

WINTER  
WEEK OF TRAINING  
JIM RYUN  
February 20 to February 26, 1964

February 20

AM - Stride 5 Miles  
PM - Southeast Track  
20 x 440 3 MI  
Stride  $4\frac{1}{2}$  miles on Meadow Lark

February 22

AM - Stride 5 miles  
PM - McDonald Golf Course  
5 x 2 Miles  
Reverse route each time

February 23

AM - Stride 5 miles  
PM - Southeast Track  
10 x 880  
Jog 440 between each  
Jog Meadow Lark  
Golf Course

February 26

AM - Church  
PM - 16 miles (roads)

February 21

AM - Stride 5 Miles  
PM - Echo Hills Golf Course  
Hill Work - 6 times series  
1. Up 200 yd hill (steep)  
2. Stride 880 on top controlled  
sprint down gradual incline  
down  
3. Stride 440 flat  
4. Sprint 6 x 50, 3 x 220  
Stride between each

February 24

AM - 5 miles  
PM - Meadow Lark Golf Course  
Running Golf - 36 holes

February 25

AM - 6 miles  
PM - Echo Hills Golf Course - 10 miles