

SPRING
WEEK OF TRAINING
March 29 to April 4, 1964

JIM RYUN*

Sunday, March 29

AM - Church
PM - 10 Miles roads - 65 minutes

Monday, March 30

AM - 5 Miles - 32 minutes
PM - Cals
Two Mile 9:55
Cals
2 x Mile 8 MI
5:19 5:10
Dumbbells (33)
3 x 880 6 MI
2:35, 2:28, 2:24
White Weights (70)
6 x 440 3 MI
65 Ave.
Blue Weights (33)
4 Miles C.H.

Wednesday, April 1

AM - 3 Miles - Stride
PM - Cals
20 x 440 3 MI
71 Ave.
Dumbbells (33)
10 x 440 3 MI
69 Ave.
White Weights (70)
10 x 440 3 MI
69 Ave.
Blue Weights (33)
10 x 440 3 MI
67 Ave.

Friday, April 3

AM - 4 Miles - Stride
PM - Calisthenics
Mile - 10 MI
1320 - 10 MI
880 - 10 MI
660 - 10 MI
440 - 10 MI
3 Miles
College Hill & Back
WD - Mile
Downpour rain - Weight Drills
Inside workout

Tuesday, March 31

AM - 6 Miles
PM - Cals
6 x 440 3 MI
64 Ave.
1320 Stride
10 x 440 2 M
18 Ave.
White Weights (70)
5 x 3 Min. Drill 6 MI
5 x 220 2½ MI
31 Ave.
Warm down - Mile
Shower

Thursday, April 2

AM - 4 Miles - stride
PM - Cals plus Mile
6 x 880 6 MI
2:52 Ave.
Calisthenics
6 x 880 6 MI
2:53 Ave.
Calisthenics
6 x 880 6 MI
2:44 Ave.
Warm down - 1½ Miles

Saturday, April 4

AM - Bus to KC
PM - Washington Invitational
Downpour rain, Track flooded &
muddy
31.0, 65.5, 1:36.9, 2:18.5, 2:56.0
3:33.0, 4:02.0, 4:33.2

*RYUN'S WORKOUT RESULTS UNDERLINED