

WEEK OF TRAINING
JIM RYUN
October 5 to October 11, 1963

Saturday, October 5

AM - Wichita to Augusta
16 Miles - hills &
rough terrain - 1 hr
38 minutes
Kicking - pool
PM - None

Monday, October 7

AM - 3 Miles - stride
PM - Track
Warm up
J - Mile
Calisthenics
WS - 4 x 120, 4 x 60
1 x Mile 4:23
Cals
3 x 880 5 MI 2:45 Ave.
Cables
4 x 440 3 MI 69 Ave.
Warm down
J - Mile
WS - 4 x 120, 4 x 60
J - Mile
Weights
Barbells (33 lbs)
Dumbbells (60 lbs)
Kicking - pool

Wednesday, October 9

AM - 4 Miles - stride
PM - Track
Warm up
8 x 440 3 MI 71 Ave.
J - Mile
8 x 440 3 MI 70 Ave.
J - Mile
8 x 440 3 MI 70 Ave.
J - Mile
8 x 440 3 MI 68 Ave.
J - Mile
Weights
Kicking - pool

Friday, October 11

AM - None
Drove to KC
PM - Shawnee Mission Invitational
Cross Country Meet
2 Miles
9:55.7 New Record
Hilly course

Sunday, October 6

AM - Church
PM - Park - 5 Miles - didn't workout

Tuesday, October 8

AM - 4 Miles - stride
PM - College Hill Park
Warm up
6 x 1500 8 MI (hills)
3 regular - 4:59 Ave.
3 reverse - 5:04 Ave.
Cals at end of race 'til time
to start (8 MI)
6 x 880
3 regular - 2:53 Ave.
3 reverse - 2:45 Ave.
Warm down
J - mile
WS - 4 x 120, 4 x 60
J - Mile
Kicking - pool

Thursday, October 10

AM - 3 Miles - stride
PM - Track
Warm up
10 x 220 $2\frac{1}{2}$ MI 30 Ave.
Cals
10 x 220 $2\frac{1}{2}$ MI 30 Ave.
Cables
10 x 220 $2\frac{1}{2}$ MI 33 Ave.
Warm down
J - Mile
WS - 4 x 120, 4 x 60
J - Mile
Kicking - pool