

**JACQUELINE HANSEN**  
**TRAINING LOGS**

**NOTES:**

*Warmup, Warmdown, Shakeups, Shakedown*

I've taken the liberty to omit the hyphen, and adopted words as such. I apparently used the word "warmdown" to mean "cool down." The "-ups" are obviously the beginning of the workout, and the "-downs" are concluding the workout.

*"Meters" vs. "Yards"*

When I began training, tracks were not yet measured in metrics, but in traditional yards and feet. So these distances were primarily used, and I'll put the metric equivalent (or approximate).

Also, we trained on a dirt track. Even so, we did the majority of our running on the grass inside the track, except for the timed intervals, which we did on the dirt track.

150 – yards only, starting at the middle of the curve, finishing at the end of the next straight-away.

250 – yards, and longer than a 200 meters or 220 yard distance. Starting at the middle of a straight-away, ending at the end of the next straight-away.

220 yards = 200 meters

330 yards = 300 meters. Starts at the top of one straight-away, ending at the finish of the next straight-away (a horseshoe, or "U" on the track).

440 yards = 400 meters. One whole lap.

500 meters. We only called these 500s. One whole lap plus one straight-away.

660 yards = 600 meters. One lap plus a half-lap.

880 yards = 800 meters. Two laps.

1000 – We always call them 1000s. Never in yards, just 1000 meters, or 1 kilometer. A very common distance in European countries and elsewhere. This is two laps and a half.

1320 yards – 3 laps, or 1200 meters.

4 laps = one mile (the metric equivalent is 1500 meters, but that is shorter and at my speed, about 22 seconds shorter). The actual metric equivalent is 1620 yards, and only US high schoolers run it, as the 1600m race since all tracks are now 400 meters long, thus the 4-lap race.

5 laps – obviously one lap longer than a mile. Usually only the mile is timed, either the first four laps, or the last four laps. Not knowing which, you run all 5 hard.

### *Times posted in my workouts:*

When running anything over a 440 / 400, I would only hear the 440/400 time not the rest, at 500 or 600. Usually my times were between 66-76 seconds.

When running over 880/800, say a 1000, I would only hear and record the two-lap time, usually around 2 minutes 20 second to 30 second range.

Often, I would give the 400/440 time as the pace time, the per-lap-time, to refer to the pace I was hitting.

220s were sometimes timed, but never 150s or 250s or 300s, not at all.

### *“Special” shakeups:*

Laszlo’s “special shakeups” were the ones run at the end of a workout, which I refer to as shakedown to differentiate the end from the start of a workout. They were, as some athletes referred to them, extra intervals disguised as shakeups. He would insert some 220s into the otherwise 100-meter distances, and they were to be run hard, really hard most of the time.

There are similar alterations to the 300s, with an occasional 400-hard distance inserted.

### *“Double-breathing:*

Think of cutting a breath into two halves, or “puffs.”

### *Workouts at SMC vs. Valley College:*

I trained regularly under Laszlo, at Valley College, all my years, except, when necessary, I trained at Santa Monica College, where Joe Douglas coached. Also, Joe coached my husband Tom, so it was more convenient at times. Usually, it was my day in between Laszlo’s workouts, so it was just the easy running. On one occasion, during Laszlo’s vacation, I trained Joe’s hard workouts. Thus, when I note a workout at SMC, it’s with Joe Douglas coaching.

It's interesting to compare the different styles of interval coaching, since they both trained under and learned from Mihaly Igloi. Later, in the 1980s I lived in Oregon and trained completely different under the Bowerman method, under Tom Heinonen.

### [Running locations:](#)

In Santa Monica, I ran along San Vicente Blvd. and Ocean Avenue, although I used to refer to the bluffs along Ocean Avenue as the "palisades." Of course, now if I were to say palisades, folks would think of the next town up the coast from Santa Monica, the Pacific Palisades. All runners say "Ocean Avenue" now.

San Vicente Blvd. has a 4-mile, one-way, grass median strip under coral trees. It intersects with Ocean Avenue for another 1.5 mile run, on grass under palm trees, overlooking the ocean to the Santa Monica Pier. One can run an 11-mile loop, round-trip, 8 on SV Blvd. and 3 on Ocean Ave. Additionally, one can extend their route south of the pier, going through Venice, for a popular route of up to 20 miles for marathon training. Or from the top of San Vicente, one can run through the Veterans Administration grounds to UCLA for another long run route of 18-20 miles.

### Balboa Park / Sepulveda Basin or Dam and Golf Course –

All are the same place, different pieces, of the location at Balboa Blvd. and Burbank Blvd. in the San Fernando Valley. When I first ran there, it was a park, a flood-basin, with a dam wall, and a golf course. The only paved streets were on the perimeters, but today, Burbank Blvd. and Woodley Blvd. both extend through the center of the property. Also, a man-made lake has been added, and remote and neglected parts of the property have been developed into more park and athletic fields. There are bike paths and sidewalks that didn't exist before. It's still a most popular place to run in the Valley.