

Jock Talk

Jock Talk is a continuing series for those interested in becoming involved and learning more about recreational sports. Anyone who is attempting an exercise program for the first time should start with a medical check-up.

by Mark Lane

A GUIDE FOR BEGINNING RUNNERS

This is a six phase program designed to get those "closet joggers" out on the road or back on a track and turn them into runners.

PHASE 1

Start to jog at a slow pace and continue until you get tired, or "out of breath". Define this limit yourself and when you reach this first place where you're "out of breath", stop jogging and walk slowly. Take note of how much distance you've covered as this becomes your *baseline* distance. When you feel rested again, start to run again and try to cover as much ground as you did at first. If you can't do it again, don't worry about it because at least you've tested the waters and got your feet wet. Now go on to Phase 2.

PHASE 2

Plan to run at least three days a week as follows:
Monday: Run 3 times, the baseline distance that you established in Phase One, walking between each set until you are rested. After the third set, walk around a bit and cover at least a kilometre when you do so.
Tuesday: Rest.
Wednesday: Do 2 km. of easy jogging and walking. Whatever feels comfortable.
Thursday: Rest.
Friday: Repeat what you did on Monday.
Saturday or Sunday: Take a walk. Cover at least 3 km. or longer, whatever you prefer.

Do Phase 2 for two weeks. At the end of the second week, test your running ability by covering 3 times your baseline distance without stopping in-between. Then go on to Phase 3.

PHASE 3

Now that you're at Phase 3, plan to run at least 4 times a week with no more than one day of rest between each 2-day session as follows:
Monday: Do three sets, running 1 km. (half your baseline distance) and walk till rested between sets.
Tuesday: 2 km. jog.
Wednesday: Rest.
Thursday: Repeat what you did on Monday.
Friday: Rest.
Saturday: Do 4 km. of easy jogging and walking.
Sunday: Rest; or take a long walk outdoors.

Do Phase 3 for two weeks. At the end of the second week, test your running ability by jogging 4 km. non-stop. When you can do this, go on to Phase 4. If not, repeat Phase 3 for another week and then test yourself again.

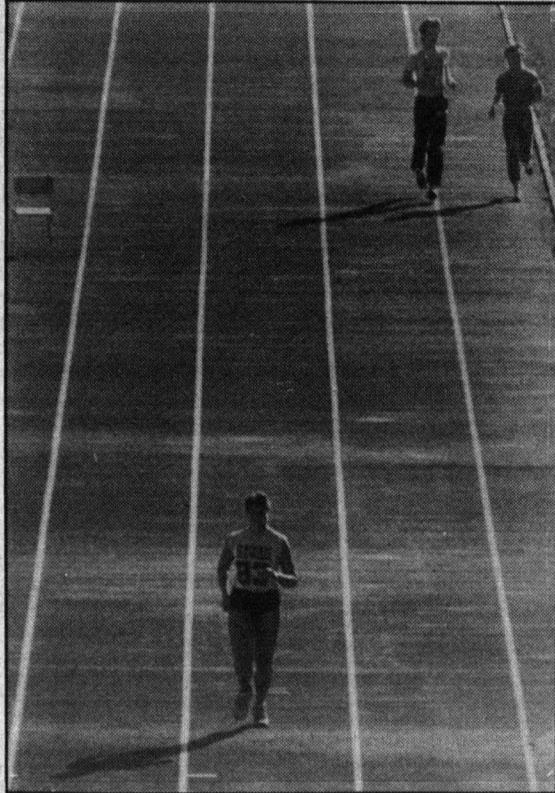
PHASE 4

At this point, you should plan to run at least 5 days a week. Taking at least two days of rest whenever it fits into your schedule as follows:
Monday: Do 3 sets, running 2 km., walking in-between sets until rested.
Tuesday: 4 km. jog.
Wednesday: Do 6 km. of easy jogging and walking.
Thursday: Rest.
Friday: Do 4 sets, running 2 km., walking between sets.

Saturday: Do 6 more km's of easy jogging and walking.

Sunday: Rest.

Do Phase 4, for two weeks. At the end of the second week, test your running ability by jogging 6 km. non-stop. When you can do this, go on to Phase 5. If not, repeat Phase 4 for another week and then test yourself again.



PHASE 5

When you reach Phase 5, you should be fairly proficient at jogging. So, plan to run now at least 5 or more days a week, taking a day off when you feel you need it, as follows:

Monday: 8 km. run (easy pace).
Tuesday: 4 sets of 2 km. jogs, walking between sets.
Wednesday: Do 10 km. of easy jogging and walking.
Thursday: Rest, or easy 2 - 4 km. jog.
Friday: 2 x 4 km. run, walking between runs.
Saturday: 8 km. run.
Sunday: Rest, or a long walk outdoors.

At the end of two weeks, or at periodic intervals retest your ability and adjust your workouts. Feel free to experiment with different combinations including shorter distances at faster speeds. So, whenever you feel you are ready, then go on to Phase 6.

PHASE 6

Stop thinking of yourself as a jogger and consider yourself a runner. Get involved with a running group and go on longer runs with other people, following their pace and workouts rather than a set schedule. Give some serious thought to entering a race. Don't worry about winning, but enter just to participate and have fun because that is what running is all about.

Next Week:
Winter running

Campus Rec winners

TENNIS

Individual Results:

A EVENT:

1st - Rob Girvan (Arts)
 2nd - Randy Narayan (Dentistry)

B EVENT:

1st - John Archibald (L.D.S.)
 2nd - B. Pasula (Sci.)

C EVENT:

1st - A. Islam (Grad Studies)
 2nd - Dave Pon (Engineering)

UNIT RESULTS (Overall)

1st - Arts
 2nd - Science
 3rd - Engineering

2nd - G. Pasqual (P. Ed.)

CLASS B

1st - John Hudson (P.F.R.)
 2nd - Bernard Vincent (St. Joe's)

CLASS C

1st - Ed Bresky (Law)
 2nd - Lloyd Ellwood (St. Joe's)

GOLF

LOW GROSS SCORES

1. Mike Cuell (Sci.) 69
 2. Steve Williams (Dentistry) 71
 3. Wade Peckham (Sci.) 75
 4. Dennis Ward (Grad Studies) 75

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LOW NET

1. Kevin Cathro (Ind.) 70
 2. Andree Kriesel (Comm.) 70
 3. Ken Rondeau (P.Ed.) 70
 4. Don Edwards (Ind.) 70

Cross country running

The Golden Bear Open cross-country meet happens this Sunday, at Kinsmen Park.

Last week, at the Sanka Sled-Dog Open in Saskatoon, the women's team placed first in the 4 km. run. Cindy Livingstone and Mary Burzminski of the U of A

finished first and second.

The men's team finished second in the 8 km. race with the U of A's Rory Lambert winning the event.

This Sunday, the Golden Bear Open will feature a 5 km. race for women and a 10 km. race for men. Competition starts at noon.

FEES DUE By September 30

The last day for payment of fees is **September 30th**. If a student is paying by instalments (terms), the amount of the first instalment is the First Term assessment and the last day for payment is **September 30th**; the amount of the second instalment is the Second Term assessment plus a \$5.00 instalment charge and the last day for payment is **January 20th**.

A penalty of \$15.00 will be charged on any payment received after these dates. If payment has not been made by **October 17** for the First Term fees and by **January 31** for Second Term fees, registration will be subject to cancellation and the student to exclusion from classes.

If fees are to be paid from some form of student assistance, please refer to Section F of the Registration Procedures booklet or the calendar entitled "University Regulations and Information for Students."

Students in the Faculty of Graduate Studies and Research are reminded that their fees are also to be paid in accordance with the foregoing.

UNIVERSITY OF ALBERTA

UNDERGRADUATE SCIENCE SOCIETY



INVOLVEMENT OPPORTUNITIES

The following positions are available for undergraduate science students:

19 Science Student Council positions.

13 Science Faculty Council positions

1 Student Council position.

1 General Faculties Council position.

8 Academic Appeals Committee positions.

Nominations: **Oct. 1 - 14**
 Campaigning: **Oct. 15 - 21**
 Election: **Oct. 21**

For further information and nomination forms, contact the U.S.S. in Biological Sciences M-142, (phone 432-2099) or the Chief Returning Officer, Room 259 SUB.

SU REFERENDUM

NEED SOME EXTRA CASH?

The Students' Union requires staff for the Referendum on Friday, October 24. Help us out and earn \$4.00 - \$5.00/hours at the same time. For further information, please contact the SU Returning Office (Room 271, SUB) or the Receptionist SU Executive Offices (Room 259, SUB).