

LONG DISTANCE RUNNING

85

SCHEDULE OF MY PREPARATORY WORK FOR 10-MILE RECORD

Date	Morning Work	Afternoon Work	Weight Stripped
6th Oct.	3 miles fairly slow...	6 miles at decent pace.	122 lbs.
7th Oct.	1 miles good pace...	5 miles run and walk.	120 lbs.
8th Oct.	4 miles good pace...	Wet, did not go out.	120 lbs.
9th Oct.	Sunday	No work	122 lbs.
10th Oct.	3 miles fairly fast	3 miles slow	121 lbs.
11th Oct.	2 miles fast	6 miles slow	120½ lbs.
12th Oct.	Did not run	6 miles medium	120 lbs.
13th Oct.	3 miles good pace...	1 miles medium	119½ lbs.
14th Oct.	5 miles steady	Did not run	120 lbs.
15th Oct.	Brisk walk	3 miles fast	119½ lbs.
16th Oct.	Sunday	No work	121 lbs.
17th Oct.	8 miles steady	2 miles fast burst	120½ lbs.
18th Oct.	4 miles good pace...	2 mls. (9 min. 38 secs.).	120 lbs.
19th Oct.	Did not run	10 m. trial (51m. 10s.).	119 lbs.
20th Oct.	5 miles steady	Did not run	118½ lbs.
21st Oct.	Did not run	2 mile burst	119½ lbs.
22nd Oct.	6 miles goodish pace	8 miles walk	118½ lbs.
23rd Oct.	Sunday	No work	119½ lbs.
24th Oct.	4 miles steady	2 mls. (9 min. 17½s.)	119 lbs.
25th Oct.	Did not run	10 m. trial (51m. 58s.).	118½ lbs.
26th Oct.	4 miles steady	2 mls. (9m. 18½s.).	119 lbs.
27th Oct.	8 miles steady	Did not run	118 lbs.
28th Oct.	Took a rest		119½ lbs.
29th Oct.	4 miles steady	8 miles slow	118½ lbs.
30th Oct.	Sunday	No work	119½ lbs.
1st Nov.	3 miles steady	10 m. trial (51m. 55s.).	118 lbs.
2nd Nov.	2 miles walk	5 miles steady	119 lbs.
3rd Nov.	8 miles steady	4 miles fast walk	119½ lbs.
4th Nov.	Rested		119 lbs.

of having fulfilled a worthy and pleasure-giving ambition. Twelve years mean a lot in a young life, and it is that period of existence that I have devoted to the steady persistence of performance on the running path. Whether I have done myself permanent good the future must determine. All I know is that thousands of others have been induced by my example to pay some heed to their bodies—to go in for physical exercise and for physical development,