

# MARITIME CHAMPIONS

Growth in popularity was slow and for many years the only outside competition available was Minto High School and the unbeatable teams of the University of Maine. At present, UNB teams are afforded more competition than they have time to schedule.

Cross Country is now widely practised on the interscholastic level. It is a recognized major sport on the Maritime and Canadian Intercollegiate level and is one of the more important major sports at UNB."

### TRAINING

"In the past 5 years, the standard of Cross Country in the Maritimes has improved over 200 per cent", according to coach Legere. "This is due to more interest and better training." The coach outlined the techniques he uses to build a championship team.

"Three years ago there was no pre-season training. It was the general practice that our runners commenced their training when they arrived at university in the fall. Consequently very few achieved

nearly the degree of physical fitness necessary to develop full potential.

Chris Williamson was our first team member to consider winter outdoor training. After assurance from medical doctors that no harm could come from this, Chris carried out an extensive winter training program. Consequently, his running times showed a marked improvement.

Now UNB's training plan is to encourage runners to do their bulk work during the winter months. This means running as many continuous 7 or 8 minute miles per week as possible, usually about 80 miles per week. This year all 7 varsity men have done winter and summer training.

Summer training includes track competitions, more bulk work and, during the latter part of August, a shortening of the distance with a corresponding increase in the quality of training sessions.

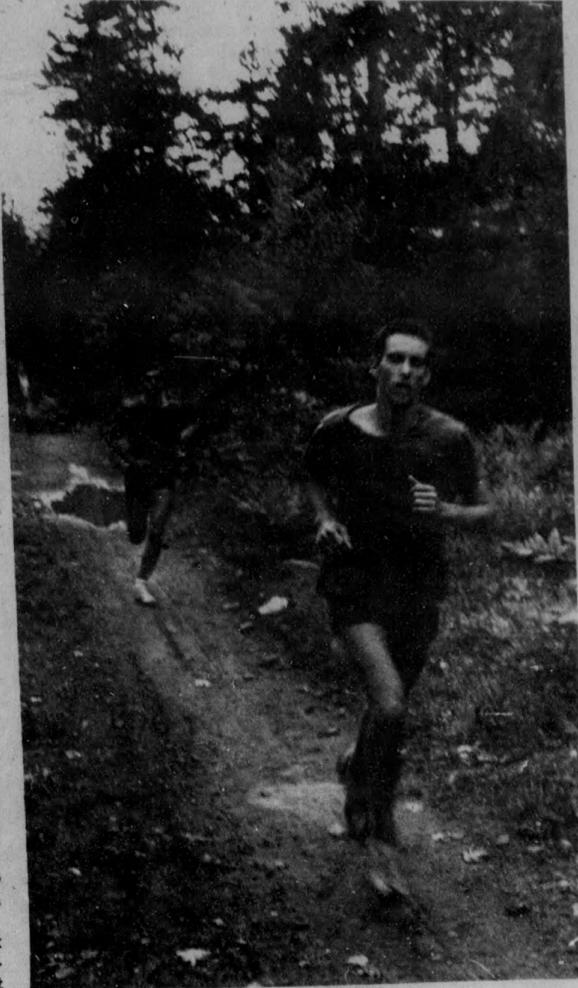
During the competitive season our aims are specific. We are endeavoring to produce a mental and physical condition which will enable the runner

to sustain his full potential for a 30 minute period. We feel this can best be accomplished through high quality work; that is, distances from 110 yds. to one mile at top speed with short rest periods in between."

### TO BE A HARRIER

It is not an easy thing to be a Harrier. Coach Legere puts his runners through a rigid schedule of preparation for the tough competition they have to face. A week usually begins with an hour of grueling speed work on the track in which each runner tries to beat his time for each distance he runs. Tuesday is devoted to distance work. Here the harriers take advantage of the rough terrain around the campus which they will encounter in actual competition. On Wednesday, run-offs are held on the University's course behind the Forest Ranger School to determine the team for Saturday's meet. Thursday usually finds the Harriers back on the track. Each runner is timed and gets individual attention from coach Legere. Friday is a day of rest. Saturday one of competition and Sunday means more distance work. After every training session, and during the day, if there is time, the red sweat suits can be seen on the hill just below the Student Center as the men in them try to do as many "hills" as they can in a timed period.

The reward for all this work is a chance at the Intercollegiate Championships at Guelph this fall. Last year UNB was third. This year?



...runners



...cross



...country

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