

Going for it

The workouts that produced a 2:08 marathon

The Runner invited me to share with you the training I did prior to this year's Boston Marathon where I placed second behind Alberto Salazar in 2:08:53. The period outlined below begins with my move from Minnesota to Georgia in February for stepped-up training in good weather and ends with the week of the Boston Marathon.

February 21-27 (Total: 140 miles)

Sunday:

A.M. 21 miles at sub-6:00 pace on hilly route.

P.M. 5 miles easy.

Monday:

A.M. 11 miles at moderate pace on hilly route.

P.M. 9 miles at sub-6:00 pace.

Tuesday

A.M. 7 miles easy.

P.M. 3-mile warmup; 8 × 880 in 2:25 w/440 jog intervals; 4-mile cooldown.

Wednesday:

A.M. 10 miles on hilly route.

P.M. 7 miles. Left for Houston.

Thursday:

A.M. 10 miles fast fartlek; 2-mile cooldown.

P.M. 9 miles; then returned to Atlanta.

Friday:

A.M. 6 miles easy on hills; treadmill test to max (approx. 4 miles).

P.M. 8 miles easy.

Saturday:

A.M. 11 miles at sub-6:00 pace.

P.M. 7 miles.

February 28-March 6 (Total: 87 miles)

Sunday:

A.M. 20 miles in 1:51.

P.M. 4 miles easy.

Monday:

A.M. 9 miles easy.

P.M. 9 miles easy.

Tuesday:

A.M. Left for Japan.

P.M. 8 miles during layover in San Francisco.

Wednesday:

A.M. 7 miles easy, in Nagoya, Japan. Have come down with bad cold. No second run.

Thursday:

A.M. 9 miles easy.

P.M. 4 miles easy. Cold still bad.

Friday:

A.M. 9 miles w/8-10 pickups (legs felt heavy).

P.M. 3 miles easy. Cold is bad.

Saturday:

A.M. 5 miles easy, then rest all day for cold.

March 7-13 (Total: 105 miles)

Sunday:

A.M. 2-mile warmup w/strides for 30-km road race. Felt terrible and was DNF at 23 km.

Tuesday:

A.M. 10 miles. Feel sluggish, chest is tight.

P.M. 7 miles away.

Wednesday:

A.M. 10 miles. Chest still tight.

P.M. 5 miles easy.

Thursday:

A.M. 10 miles, including fartlek on hills.

P.M. 8 miles on forest trails.



Beardsley's (3) ambitious training program paid off at Boston.

Friday:

A.M. 10 miles. Feel awful, went to doctor and got injection.

P.M. 5 miles easy. Very tired.

Saturday:

A.M. 7 miles easy on hills. Felt too ill to run again.

March 14-20 (Total: 97 miles)

Sunday:

A.M. 15 miles. Still tired and sluggish. Talked to Coach (Bill) Squires; he told me to run once a day for 60 min, then increase to 70 min. after two days.

Monday:

A.M. 60 min. easy (about 9½ miles).

Tuesday:

A.M. 60 min. easy (about 9½ miles).

Wednesday:

A.M. 70 min. easy (about 11 miles). Starting to feel better. Ran through a 4:45 mile on track during run.

Thursday:

A.M. 70 min. (about 11 miles). Doctor says I'm O.K.

P.M. 5 miles easy.

Friday:

A.M. 14 miles on hilly route. Feeling better. Drove to Nashville for race.

P.M. 4 miles easy.

Saturday:

A.M. Music City Days 11.2-mile race. Used it as training run and won in 57 min. Felt strong; hilly course. 2-mile cooldown.

P.M. 5 miles easy.

March 21-27 (Total: 120 miles)

Sunday:

A.M. My 26th birthday. 21 miles on hills around Nashville at 6:00 pace; drove back to Atlanta.

Monday:

A.M. 10 miles at 6:00 pace.

P.M. 8 miles at 6:00 pace. Doctor said I'd had "walking pneumonia."

Tuesday:

A.M. 9 miles easy on hills.

P.M. 3½-mile warmup; 7 × 660 in 1:43 w/330 jog intervals; 1 × 880 in 2:16; 4½-mile cooldown.

Wednesday:

A.M. 12 miles at 6:00 pace on hills.

P.M. 5 miles easy.

Thursday:

A.M. 8 miles of light "Squires fartlek" on hills; 1-mile cooldown.

P.M. 7 miles including 5 200y pickups.

Friday:

A.M. 7 miles easy over Heart Trek 10-km course in Atlanta.

P.M. 3 miles easy.

Saturday:

A.M. 2-mile warmup, including 4 × 150 strides. Ran Heart Trek 10 km and won in 29:12 over Dean Matthews and Benji Durden.

P.M. 5 miles easy.

March 28-April 3 (Total: 120 miles)

Sunday:

A.M. 21 miles at 6:15 pace on hills. No second run.

Monday:

A.M. 10 miles on hills.

P.M. 7 miles.

Tuesday:

A.M. 6 miles easy.

P.M. 3-mile warmup; 3 × 880 in 2:15 w/330 jog intervals; 4-min. jog; 1 × mile in 4:34; 4-min. jog; 2 × 880 in 2:18 w/330 jog; 4-min. jog; 1 × mile in 4:39; 4-min. jog; 1 × 440 in 65; 5-mile cooldown.

Wednesday:

A.M. 12 miles on hills. No second run.

Thursday:

A.M. 10 miles of fartlek on hills. Cybex testing.

P.M. 7 miles easy.

Friday:

A.M. Blood taken as part of Olympic study. 7 miles.
P.M. Treadmill test. 6 miles easy.

Saturday:

A.M. 15 miles at 6:00 pace on hills. Flew to Boston.

April 4-10 (Total: 116 miles)**Sunday:**

A.M. I'm in Boston for final two weeks of pre-marathon training. Ran first half of race course at 5:30 pace in full sweats. Felt good. 2-mile cooldown.
P.M. 5 miles easy.

Monday:

A.M. 10 miles.
P.M. 6 miles.

Tuesday:

A.M. 3-mile warmup; 7 miles up and down Heartbreak Hill in blinding snowstorm; 3-mile warm-down.
P.M. 3 miles easy (all I could do because of storm).

Wednesday:

A.M. Woke up to two feet of snow and flew back to Atlanta to continue training without snow.
P.M. 13 miles at sub-6:00 pace.

Thursday:

A.M. Stayed in Atlanta. 9 miles on hills.
P.M. 7 miles at sub-6:00 pace w/3 x 1-min. surges.

Friday:

A.M. 20 miles in 1:52 on hilly course, broken down this way: 2-mile warmup; 1 mile on track in 4:38; next 7 miles at 5:35 pace w/1-min. surge every 10 min; for miles 10-19 did 3-min. surges every 6 min; then mile on track in 4:50. 2-mile cooldown.

Saturday:

A.M. 8 miles on hills in Stone Mountain.
P.M. 5 miles easy.

April 11-17 (Total: 88 miles)**Sunday:**

A.M. 12 miles at 6-6:10 pace on hills.
P.M. 7 miles easy.

Monday:

A.M. 9 miles on hills. Left for Boston.
P.M. 7 miles. Did clinic in Lawrence, Mass.

Tuesday:

A.M. 2-mile warmup; 1 x 1320 at 68-sec 440 pace; 2 x 660 at 67-sec. pace; off track for run up and down Heartbreak Hill; back to track for 1 x 660 at 66-67 pace; 1 x 880 at 70 pace; 2-mile cooldown.
P.M. 4 miles easy.

Wednesday:

A.M. 6 miles easy.
P.M. 4 miles easy.

Thursday:

A.M. Ran miles 15-22 on marathon course.

P.M. 2 miles easy.

Friday:

A.M. 7 miles easy.

P.M. 4 miles easy.

Saturday:

A.M. 7 miles.

P.M. 2 miles.

April 18-20**Sunday:**

A.M. 30-min run w/4 x 220 surges. Lots of stretching. Drank quart of Gatorlode.

P.M. Dinner of spaghetti, bread, water, cake. Went to sleep at midnight.

Monday: (Marathon Day)

A.M. Woke at 7; had breakfast of toast and hot chocolate; drank lots of water and Squincher. Driven to course and rested; warmup of 10 min. jogging and half-hour stretching.

Noon. Race. Finished second to Salazar in 2:08:53. He ran 2:08:51.

Tuesday:

A.M. 30 min. of very, very easy jogging. Right hamstring is sore from cramping at end of race, but I feel fine otherwise.

FINISH

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