New York, Feb. 23—Chris Shea and Todd Scully won National AAU race walking titles tonight, both in decisive fashion and both in world's best performances. Shea, now a student at Georgetown, won the Women's 1 Mile in 6:58.4, the first sub-6:59 performance indoors. In the process she broke the former indoor record holder, Susan Brodock. She's old record was 7:01.4. Shea's winning time was not only an indoor best ever, but the fastest mile ever walked by a woman anywhere. Norway's Thorill Oyler had become the first woman ever to better 7 minutes with a 6:58.8 last summer. The U.S. outdoor best is 7:00.4 by Susan Liers, who apparently did not race tonight.

In the men's 2 Mile, Todd Scully, having a great indoor campaign, got his second world's indoor best of the winter with a 12:40. Previous best was 12:40.5 by Italy's Vittorio Visini last winter. Jim Heiring also burned the boards and finished a second inside of Visini's old mark. Dan O'Connor was only 4 seconds back of him in a tremendously fast race. Chris Hansen actually crossed the line ahead of Heiring but did not please the judges and got the axe, so the depth in the race was really great. At this writing we do not have complete results on either race, but here is what we do have.


Men's 2 Mile: 1. Todd Scully 12:40 (World's Best Performance) 2. Jim Heiring 12:50.5 3. Dan O'Connor 12:54.5 4. Bruce Harland, no time (Bruce has been the real find of the indoor season) 5. Larry Walker, no time. Should have complete results, hopefully including those missing times by next month.

OTHER RESULTS:

2000 Meters, Montreal, Feb. 11—1. Marcel Jobin 11:37 2. Todd Scully 11:40.4 3. Dan O'Connor 12:30.5 4. Bruce Harland 12:39.2—This probably should be in the headline since it is really a better performance by both of the first two than Scully's 2 Mile above, figuring they would have gone the final 240 yards in 50-55 seconds. This may or may not be a world's best. Reima Salonen had an unbelievable 11:05 two years ago but there still seems to be some mystery surrounding it. The next best indoor performance was an 11:43.8 by Visini last year. Outdoors, Karl-Heinz Stadtmuller blazed an 11:20.6 in 1975. In any case, this is a hyper-fast performance as Jobin seems to keep improving with age.

TRAGEDY STRIKES WALKING WORLD AGAIN

Popular race walker and all-around endurance athlete, Bill Walker, was shot last night and identified as a Metropolitan Champion. He was last seen in Detroit on January 29 by a man already sought for murder. The killer was still at large at last report.

Bill's cab had become stuck in the snow and he went to a nearby service station to seek help. He was offered assistance by a man and got into a car with him. Instead of driving back to where Bill's cab was stuck, the man drove onto a freeway, pulled a gun, and announced he was wanted for murder. The killer was still at large at last report.

Bill struggled with his assailant and the car went out of control up an embankment. Shots were fired during the struggle. All of this was reported to police by a woman who was in the backseat of the car. At that point, she jumped out of the car and fled, so what ensued is not known. Bill's body was found the next morning in an alley.

Bill was 44 and had started walking in 1968. He walked well at all distances but showed particular ability at the long distances. In 1973, he set an American citizen's record for 50 miles of 8:37:57.5, since broken by Augie Hirt.

In earlier days he has been an outstanding rower-American lightweight double sculls champion in 1956-57 and 1960-61. He retired from that sport in 1962 and led a sedentary life until he found walking 6 years later. Once he got fit, he also got back into rowing as well as running and bicycling racing. He was a very tough competitor who loved to challenge the endurance of mind and body. More importantly, he was a sportsman in every sense of the word. He will be sorely missed by all those who knew him and competed against him. He is survived by his wife Sally, son William S. Walker III, 17, and two daughters, Kelly Ann, 16, and Tracey Lynn, 10.

RESULTS (Cont. from p. 1)

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jerry Heine, Detroit</td>
<td>4:39:18.5</td>
<td>Men's 50 Km</td>
</tr>
<tr>
<td>2</td>
<td>Bob Kitchen, Barry</td>
<td>4:39:23</td>
<td>Track</td>
</tr>
<tr>
<td>3</td>
<td>Dave Romanych</td>
<td>4:39:28</td>
<td>Point Pleasant, OR</td>
</tr>
<tr>
<td>4</td>
<td>John Knifton</td>
<td>4:39:30</td>
<td>Lagano, Switz</td>
</tr>
<tr>
<td>5</td>
<td>Sugie Hirt</td>
<td>4:39:36</td>
<td>Columbia, WA</td>
</tr>
<tr>
<td>6</td>
<td>John Knifton</td>
<td>4:39:41</td>
<td>Norwalk, CT</td>
</tr>
<tr>
<td>7</td>
<td>Mike Ryan</td>
<td>4:39:46</td>
<td>Los Angeles, CA</td>
</tr>
<tr>
<td>8</td>
<td>Mike Ryan</td>
<td>4:39:46</td>
<td>Eugene, OR</td>
</tr>
<tr>
<td>9</td>
<td>Mike Ryan</td>
<td>4:39:46</td>
<td>Track</td>
</tr>
<tr>
<td>10</td>
<td>Karl Fromm</td>
<td>4:39:50</td>
<td>Stanford, CA</td>
</tr>
<tr>
<td>11</td>
<td>Bill Ranney</td>
<td>4:40:06</td>
<td>Westfield, NJ</td>
</tr>
<tr>
<td>12</td>
<td>Mike Ryan</td>
<td>4:40:18</td>
<td>Eugene, OR</td>
</tr>
<tr>
<td>13</td>
<td>Mike Ryan</td>
<td>4:40:44</td>
<td>Track</td>
</tr>
<tr>
<td>14</td>
<td>Mike Ryan</td>
<td>4:40:44</td>
<td>Track</td>
</tr>
<tr>
<td>15</td>
<td>Mike Ryan</td>
<td>4:40:44</td>
<td>Track</td>
</tr>
<tr>
<td>16</td>
<td>Mike Ryan</td>
<td>4:40:44</td>
<td>Track</td>
</tr>
<tr>
<td>17</td>
<td>Mike Ryan</td>
<td>4:40:44</td>
<td>Track</td>
</tr>
<tr>
<td>18</td>
<td>Mike Ryan</td>
<td>4:40:44</td>
<td>Track</td>
</tr>
<tr>
<td>19</td>
<td>Mike Ryan</td>
<td>4:40:44</td>
<td>Track</td>
</tr>
<tr>
<td>20</td>
<td>Mike Ryan</td>
<td>4:40:44</td>
<td>Track</td>
</tr>
</tbody>
</table>

These lists were first compiled by Bob Bowman in 1974 and this marks the third time I have updated them. Bob omitted some times years gone by because of lack of information about the validity or course. Any additions, corrections, or completion of missing information will be welcomed.

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**Women's 5 Km**

1. Susan Lishe, Kings Point, NY 5/6/78 (track)
2. Susan Bestock, Los Angeles 5/27/72 (track)
3. Chris Shea, Denver, CO 6/18/77 (track)
4. Paula Kash-Mori, Los Angeles 6/10/78 (track)
5. Esther Marquez, Fredericksburg, VA 8/18/78
6. Joyce Brodock, Swedesboro, NJ 8/20/77
7. Laurie Tucholski, Ogden, UT 8/21/78 (track)
8. Chris Sakellarios, Fredericksburg, VA 8/18/78
9. Liz Dufour, Greenwich, CT 8/19/78
10. Liz Dufour, Greenwich, CT 8/19/78
11. Sally McPherson, West Germany 8/18/78
12. Tracy Trisco, Los Angeles 9/18/78

Women's 10 Km

1. Susan Lishe, Kings Point, NY 5/2/78
2. Susan Bestock, Los Angeles 5/27/72 (track)
3. Sally McPherson, Stanford 6/18/77 (track)
4. Paula Kash-Mori, Los Angeles 6/10/78 (track)
5. Jeanne Becchi, Sarasota, FL 8/20/77
6. Paola Kash-Mori, Los Angeles 6/10/78 (track)
7. Joyce Brodock, Stanford 6/18/77 (track)
8. Laurie Tucholski, Washington, DC 8/20/77
9. Chris Sakellarios, Fredericksburg, VA 8/18/78
10. Ellen Minkow, Columbia, MD 10/6/78
11. Jill Smith, Stanford 6/18/77 (track)
12. Ellen Smith, Dallas, TX 8/20/77
13. Lisa Mather, Valencia 4/17/78 (track)
14. Vicki Jones, Santa Ana, CA 8/26/78

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I really don't intend to discriminate against the women by not going nearly as deep on their lists but I just haven't had time to develop these lists any further. Anyone else care to have a go at it?

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**THE SCHEDULE**

Sat. Mar. 10 — 2 Mile and 13.1 Mile, Silver Spring, MD, 10 a.m. (1)
Sun. Mar. 11 — Girls 1500, Jr. Women's 3 Km, Women's 5 Km, Walnut, CA (J)

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**Additional Notes**

- Bob Bowman's updated lists are welcomed with additions, corrections, or completion of missing information.
- The women's 5 km and 10 km events are covered with specific dates and locations provided.
- The schedule includes distances and race details for both men and women events.
- There is a mention of possible discrimination against women, prompting an open invitation for others to contribute.
Sun. Mar. 25—5, 10, and 15 Km, San Diego (D)

Sun. Mar. 26—5, 10, and 15 Km, San Diego (D)

Sun. Mar. 27—5, 10, and 15 Km, San Diego (D)

Sun. Mar. 28—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 1—Take Memorial 10 Km, Asbury Park, N J (L)

Sun. Apr. 2—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 3—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 4—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 5—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 6—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 7—1 Hour, Columbia, Mo., 2 p.m. (E)

Sun. Apr. 8—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 9—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 10—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 11—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 12—5, 10, and 15 Km, San Diego (D)

Sun. Apr. 13—Outdoor 5 Km, Boulder, Co., 4 p.m. (H)

Sun. Apr. 14—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 15—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 16—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 17—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 18—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 19—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 20—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 21—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 22—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 23—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 24—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 25—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 26—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 27—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 28—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 29—20 Km, Phoenix, 8 a.m. (H)

Sun. Apr. 30—20 Km, Phoenix, 8 a.m. (H)

Sun. May 6—NAAU 15 Km, MILWAUKEE (F)

CONTACTS:
A—John Evans, 5400 N. Dearwood, #975, Houston, TX 77096
B—Dave Riddle, Box 207, Richland, IA 52255
C—John Kelly, 1024 3rd, Santa Monica, CA 90403
D—Dale Sutton, 809 N. Sage Rd., Santa Monica, CA 90405
E—Joe Tunner, 2980 Maple St., Redlands, CA 92373
F—Roger Walker, 2360 Dundas St., Toronto, Ontario; Canada
G—John Harwick, 1011 W. 16th St., Greeley, CO 80631
H—Paul Lightsey, 220 S. 16th St., Greeley, CO 80843
I—Carl Schueler, 10602 Woodside Dr., Silver Spring, MD 20910
J—Paul Kash-Morley, 1124 S. Garabriel St., Los Angeles, CA 90035
K—Gary Westerfield, Inland Track Club, PO Box 440, Smithtown, NY 11787
L—Elliot Davis, 20 N. Locust, W. Long Branch, NJ 07764
M—Mike Dewitt, 1200 N. 1st St., Phoenix, AZ 85023
N—Bill Ramen, 101 Sunnyhill Dr., San Anselmo, CA 94960
O—Larry Bocci, 1353 Grayton, Green Pointe, MI 48220
P—Larry Larson, 907 Osterburger, Racine, WI 53410

And now, continuing with Prof. Jerry Haasleber's lecture notes from last summer's USOC Training Camp.

FEBRUARY 1979

IV. General Training Plan for the Year (Fourth & Fifth
Lectures by Professor Hausleber)

Annual Cycle:

Month: I II III IV V VI VII VIII IX X XI XII

Subperiod:

Period A = Period of Preparation (Minimum of 6 mos.)
Period B = Period of Competition
Period C = Transition Period (Stay active, but no race walking)

Subperiod 1 = General Endurance (Volume buildup at moderate intensity)
Subperiod 2 = Special Endurance (Medium to sub-maximal effort for prolonged period)
Subperiod 3 = Endurance of Speed (Repetitions & Intervals of Higher Intensity)
Subperiod 4 = Competition Preparation (High intensity reps plus recovery work)

The above chart is a typical plan of a year's training. The start of the training cycle is keyed on the important competitions of the year, so that month 1 doesn't necessarily correspond to January. In fact, it is possible to adjust such an annual program to fit a college-level walker's schedule to begin in the fall as a preparation for the Spring competitive season (months IX & X above would be the most important months of competition).

The solid line represents the volume of work by distance, the dashed line represents the intensity of work by speed, and the crosshatched line represents the amount of competition. So as the competitive level increases, the volume and intensity of training declines. Again, this is only a general example. Each walker may adjust his program as needed, but the basic buildup in endurance is the key to success as walking is principally an endurance sport.

Each period and subperiod will now be discussed in detail:

Summary:

Period A = Period of Preparation (Minimum of 6 mos.)
Period B = Period of Competition
Period C = Transition Period (Stay active, but no race walking)

Subperiod 1 = General Endurance (Volume buildup at moderate intensity)
Subperiod 2 = Special Endurance (Medium to sub-maximal effort for prolonged period)
Subperiod 3 = Endurance of Speed (Repetitions & Intervals of Higher Intensity)
Subperiod 4 = Competition Preparation (High intensity reps plus recovery work)

This period is mainly a seven month training and preparation period and is divided into four subperiods. Subperiods 1, 2, and 3 consist of forms of endurance training. Endurance is defined as a constant effort (same intensity) over a specified distance. All walking should be done in form.

Subperiod 1: During this two month subperiod of preparation, a walker should concentrate on general endurance training. Workouts should not be timed. Just walk for a set time or distance, gradually increasing the efforts, either in time or distance. But don't think in terms of km/hr.

Example of a 7 day workout schedule would be as follows:

<table>
<thead>
<tr>
<th>Day</th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>General Endurance</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flexibility &amp; Force General</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Forms of Training</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>x</td>
</tr>
</tbody>
</table>

x means you do that form of training on that day. The general endurance workouts are easy walking (not timed) for say one to four hours in duration, gradually increasing the duration for each workout. The flexibility and force general training consists of flexibility exercises, gymnastics, medicine ball work, and isometric exercises. Other forms of training consist of basketball, swimming, volleyball, etc.

A typical week's schedule for a young walker:

<table>
<thead>
<tr>
<th>Day</th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gen. End.</td>
<td>1hr</td>
<td>1hr</td>
<td>1hr</td>
<td>1hr</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flex. &amp; Force Gen.</td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td>1.1hr</td>
<td>1.1hr</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The general endurance sessions for a month would be:

<table>
<thead>
<tr>
<th>Week</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon.</td>
<td>1hr</td>
<td>1hr</td>
<td>1hr</td>
<td>2hr</td>
</tr>
<tr>
<td>Tues.</td>
<td>1hr</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thur.</td>
<td>1hr</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat.</td>
<td>1hr</td>
<td>2hr</td>
<td>2hr</td>
<td>2hr</td>
</tr>
</tbody>
</table>

Subperiod 2: During this two month subperiod of preparation, a walker begins to do his workouts at higher intensity. The amount of distance per time (km/hr) is now important. Workouts consist mainly of special endurance work, pluS general endurance mixed with fartlek training, flexibility, force general, and other forms of training.

Before introducing a typical week's schedule during this subperiod, it is necessary to introduce two new concepts of training. One is called 'games', the other is 'special endurance'.

Small Games or fartlek lasts from 30 to 60 minutes and consists of 3 parts:

1. 15 to 20 minutes of light walking, flexibility, force general, coordinated movement, and other exercises.
2. Speed and rhythmic motion:
   a. 4 to 5 minutes of accelerations (75 meters each, 20 meters to ease down), but not to maximum effort.
   b. 4 to 5 minutes explosive speed.
   c. 4 to 6 minutes of uphill repetitions (30 to 60 meters each @ 15 to 25° slope) - good effort.
   d. 4 to 6 minutes of slow downhill walking (60 to 80 meters each).
3. 15 minutes of constant walking at a moderate pace (5:20 to 6 minutes per Km., depending on walker's ability). Do this in a natural setting as in a park.

The above routine is good to do after competition, etc. for recovery days.

Big Games lasts much longer and consists of the following 4 parts:

1. 30 to 45 minutes of light walking, flexibility, force general, and other exercises.
2. 30 to 45 minutes of speed and rhythmic motion (same as small games but 8 to 10 minutes for each).
3. Speed endurance work: 5 x 5 minutes for 1-Km for example. Recovery period of slow walking.
4. One Hour to 1.5 hr. of constant walking at moderate pace. Warm down easy with 5 or 10 minutes of flexibility.

Special endurance training can be one of four forms: Constant walking method, Repetition method, Interval method, and Mixed Repetition method of multiple intensity. The first of these methods will be introduced in subperiod 2. The repetition and interval methods will be introduced in subperiod 3, and the mixed repetition method introduced in subperiod 4.

Constant Walking Method: Intensity & Speed same, vary distance.
A typical month's program would be:

<table>
<thead>
<tr>
<th>Week</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon.</td>
<td>10Km</td>
<td>10Km</td>
<td>26Km</td>
<td>34Km</td>
</tr>
<tr>
<td>Tues.</td>
<td>12Km</td>
<td>20&quot;</td>
<td>28&quot;</td>
<td>36&quot;</td>
</tr>
<tr>
<td>Thur.</td>
<td>14Km</td>
<td>22&quot;</td>
<td>30&quot;</td>
<td>38&quot;</td>
</tr>
<tr>
<td>Sat.</td>
<td>16Km</td>
<td>24&quot;</td>
<td>32&quot;</td>
<td>40&quot;</td>
</tr>
</tbody>
</table>

(All done at 6:00/Km for example)
A 16 to 18 year old walker should reach 24-Km, then drop the distance and go faster. A 20 year old walker should do the same after reaching 30-Km. An experienced walker would follow a similar buildup, but for two months as follows:

<table>
<thead>
<tr>
<th>Week</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
<th>4th</th>
<th>5th</th>
<th>6th</th>
<th>7th</th>
<th>8th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon.</td>
<td>10Km</td>
<td>15Km</td>
<td>20Km</td>
<td>25Km</td>
<td>30Km</td>
<td>35Km</td>
<td>40Km</td>
<td>45Km</td>
</tr>
<tr>
<td>Tues.</td>
<td>10Km</td>
<td></td>
<td>20Km</td>
<td>25Km</td>
<td>30Km</td>
<td>35Km</td>
<td>40Km</td>
<td>45Km</td>
</tr>
<tr>
<td>Thur.</td>
<td>10Km</td>
<td></td>
<td></td>
<td>20Km</td>
<td>25Km</td>
<td>30Km</td>
<td>35Km</td>
<td>40Km</td>
</tr>
<tr>
<td>Sat.</td>
<td>15Km</td>
<td>20Km</td>
<td>25Km</td>
<td>30Km</td>
<td>35Km</td>
<td>40Km</td>
<td>45Km</td>
<td>50Km</td>
</tr>
</tbody>
</table>

A week's typical schedule for subperiod 2:

<table>
<thead>
<tr>
<th>Method</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constant</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Endurance</td>
<td>1-1.5 hr</td>
<td>1-1.5 hr</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

Principal concentration is special endurance by constant method.

Subperiod 3: During this two month subperiod of preparation, the volume of work declines and the intensity increases sharply with the introduction of endurance of speed training. This is accomplished by the repetition method, which is carried out on the track about three times a week. The repetition method of training is similar to interval training, but physically different. The following describes the difference:

Repetition Method: The key to the repetition method is to keep the fatigue level constant. An example of this would be repeat 600 meters in 3 minutes with a 3 minute recovery period (see diagram below).

Interval Training: With interval training the fatigue level rises with each interval. An example of this would be repeat 400 meters in 1:45 with a 45 second recovery period. The key here is that the interval is at maximal or near maximal effort (e.g. 200 heart beats per minute) and the rest period fairly short (e.g. pulse drops back to 120 bpm, then on to the next interval). (See diagram below).

Fatigue level rises.

Note: 400 meters is the minimum desired distance; below this is not effective training.

A week's typical schedule for subperiod 3:

<table>
<thead>
<tr>
<th>Method</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endurance of Speed</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Constant Method</td>
<td>15-20 Km</td>
<td></td>
<td></td>
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<tr>
<td>General Endurance</td>
<td>1-1.5 hr</td>
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<tr>
<td>Other</td>
<td>X</td>
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Subperiod 4: During this one month subperiod of preparation, a walker begins the final preparation for competition. The volume of work continues to decline and the intensity begins to drop off. The heavier the racing schedule, the lighter the load during this subperiod. The emphasis is on polishing up basic speed. Mixed repetitions are used to accomplish this. Examples of this are:

Ex. 1: 5 or 6 times the following series: 400 meters (e.g. 92 sec.); 2 min. rest; 300 meters (69 sec.); 2 min. rest; 200 meters (46 sec.); 1 min. rest; 100 meters (23 sec.); 3 or 4 min. rest before repeating series.

Ex. 2: 5 or 6 times: 100 meters + 200 meters + 300 meters + 400 meters with rest periods in between.

Ex. 3: Typical for a top walker:

5 or 10 x 800 meters in 3:15 (1 min. rests)

Note: 400 meters is the minimum desired distance; below this is not effective training.

A week's typical schedule for subperiod 3:

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<thead>
<tr>
<th>Method</th>
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<th>F</th>
<th>S</th>
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<tbody>
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<td>Endurance of Speed</td>
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<tr>
<td>Constant Method</td>
<td>15-20 Km</td>
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<tr>
<td>General Endurance</td>
<td>1-1.5 hr</td>
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<td>Other</td>
<td>X</td>
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</tbody>
</table>

The above is done 2 or 3 times per week with general endurance, constant method (15-20Km), and other training done on the remaining days as was outlined in subperiod 3.

B. Period B:

This is approximately a four month period of competition. It is difficult to train during this period, so most of the days are spent warming up and down before and after races. Warmup workouts before competition in a very individual thing. The Mexicans rest two days before competition. The day before, they do a constant paced distance (e.g. 5,000 meters strong); whereas Beaulieu and Collins do a few repetitions (e.g. 5 x 800 meters).
A typical example of the above would be:

- **Thurs.** - 75% effect, sauna (3 x 2 min. to 5 min., 5 min. in cool water in between)
- **Fri.** - Rest
- **Sat.** - Warmup (25% of race distance in repetitions)
- **Sun.** - Race
- **Mon.** - 14 km. easy walking
- **Tues.** - Sauna

20-Km walkers race 6 to 8 times at that distance
50-Km walkers race 3 or 4

**C. Period C:**

This is a one month transition period. There is no training of race walking, but staying active with other sports, etc. is desired.

V. Closing Lecture on Training and Questions/Answer Session by Professor Hausleber, Daniel Bautista, and Raul Gonzalez.

On a three-dimensional diagram representing three principal athletic ingredients: force, speed, and endurance; race walking is shown as principally an endurance sport:

![Diagram showing force, speed, and endurance]

- **Walking**
  - Speed: 100 meters running
  - 200 meters running
  - 800 meters running
  - 10-Km Run
  - 20-Km Walk
  - 50-Km Walk

  **Endurance**:
  - 10-Km Run: 40%
  - 20-Km Walk: 80%
  - 50-Km Walk: 90%

  **Force**:
  - 10-Km Run: 60%
  - 20-Km Walk: 20%
  - 50-Km Walk: 10%

Walking is 80 to 90% endurance. Therefore, training should be concentrated on this ingredient. Full speed in training is only for short bursts, except during races.

**General Comments:**

Warmup and cooldown is important for muscular and circulatory system.

The minimum sleep required for young walkers is 8 to 9 hours, and 7 to 8 hours for older walkers.

Altitude training is only one factor in a good training program. It helps maybe 2 minutes in 20-Km and 5 minutes in 50-Km. Most Mexican walkers were not born at altitude.

Raul Gonzalez was an all-around athlete prior to taking up race walking, but did not specialize in any sport.

The new generation of Mexican walkers were not runners.

The race walking program in the Mexican school system is 3 years old. The following distances are raced:

- 12 to 14 years old - 2Km.
- 14 to 16 years old - 5Km.
- 16 to 18 years old - 10Km.

Aid taken in longer races is an individual thing. They use water, glucose, plus a little flavoring; or water and mineral salts (sodium, potassium, and calcium). No heavy fluids or solids are taken.

Racing tactics today are quite different from 20 years ago. A hard effort from start to finish is usually used today, whereas more tactics were used in the past. An equal paced race is best, but it pays to take risks sometimes if one's training will support the strong effort.

Professor Hausleber likes athletes who challenge their own abilities and don't hold back. "The world is for those who take risks."

**FROM HEEL TO TOE**

Those who have taken quarters with Chris McCarthy when staying in Chicago will be happy to hear that he has deserted apartment living and is now in a house. He reports: "Have moved to an abandoned (cheap-$3,500) house, which we own and are fixing (?) up." Chris is the same one who was once disgusted with himself when he bought a car for $900 and got stuck with a lemon. Said he always knew you couldn't buy a good car for less than $75. I'm not sure how much you have to pay for a good house, but he must be pushing the limit on this one. Anyway, for those who are interested, the address is 976 W. 19th in Chicago. Phone 632-8578. Alert readers will have already picked this up from the results, but we have a marriage to report in race-walking circles. Bruce Harland and Eileen Smith have entered that blissful state. Incidentally, the great indoor season this year is having an even more remarkable light of what Bruce MacMillan reports. According to Bruce N., Bruce H. has not been able to train much since he spends 5 days a week at sea in a small boat. Todd Scully was quoted after setting his record at the Millrose Games: "I was up there on by this week's record by Dima in Milan. I think I have a chance in the Olympic Games, but our best bet in the 20 Km race is still Neil Fiske."...Midland results you should have seen above: 2 Mile, Livingston, NJ, Jan. 13-1. Ron Daniel 14:30 2. Ron Hullk 14:22 3. Cliff Minna 15:14. 4. Bob Minna 16:21 5. David Staehler 16:56 6. Don Johnson 16:17 7. Roger Harr 19:25 8. 5Km, Long Branch, Jan. 13-1. Bob Minna 1:24:15 2. Alberto Alvarez 1:28:25 3. George Bradland 1:30:32 20 Km, Long Branch, Jan. 20-1. Sam DeLuca 2:45:50 2. David Staehler 1:51:53 3. Bob Minna 1:57:53.