

CHAPTER IX

GENERAL TRAINING HINTS

SKIP every other day, and skip fast. Get a rope and keep going for twenty or thirty minutes, if possible, putting in from 1,000 to 2,000 skips, if not more. This exercise will prevent your becoming stiff and muscle-bound, and is as valuable to the running man as it is to the boxer, and is so precisely for the same reason. Both have to be particularly smart on their toes and able to keep going for indefinite periods without growing leg-weary. Unless one is really fagged out, it isn't a bad plan to put in this turn with the skipping rope on the completion of every training practice before going off home.

Otherwise, it should be put in during the morning at an odd time, and particularly on "off days," just to prevent one's going too slack.

3. THE SHOWER: A NECESSITY

Every good track athlete should also be a good masseur. This is one of the most important items in his preparation. For as soon as a man gets back off the track, and has finished his practice for the time being, he should have the conveniences ready for a lukewarm bath. Lukewarm, mind; not hot or cold. A shower, of course, is best of all, but, failing that, he should have a thorough sponge down, and should then be well rubbed (scrubbed if you prefer) with a warm, rough towel, so as to freshen up his nerves and muscles. Towels are best, and infinitely preferably to the mittens which some runners use.

When this has been done very thoroughly, the runner should then lie down and allow all his muscles to go slack