

JIM RYUN'S

WORKOUTS

May 22 to June 5, 1964

LAST TWO WEEKS

PRIOR TO COMPTON MEET

(MILE -- 3:59.0)

Friday, May 22

AM - None  
 PM - Nothing  
 Repaired spikes

Sunday, May 24

Orinda, California  
 6 Miles hill run

Monday, May 25

AM - 5 Miles C.H. Park  
 PM - Jog 880  
 Cals  
 Jog Mile  
 Wind sprints  
 4 x 120  
 4 x 60  
 1 x 2 Mile 9:30  
 Tired - home study

Wednesday, May 27

AM - 4 Mile stride  
 PM - Downpour Rain  
 11 miles streets & Clapp Park  
 Planned 24 x 440 - track full  
 of water

Friday, May 29

AM - 6 Miles C.H. Park  
 PM - Jog 880  
 Cals  
 Jog Mile  
 WS - 4 x 120, 4 x 60  
 1 x 220  
 W 220  
 2 x 330 3 MI  
 W 110  
 1 x 880 6 MI  
 J 880  
 3 x 440 3 MI  
 2 x 330 3 MI  
 1 x 220  
 WD - Mile

Saturday, May 23

Modesto Mile  
 31.0, 63.0, 1:33.8, 2:04.8, 2:35.2,  
 3:05.9, 3:34.8, 4:01.7  
 National HS All Time Best  
 Goal - 4:04.0

Tuesday, May 26

AM - 2 mile stride  
 1 mile fartlek  
 2 mile stride  
 PM Jog 880  
 Cals  
 Jog Mile  
 WS - 4 x 120, 4 x 60  
 1 x 880 - 2:01  
 Stride - Mile  
 8 x 140 grass  
 1 x 880 - 1:59  
 Goal better than first  
 10 x 100  
 Mile - stride

Thursday, May 28

AM - 5 Miles  
 PM - Jog 880  
 Cals  
 Jog Mile  
 WS - 4 x 120, 4 x 60  
 8 x 440 3 MI  
 63  
 57  
 57  
 57 56.7 Ave.  
 57  
 55  
 55  
 53  
 WD - Mile

Saturday, May 30

AM - Main - no workout  
 PM - Sick (cold) - didn't run  
 Planned  
 4 Mile Fartlek  
 3 Miles stride