

ROAD RACERS

AND THEIR TRAINING

Edited by Joe Henderson



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week, relative rest days; four times weekly, normal runs; once a week, long run. The normal run really represents the time I have available to run rather than some physiological or tactical limit. The normal run is now 14 miles at between 6:30 and 8:30 mile pace. These runs are always on the road, rarely a strain. The rest days are run on the road or on the grass, sometimes easy, sometimes quite fast, again never a strain. The long run is between 25 and 50 miles, 30 miles on a normal week. I look forward to building up to 70-100 miles. Pace on these is 7:30 to 8:30 per mile.

Nat Girulnick

Along with Ted Corbitt, Cirulnick pioneered in US super-marathoning. As far back as 1964, New Yorker Nat was putting two 26-milers back to back, and doing it at quite a respectable pace. Cirulnick, who ran his marathon best of 2:36:43 in 1956, is one of a select group of marathoners who've raced the distance well over 100 times. He reached that figure long before his 40th birthday, too.

Nathaniel Cirulnick. Rosedale, N.Y. (United Athletic Association). 5'10½", 144 lbs. Born July 27, 1930, in New York City. Occupation: social studies teacher. Married, three children. Began racing in 1947 at age 16. "I hope to run for as long as I live; will train hard at least until 60 years of age." Self-coached.

Best Times: Mile—5:09 (1954); 2 miles—10:53 (54); 6 miles—34:30.6 (55); 10 miles—1:01:44 (54); 20 kms.—1:11:07 (56); 25 kms.—1:27:43 (56); 30 kms.—1:51:34 (56); 20 miles—2:07:17 (60); Marathon—2:36:43 (56); 30 miles—3:26:16 (63); 52½ miles (London-Brighton)—6:43:44. Normal racing range: 2-50 miles. Favorite: 50 miles. Frequency: once a month.

Training: twice a day (6 a.m., 4 p.m.), 7 days a week, 12 months a year. 90 miles a week. Longest-ever training run: 50 miles.

Description: "The philosophy of my training is to make a game out of training. I do not know how much I am going

to train. It is determined by meeting set standards while running. Beginning with one-half hour and every 15 minutes thereafter, I check how far I have run. If I have bettered the standard, then I keep running for an additional 15 minutes, etc."

Ted Corbitt

Here's one of the truly amazing men of the sport: 50 years old, a distance runner for 34 of those years, a painstaking student of running who turns over a great volume of his own writing to running publications, a New York physiotherapist who logs upwards of 100 miles a week on the city's streets while running to and from work, an explorer of distances on the far side of 26 miles—an almost virgin territory for Americans until quite recently. The information here deals with Ted's preparation for the greatest runs of his career—his second-place finish in the 52½-mile London to Brighton road classic (he got an American 50-mile best of 5:38:11 even with his 2½-mile handicap) and the 13½-hour 100-mile track race a month later. Truly amazing. What more can you say about Ted?

Theodore Corbitt. New York, N.Y. (New York Pioneer Club). 5'9¼", 134 lbs. Born Jan. 31, 1920, at Dunbarton, S.C. Occupation: physical therapist. Married, one child. Began racing in 1936 at age 16 (started training for and racing marathons in 1950). He'll continue "as long as health and work conditions permit it." Self-coached.

Best Times: 100y—10.4 (1939); 220y—23.5 (42); 440y—50.7 (41); 880y—2:06 (42); Mile—4:27 (41); 2 miles—9:06 (43); 6 miles—32:30 (60); 10 miles—54:15 (60); 15 miles—1:23:00; Marathon—2:26:45 (58); 30 miles—3:04:13 (59); 52½ miles—5:38:11 (69); 100 miles—13:33:06 (69). Normal racing range: 4-50 miles. Favorite: 30 kilometers. Frequency: "once or twice a month, except when building up for a marathon or an ultra-marathon. Then I might avoid competition for as much as three months." At last count (end of 1969), Corbitt had raced the marathon distance (or longer) 135 times, finishing every one he started.

Training: 2-4 times a day (6:10 a.m., 5:15 p.m., "occasionally 12:10 p.m. and other times"), 7 days a week, 12 months a

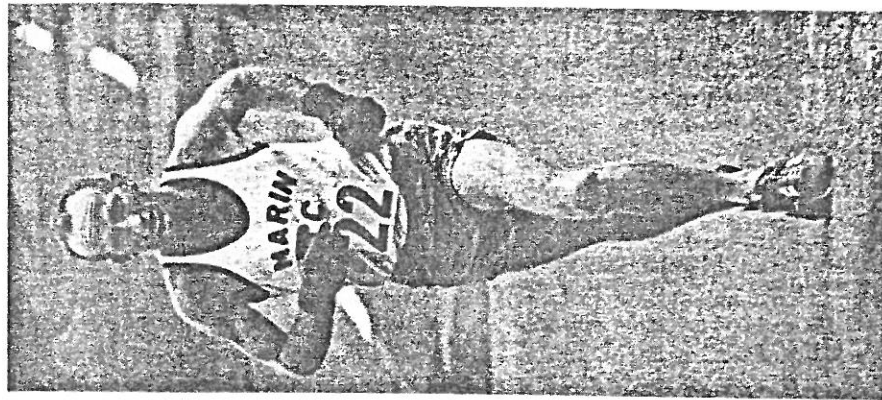
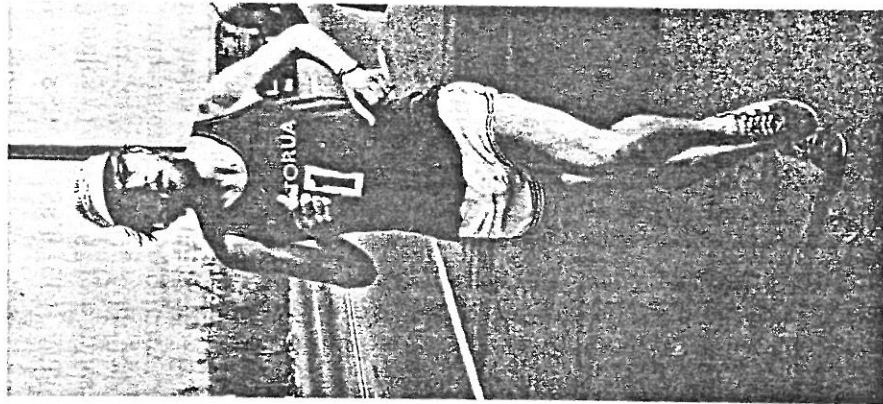
year. Mileage "varies between 100 and 200 miles a week, depending on what I'm preparing for, etc. Week of marathon will usually run less than 50 miles." Longest-ever training run: 83.3 miles.

Description: "I train mostly on the streets. Some workouts are in parks and a few are on tracks. On rare occasions I run up and down 15 flights of steps (5-20 times) in my apartment building. Most mileage is done running to work and occasionally back home, or part way back from work. Running tools: 1. Long slow runs—15-20 miles, done during week; 30-40-50 miles, weekends or holidays. After several months, I'll accelerate up and down all hills in these runs, except in the 50-miles or more workouts. 2. Faster runs—11.6 miles (usually run in 1:17 or slower through heavy traffic) and 13.4 miles (1:35 or slower). This is to practice racing speed for the marathon or ultra-marathon. 3. Fast and slow running—various fast 50-300 yard intervals with jogging between. I select from these three types of runs to prepare for whatever race I'm aiming for. There is a similarity to training in all seasons, but I'll employ long slow runs in winter and summer, and shift to faster running at other times."

Bob Deines

Deines' methods are refreshingly simple and straightforward, so much so that they're classed as "unconventional." He likes running for its own sake and dislikes methods which detract from his enjoyment of the sport. He looks on running as a basically uncomplicated action, so he avoids complicating it needlessly. Bob trains once a day, two hours at a comfortably slow 7-8 minute pace on nearly all those days. Not only does he not go within a minute or two per mile as fast as most of the country's leaders, but he doesn't cover as much ground in training, either. And still he is one of the country's leaders himself. Twice he finished sixth at Boston, he missed the US Olympic team by a minute and a place, and he owns the national 50-mile best.

Robert Dale Deines. Oakland, Calif. (Other Ways Track Club). 6'1", 140 lbs. Born June 6, 1947. Occupation: high school teacher. Single. Began racing in 1964 at age 17. "I don't foresee



ABOVE: Bob Deines (left) and Darryl Beardall.



RIGHT: Ted Corbitt