

miles, or even twenty-five miles, and do this either twice a week, or three times in a fortnight. Do all the running practice on the road, so as to harden your muscles.

Lengthen out the walks also during these last four or five weeks, making them twenty or twenty-five miles twice a week, and twelve to fifteen miles on the other days. Pace won't matter so much, so you can leave all sprinting practice severely alone.

It is the distance and not the pace that is going to kill in a long-journey race.

When the contest itself comes off, get away at a long, slow, steady stride—one that you can keep up indefinitely.

Don't lift your feet too high or try and tire yourself in any way. The best action, not the prettiest, is the one to cultivate, and every care must be taken to avoid jarring the muscles.

Let your arms hang down and loose, and bend forward just enough to help you along. Run as near as possible as you could imagine yourself running in your sleep, without exertion and without fatigue.

Don't worry to any extent about your relative position. You will, or should, have so habituated yourself as to be able to cover the distance in inside the records, which, as I have said, are far from being wonderful, and can rest content that if you are, as you should feel yourself to be, covering the road or track at the proper pace, the other men who have gone ahead must inevitably come back to you.

Don't listen to spectators, but just keep going. If you entertain any doubts as to your progress get a few friends to post themselves along the route to give you your time. You can then quicken up if need be, but really there should be no necessity for this, as you should run by instinct, and, as I have suggested, more or less mechanically.