

# Running with the Legends by Michael Sandrock (1996)

Running is fun; the more I ran the better I got; the better I got the more fun I had. Priscilla Welch went from 6:25 mile pace at 145 AHR to 5:47 mile pace at 145 AHR, just by training at 70-80 MHR. "If you want to be the best runner you can be, start now. Don't spend the rest of your life wondering if you could do it" (Priscilla Welch started running at 35). "Find the best runners possible and run with them" (Frank Shorter).

Run two hard interval sessions a week and one long run with every other run aerobic. Do this for 2-3 years and you'll get good. Running is the kind of sport where, once it becomes part of your daily routine, there's very little attrition (Shorter). What the mind can believe, you can achieve. When Lorraine Moller gets tired and is passed, she will try to pass them back. "Our thoughts and beliefs are the blueprints from which we create our physical reality" (Lorraine Moller). Success in running breeds success in the classroom (Peter Coe).

"If you are noticing the scenery, you probably aren't working hard". "Endure at least one moment longer than your adversary" (Sebastian Coe). Use cross-country skiing to increase your cardio over the winter without wearing out your legs from too much running. "Too many people go hard on their easy days, and easy on their hard days" (Ingrid Kristiansen). Many elite athletes live in Wonderland Hills section of Boulder, CO. See Ingrid's workouts on page 342. Heavy mileage leads to burnout (Toshihiko Seko). "To run well you have to run with passion. If it is quenched, you can't do it".

To be a top runner, you have to make choices. Long runs, hill repeats, intervals, tempo runs; each separated by an easy run day. Train to your optimal level, not your maximum level. Success comes from the accumulated benefits of years of training (Robert de Castella). "To run fast in the marathon, you have to run fast in training". "The will to win is nothing without the will to prepare" (Juma Ikangaa). The only failure is the failure to try. Each time she reached a goal, she set a newer, more difficult one (Joan Benoit Samuelson).

Teach children that they have to work for good things. That way, they will appreciate them more (Rosa Mota). Hard work is one of the best things in life; it gives you satisfaction. Take a break so your body can recover, and when you come back, you don't have to keep doing more mileage to get faster. "We only have one life to live, and it passes by very quickly. So, we'll go for it, and maybe see if it's possible. And if we don't make it, at least we'll know we gave it our best effort" (Uta Pippig).