. Thur.

AM: 5 km
PM: 2 ½ mi. warm-up
15 x 100 shakeups
4 x 500 2H/ 1M/ 1H
2 laps E
8 x 150 M
6 laps tempo
1 ½ laps E
4 x 250 M
2 laps E
2 x 800 H
10 x 220 2+2
2 ½ laps E
10 x 100 shakedown

28 Apr. Fri.

AM: 8 km
PM: 15 km – Santa Barbara

29 Apr. Sat.

PM: 2 mi. warm-up
15 x 100 2M/ 2H
10 x 330 2M/ 2H
2 laps E
2 x 1320 H

6 x 150 M
1320 H
2 laps E
6 x 250 with 2 x 440 H
2 ½ laps E
10 x 100 shakedowns

30 Apr. Sun.

Ran from home, down Topanga Canyon to the Valley.
To Victory Blvd to Balboa Blvd. to Sepulveda Basin park.
Caught up with Basin Blues team and Tom.
Totalled 15 miles to there + 15 miles in the park = 30 miles total.

APRIL TOTAL MILEAGE = 542 KM = 339 MI

1 May Mon.

AM: 3 km
PM: 11 km

2 May Tue.

AM: 8 km
PM: 2 ½ mi. warm-up
15 x 100 10 M/ 5 H
6 x 250 2H/ 1M
3 x 800 H/ M/ H
8 x 150 G
2 ½ laps E
5 x 500 2H/ 1H/ 2H
2 ½ laps E
14 x 100 w/3 x 200 H

3 May Wed.

AM: 9 km
PM: 15 km

4 May Thur.

PM: 2 ½ mi. warm-up
15 x 100 10M/ 5H
6 x 220 2H/ 1M
2 ½ laps E
1320 tempo
5 x 220 2H/ 1M
880 tempo
1 ½ laps E

12 x 100 2H/ 1M

5 May Fri.

Early flight for Spokane's Bloomsday race.

8 mi. run

6 May Sat.

AM: easy run over course

7 May Sun.

Bloomsday Run

8.25 mi. in 49:03

8 May Mon.

12-13 miles easy run (Spokane).

Flight home.

9 May Tue.

PM: 2 ½ mi. warm-up

15 x 100 10M/ 5H

5 x 330 2H/ 1M/ 2H

2 x 1000 both H

5 x 330 2H/ 1M/ 2H

2 ½ laps E

4 x 220 2H/ 1M/ 1H

1 x 880 H (2:24)

4 x 220 2H/ 1M/ 1H

2 ½ laps E

14 x 100 2H/ 1M

10 May Wed.

PM: 15 km

11 May Thur.

AM: 6 mi.

Flight to Ohio.

12 May Fri.

(Youngstown)

5-6 mi.

13 May Sat.

(Cleveland)

3 mi. easy

14 May Sun.

Revco-Cleveland Marathon, 1st, 2:47:01

15 May Mon.

5 mi. easy run

Flight home.

16 May Tue.

PM: 2 ½ mi. warm-up

15 x 100 10M/ 5H

10 x 220

2 ½ laps E

3 x 660 H/ M/ H

2 ½ laps E

6 x 330

2 laps E

12 x 100 shakedowns

17 May Wed.

AM: 5 km

PM: 11 km

18 May Thur.

PM: 2 ½ mi. warm-up

15 x 100 10M/ 5H

10 x 250 including 2 x 440 (69, 70)

2 ½ laps E

2 x 1000 H

2 laps E

6 x 220 2M/ 1H

2 ½ laps E

1 x 1000 H

2 laps E

12 x 100 shakedowns

19 May Fri.

7 mi.

20 May Sat.

16 km.

21 May Sun.

23 km.

22 May Mon.

AM: 4 mi.

PM: 2 mi. warm-up
2 mi. 50 yd. dashes
2 mi. cool-down

23 May Tue.

AM: 10 km
PM: 2 ½ mi. warm-up
15 x 100 10M/ 5H
10 x 220 2H/ 2M
2 x 880 H
8 x 150 M
2 x 880 H
2 laps E
6 x 250 including 2 x 440
2 laps E
12 x 100 including 2 x 220 + 1 x 100 H

24 May Wed.

PM: 10 km

25 May Thur.

AM: 5 mi.
PM: 2 ½ mi. warm-up
15 x 100 8M/ 7H
2 x 500 H
1 x 1000 H
5 x 250 H #1, 3, 5
2 laps E
5 x 250 H
1 x 1000 H
2 laps E
2 x 500 H
2 laps E
12 x 100 2H/ 2M shakedowns

26 May Fri.

1 hour, about 8 mi.

27 May Sat.

AM: 5 km

28 May Sun.

Brentwood 10K Race
1st, 35:50

29 May Mon.

AM: 10 mi.

30 May Tue.

AM: 5 mi.

PM: 2 ½ mi. warm-up

15 x 100 10M/ 5H

10 x 220 2H/ 2M

2 ½ laps E

2 x 660 H

6 x 150 M

1320 H (3:50)

6 x 150 M

2 ½ laps E

2 x 660 Tempo

2 ½ laps E

14 x 100 #4, 8, 12 = 220, 250, 220

31 May Wed.

AM: 5 km

PM: 15 km

MAY MILEAGE TOTAL = 562 KM / 351 MI

1 June Thur.

AM: Flight to NYC

PM: 1 hour run + shakeups

2 June Fri.

AM: 2-3 mi.

3 June Sat.

Mini-Marathon

23rd in 37:15

4 June Sun.

AM: 20km in Central Park

Flight home.

5 June Mon.

AM: 2km

PM: 1 hour run

6 June Tue.

AM: 5 mi.

PM: 2 ½ mi.

15 x 100 shakeups

10 x 250 including 2 x 440

2 ½ laps E

2 x 880 H

6 x 150 M

2 ½ laps E

14 x 100 shakedown

7 June Wed.

AM: 5 km

PM: 8 mi. (Westwood)

8 June Thur.

AM: Westwood again

5 mi.

9 June Fri.

UCLA loops, Sunset Hill

12 km

10 June Sat.

AM: 16 km (Topanga)

11 June Sun.

AM: 15 mi.

12 June Mon.

AM: 5 km

PM: 15 km

13 June Tue.

AM: 5 km

PM: 2 ½ mi. warm-up

15 x 100 shakeups

8 x 220 M

2 laps E

1320 M

6 x 150 M

1320 M

2 laps E

8 x 330 M

2 ½ laps E

12 x 100 shakedown

14 June Wed.

AM: 16 km (Topanga)

15 June Thur.

AM: 5 km

PM: 2 ½ mi. warm-up

15 x 100 shakeups

4 x 500 2H/ 1M/ 1H

2 ½ laps E

6 x 150 M

Mile - tempo

6 x 150 M

Mile – tempo

2 ½ laps E

4 x 500 2H/ 1M/ 1H

2 laps E

12 x 100 shakedown

16 June Fri.

AM: 8 km

PM: 8 km

17 June Sat.

AM: 5 laps warm-up

20 laps (100s + 150s)

Depart for San Jose.

18 June Sun.

AM: 10 mi.

(Hills of San Jose)

19 June Mon.

(Home)

PM: 15 km

20 June Tue.

AM: 7 km

PM: 2 ½ mi. warm-up

15 x 100 shakeups

6 x 440 2M/ 1H

2 ½ laps E

6 x 150 M

880 H

1000 H

5 laps tempo

880 H
2 ½ laps E
6 x 330 2M/ 1H
2 laps E
12 x 100 w/ 2 x 220 H

21 June Wed.
3 mi. warm-up
3 mi. fresh
1 mi. cool-down

22 June Thur.
AM: 8 km

23 June Fri.
6 km

24 June Sat.
Sr. Olympics, Irvine
10,000m, 36:37
1500m, 4:48
Both age records, 35-39 yrs.

25 June Sun.
19-20 mi.

26 June Mon.
AM: 4 mi.
PM: 10 mi.

27 June Tue.
AM: 3 ½ mi.
PM: 2 ½ mi. warm-up
15 x 100 shakeups
5 x 330 M
4 x 880 2H/ 1M/ 1H
2 ½ laps E
6 laps tempo (ran 87s)
5 x 220 M
2 ½ laps E
14 x 100 shakedown

28 June Wed.
PM: 1 ½ hours, 20 km

29 June Thur.

AM: 4 ½ mi.

PM: 2 ½ mi. warm-up

15 x 100 shakeups

10 x 440 2M/ 1H

2 ½ laps E

8 x 150 2M/ 1H

Mile –tempo

8 x 150 2M/ 1H

2 x 500 G

2 ½ laps E

14 x 100 shakedown

30 June Fri.

AM: 3 mi.

PM: 7mi.

JUNE MILEAGE = 557 KM / 348 MI.

1 July Sat.

AM: 20 mi.

2 July Sun.

AM: 2 mi. warm-up

20 continuous laps (100s, 150s)

3 July Mon.

AM: 4 mi.

PM: 10 mi.

4 July Tue.

AM: 4 mi. E + 7 mi. fresh

16 x 100 shakeups

5 July Wed.

AM: 5 warm-up laps + 20 laps, usual sets

PM: 15 km

6 July Thur.

PM: Berkeley

1 hour run

7 July Fri.

20 km, fire trails, Berkeley hills

8 July Sat.

10 km, same trails
with Deb Heald & Leal-Ann

9 July Sun.

Leal & I incorporated the S.F. marathon
Into our 31-mile long run, nice even 7-min. pace.

10 July Mon.

PM: 7 mi.

11 July Tue.

AM: 3 ½ mi.

PM: 2 ½ mi.

15 x 100 8M/ 7H

4 x 660 2H/ 1M/ 1H

2 ½ laps E

5 laps tempo

8 x 150 M

2 ½ laps E

10 x 250 w/ 2 x 500 H

2 laps E

12 x 100 shakedowns

12 July Wed.

AM: 5 mi.

PM: 11 mi.

13 July Thur.

2 ½ mi. warm-up

15 x 100 shakeups

8 x 330 w/ 2 x 800 H

2 ½ laps E

6 x 220 2M/ 1H

5 laps tempo

2 ½ laps E

6 x 250 1H/ 1M

5 laps tempo

2 ½ laps E

6 x 250 1H/ 1M

3 laps tempo

2 laps E

14 x 100 shakedowns

14 July Fri.

AM: 6 km

PM: 15 km

15 July Sat.

Noon: 15 km

16 July Sun.

AM: 5 mi.

17 July Mon.

AM: 5 mi.

PM: 10 mi.

18 July Tue.

PM: 18 mi.

19 July Wed.

12 mi.

20 July Thur.

AM: 5 mi.

PM: 2 ½ mi. warm-up

15 x 100 shakeups

10 x 250 w/ 3 x 440 H

2 ½ laps E

4 laps tempo

6 x 220 M

4 laps tempo

2 ½ laps E

2 x 1320 tempo

2 laps E

14 x 100 shakedown

21 July Fri.

AM: 1 hour run in La Jolla

22 July Sat.

Popotla, Baja

No running

23 July Sun.

San Diego

30 km

24 July Mon.

PM: 15 km

25 July Tue.

AM: 5 km

PM: 2 ½ mi. warm-up

15 x 100 8M/ 7H

6 x 330 2M/ 2H

2 laps E

2 x 1320 tempo

2 laps E

6 laps tempo

6 x 250 2M/ 2H

2 laps E

12 x 100 shakedown

26 July Wed.

12 mi.

27 July Thur.

AM: 5 laps warm-up + 20 laps, usual sets

28 July Fri.

PM: 2 miles + shakeups

29 July Sat.

Santa Barbara

1-Hour Run

(about 100 yards short of 10 miles, not happy)

30 July Sun.

8 mi.

31 July Mon.

Postponed long run to today.

30 km

JULY MILEAGE = 602 KM / 376 MI.

1 Aug. Tue.

AM: 4 mi. E

PM: 2 ½ mi. warm-up

15 x 100 shakeups

4 x 660 H

2 ½ laps E

2 x 1 mi. tempo

6 x 150 M

1 mi. tempo
2 ½ laps E
6 x 150 M
10 x 250 w/ 3 x 440 H
2 ½ laps E
12 x 100 shakedown

2 Aug. Wed.

AM: 10 mi.

3 Aug. Thur.

Ran about 13 km, but sprained my ankle and limped back.

4 Aug. Fri.

Ankle examined, x-rayed, wrapped, no chipped or fractured bones,
Damaged ligaments, swollen. 2 days no running.

5 Aug. Sat.

No running. Watched a 15 km race on Mulholland Hwy.

6 Aug. Sun.

Travel to Eureka, CA
Easy 8 mi. in Humboldt
High school distance running camp

7 Aug. Mon.

AM: 5 mi. run
Noon: Warm-up run only.
PM: 10 mi. run at Trinidad, including a 2 mi. stretch on the beach.

8 Aug. Tue.

AM: 30 laps on the track –
5 laps warm-up, 25 of usual 4-lap sets - 100M/ 150H/ 100M/ 100H.
Noon: Warm-up run only.
PM: 10 mi. trails.

9 Aug. Wed.

AM: 30 laps again.
Noon: a couple miles on the track, videotaping.
PM: Ran to Patrick's Point, over 10 miles.

10 Aug. Thur.

AM: 15 miles, long run alone.

11 Aug. Fri.

AM: 30 laps on the track, usual sets.

PM: 10 km, road & trails.

12 Aug. Sat.

AM: 10 km.

PM: 2 mi. warm-up

10 x 100

2 x 220 + cool down.

13 Aug. Sun.

Blue Lake Race: Annie & Mary Day Run

4.6 miles, 27:02 1st woman, 11th overall

Warm-up, cool-down, plus 10-miles back to dorms at camp:

Total 18 miles.

14 Aug. Mon.

AM: 30 laps, usual sets

Noon: jogged over to track, warm-up,

Shakeups

2 x 100 M

330 jog

2 x 100 E

220 jog

2 x 100 H

330 jog

Cool-down

PM: Trinidad

10 mi. course, rolling, hill road and 3 mi. beach.

15 Aug. Tue.

AM: 30 laps, usual sets

PM: 10 miles to Fieldbrook

16 Aug. Wed.

AM: 30 laps, usual sets

PM: Patrick's Point trails, 8 miles

17 Aug. Thur.

Arcata

AM: ran 1 hr. 45 min.

18 Aug. Fri.

AM: 4 miles

PM: 11 miles

19 Aug. Sat.

11 miles

20 Aug. Sun.

20 miles

21 Aug. Mon.

AM: 5 miles

PM: 7 miles

22 Aug. Tue.

PM: back at Laszlo's

2 ½ mi. warm-up

15 x 100 shakeups 10 M / 5 H

6 x 330 2 M / 1 H

Mile tempo (5:15)

4 x 440 2 tempo/ 1 M/ 1 H

2 ½ laps E

2 x 1320 2 M/ 1 H

2 laps E

12 x 100 shakedown

23 Aug. Wed.

16 miles

24 Aug. Thur.

AM: 2 miles E

PM: 2 ½ mi. warm-up

15 x 100 shakeups 10 M/ 5 H

5 x 250 2 H/ 1 M

2 x 880 H

5 x 250 2 H/ 1 M

2 ½ laps E

4 x 500 2 H/ 1 M/ 1 H

5 x 250 2 H/ 1 M

1 x 1320 H

5 x 220 2 M/ 1 H

14 x 100 shakedown 2 M/ 1 H

25 Aug. Fri.

10 miles

26 Aug. Sat.

4-5 miles warm-up only, on a track.

27 Aug. Sun.

Longest, most important long run to date.

Ran through Santa Monica Marathon plus 11 miles (3 before, 8 after).

Paced the marathon in 3:19.

28 Aug. Mon.

Rest day, drove to San Diego.

3 miles walk & jog on beach.

29 Aug. Tue.

PM: 2 ½ mi. warm-up

15 x 100 shakeups

8 x 250 w/ 2 x 440

2 laps E

3 x 1000 H/ M/ H

2 laps E

8 x 150 M

8 x 100 shakedown

30 Aug. Wed.

15 km.

31 Aug. Thur.

AM: 3-4 miles E

PM: 2 ½ mi. warm-up

15 x 100 shakeups 8 M/ 7 H

6 x 330 M

3 laps E

3 x 660 H/ M

6 x 150 M

2 ½ laps E

14 x 100 shakedown

AUGUST MILEAGE = 707 KM / 442 MILES

1 – 6 Sept.

Injured and unable to run except to tread water in a pool.

7 – 8 Sept.

With physical therapy managed to cover 5-6 mi. per day easy running.

9 Sept. Sat.

National 50-mile Championship

Santa Monica College Track

10 Sept. Sun.

3 AM: home from the track, slept today.

11 Sept. Mon.

Jacuzzi, then 6 mi. run.

12 - 13 Sept.

Rest days, suffering a cold.

14 Sept. Thur.

4 mile easy

15 Sept. Fri.

Minneapolis

5 miles pre-race warm-up

16 Sept. Sat.

Nike Challenge 15K, 7th, 1:00:12

17 Sept. Sun.

5 miles easy

18 Sept. Mon.

12 ½ miles

19 Sept. Tue.

8 miles easy

20 Sept. Wed.

15 km

21 Sept. Thur.

2 mi. warm-up

15 x 100 shakeups

6 x 250 M

2 ½ laps E

2 x 660 tempo

1320 tempo

2 x 660 tempo

2 laps E

10 x 100 shakedown

22 Sept. Fri.

8 miles easy

23 Sept. Sat.

4 miles + 15 x 100 shakeups

24 Sept. Sun.

Alhambra 15K Race

62:04

(A workout run only, still with a cold & fatigue)

25 Sept. Mon.

15 km

26 Sept. Tue.

PM: 2 ½ mi. warm-up

15 x 100 shakeups

8 x 250 2 M/ 1 H

2 laps E

2 x 880 tempo

6 x 220 2 M/ 1 H

2 laps E

1 x 880 tempo

6 x 330 2 H/ 2 M

2 laps E

12 x 100 shakedowns w/ 2 x 220 H

27 Sept. Wed.

4 miles easy

(busy with interviews and race director work)

28 Sept. Thur.

AM: 5 miles

San Diego

PM: 20 km, 80 min.

29 Sept. Fri.

AM: Flight to Boston

PM: 50 min. run (12 km)

30 Sept. Sat. Boston

AM: 3 miles easy

1 Oct. Sun. Boston

La Batt's Freedom Trail 8-mile Race

10th, 49:24

2 Oct. Mon. Boston

AM: 11 miles

PM: 30 min. easy

3 Oct. Tue. Boston

AM: 6 miles

PM: 7 ½ miles

4 Oct. Wed. Boston

AM: 8 km

PM: 8 km

5 Oct. Thur. Boston

5 ½ miles easy

6 Oct. Fri. Boston

AM: 11 miles

PM: 4 ½ miles

7 Oct. Sat. Boston

AM: 7 ½ miles

(Ran 3 loops -2.5 mi.-while watching a 50-mile race.)

PM: 4 ½ miles

8 Oct. Sun. Boston

11 miles

9 Oct. Mon.

Boston's Bonne Bell 10K National Championships

Warmed up at least 1-hour 15-min. (40-degree chilly)

25th 36:53

10 Oct. Tue. Boston

AM: 8 miles

Flight to Washington D.C.

11 Oct. Wed. Arlington

10 miles

12 Oct. Thur. Arlington

AM: 22 miles

PM: 4 miles

Flight home to L.A.

13 Oct. Fri.

No running.

14 Oct. Sat.

3PM: 4 miles

Later: 6 miles

15 Oct. Sun.

14 miles

16 Oct. Mon.

No running (relapsed with a cold)

17 Oct. Tue.

Rest

18 Oct. Wed.

3 miles easy

19 Oct. Thur.

Flight to New York

20 Oct. Fri. N.Y.

6 miles, Central Park

21 Oct. Sat. N.Y.

4 miles

22 Oct. Sun.

New York Marathon

DNF 19 miles

23 Oct. Mon.

Jogged briefly, injured, suspecting foot fracture.

24 Oct. Tue.

Flight home to L.A.

Jogging about 4 mi.

25 Oct. Wed.

10 km easy (fatigued and sore)

26 Oct. Thur.

8 miles easy (same fatigue and injured)

27 – 31 Oct.

Diagnosed fracture, third metatarsal, left foot.

1 Dec. 1978

First day back running.

1 – 15 Dec.

Built up to 6 miles per day.

16 Dec. Sat.

7 miles

17 Dec. Sun.

15 km

18 Dec. Mon.

7 miles

19 Dec. Tue.

4 miles

20 Dec. Wed.

20 km

21 Dec. Thur.

7-8 miles

22 Dec. Fri.

7 ½ miles

23 Dec. Sat.

15 km

24 Dec. Sun.

San Diego

10 km

25 Dec. Mon.

Popotla and Ensenada

No running

26 Dec. Tue.

8 miles

27 Dec. Wed.

Travel to Palo Alto

No running

28 Dec. Thur.

Palo Alto
7-8 miles

29 Dec. Fri.
One hour run

30 Dec. Sat.
One hour run

31 Dec. Sun.
70 min. run, Los Altos hills
15 km+

DECEMBER TOTAL (APPROXIMATE) = 310 KM / 194 MILES

YEAR TOTAL (without November) = 5370 KM / 3356 MILES