



OFFICIAL 1984
CALENDAR

IRONMAN
TRIATHLON WORLD CHAMPIONSHIP

KONA,
HAWAII

Calligraphy by Anne Bobzien

January 1984

Photo Courtesy of Ironman

1/23 - NORTH COURSE -

3336 @ 5mi / 643

3227 @ 5mi / 630

Lm @ 600
(LAST MILE)

10mi @ 6603 / 636

1/2 mi. WARM-UP

1/2 mi WARM-DOWN

FIRST HARD RUN SINCE LAKE MURRAY 50
DES. 17 KNEE WEAK... BUT NO ACHES.

FITNESS LEVEL LOW, BREATHING
NOT SMOOTH - HUFFING & PUFFING.

60°-65° FULL ☀️ NO WIND

1/31 1mi. @ 5:21

1984						Photo Courtesy of Ironman		
Monday	Tuesday		Wednesday		Thursday	Friday	Saturday	
12 Form	898	6	897	12 Form 4	896	6-8	895	6-5
0 MAZEZ DOING FINE	4 30:00 KNEES 30:00 TODAY - LADILLA SANTA ANA 14 85° CLOUD 60° WATER		5 30:00 EZ MI @ 637 BETTER MAN WED. BUT STILL 14 NOT GOOD KNEE (LEFT)		6 45:00 NO POWER AFTER 30:00 - 15:00 - 6		7 30:00 BETTER TODAY LEFT KNEE BAD... 14 34	
12 Form	891	6	890	12 Form	889	6-8	888	6-5
RUNNING FREE WEIGHTS 15 STRETCHES 15 SIT-UPS	11 NO RUNNING GYM: WORK BURS FREE WEIGHTS 100X SIT-UPS 45 MIN. WORKOUT MACHINES		12 NO RUNNING 100X SIT-UPS STRETCHES WORK: 8 HRS.		13 NO RUNNING 100X SIT-UPS STRETCHES WORK: 8 HRS.		14 NO RUNNING 10	
6 Form	884	2-4	883	6 Form	882	3-4	881	0-3
10X SIT-UPS WEZ WEAK BUT ICE and DMSO	18 ICE and DMSO 30:00 DEL MAR 2mi @ 12:50 / 625 100X SIT-UPS STILL NO ACHES 4		19 ICE & DMSO 30:00 DEL MAR 10:00 625 STILL NO ACHE - WEAK... 4 PRAISE THE LORD... U		20 ICE & DMSO 30:00 FROM STORE JOHN @ 7:00 STEADY TODAY... STILL NO ACHES... JOHN BETTER 100X SIT-UPS 4		21 ICE / DMSO 30:00 KNEE BETTER 10:00 617 10:00 643 U 100X SIT-UPS 20	
12 Form	877	6	876	12 Form	877	6-8	876	6-8
HAMSTRINGS 2 10016 DEL MAR TIED TODAY NO SLEEP LAST NITE... KNEE STILL HOLDING /	25 10LJ EZ HAMSTRINGS RIGHT SIDE KNEE GOOD! 100X SIT-UPS		26 301915 / 600V EIRINTAS 30NW GOOD RUN... 16		27 100 DEL MAR EZ BEACH 1/2 10		28 4EZ DEL MAR 4 40	
12 Form	120 mi. MONTH OF JANUARY RUNNING / 1,250 SIT-UPS							
DEL MAR W	Ironman Triathletes must finish a 2.4 mile ocean swim, a 112 mile bicycle race, and a 26.2 mile marathon.							
10521 100X STROKES 100X SIT-UPS	WEAK KNEE INJURY. LEFT ALL MONTH LONG. TREATMENT: REST/ICE and DMSO							

Phone **CALL OUT**

Area Code **619** Number **444-1234** Extension **1234**

TELEPHONED ☐ CALLED TO SEE YOU ☐ WANTS TO SEE YOU ☐ RETURNED YOUR CALL ☐

PLEASE CALL ☐ WILL CALL AGAIN ☐ URGENT ☐

Message _____

WHILE IN SAN DIEGO STAY AT
WINNERS' CIRCLE BEACH & TENNIS RESORT
 550 VIA DE LA VALLE
 DEL MAR, CA
 (714) 755-6666 1-800-528-1234
 Best Western ID #05376

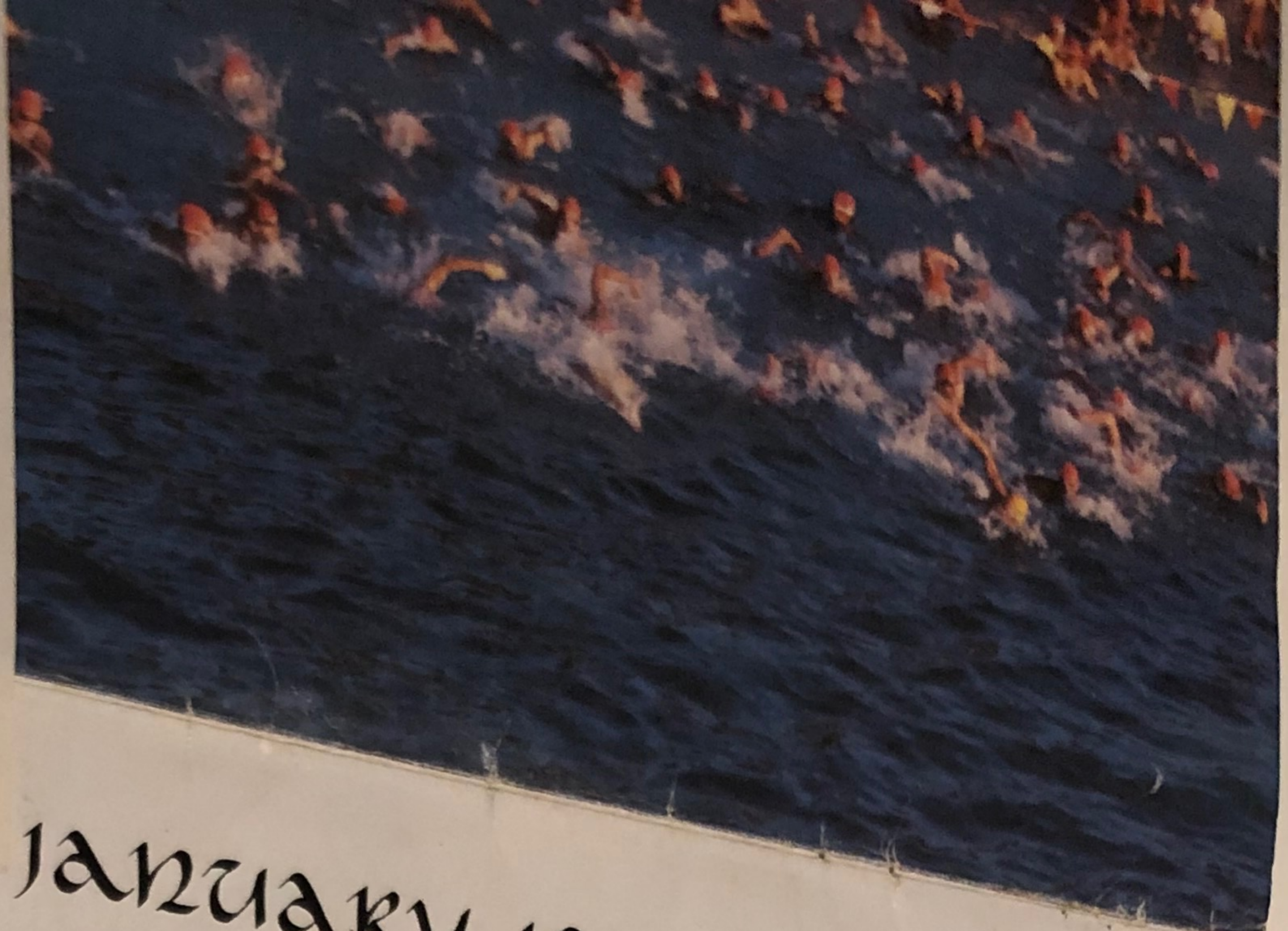


Photo Courtesy of Ironman

January 1984

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
901 21 1 30:00 EZ DELMAR 4 100X SIT-UPS KNEE BETTER!! New Year's Day RAISE THE LORD... Ü 894 9x10530 8 5800 0EZ BEACH RUN WITH KZN - NITE... KNEE: NO STRENGTH 6 887 24 15 NO RUNNING MISSION BAY 26.2 JOE LEAGUE 219:40 SHIRLEY 231:04 OK: TONY 33:04 880 11x10 22 2742 10615 KNEE Ü 4 875 1 20 10624 10607 2 EZ 50X SIT-UPS	100 5 2 30:00 EZ LA JOLLA STRETCHES JACUZZI: 30:00 4 KNEE BETTER YET - Ü 893 5 9 30:00 0EZ ENCINITAS 0:00 ICE 4 886 2-4 16 NO RUNNING SIT-UPS STRETCHES 879 5 23 1006003/636 503227 11100 150X SIT-UPS KNEE Ü 874 5 30 1 HR EZ 0700 BTM TORREY HILL 100X STROKES 100X SIT-UPS 8	899 12 Form 3 62:00 DEL MAR EZ RICHARD... KNEE DOING FINE 8 892 12 Form 10 NO RUNNING GYM: FREE WEIGHTS MACHINES - STRETCHES JACUZZI 15 STAMMIS 100X SIT-UPS 885 6 Form 17 100X SIT-UPS 30:00 WJ EZ KNEE WEAK BUT NO ACHE ICE and DMSO 4 Ü 878 12 Form 24 HAMSTRINGS 3EZ 10016 1224 DEL MAR 100X SIT-UPS TIRED TODAY NO SLEEP LAST NITE... KNEE STILL HOLDING / 4 873 12 Form 31 DEL MAR 30NW 10521 100X STROKES 100X SIT-UPS 4	898 6 4 30:00 KNEES 2016 TODAY - 10011A SANTA ANA 11 85° CLOUD 60° WATER 891 6 11 NO RUNNING GYM: WORK BARS FREE WEIGHTS 100X SIT-UPS 45 MIN. WORKOUT MACHINES 884 2-4 18 ICE and DMSO 30:00 DEL MAR 2mi @ 12:50 / 625 100X SIT-UPS STILL NO ACHE 4 877 6 25 10LJ EZ HAMSTRINGS RIGHT SIDE KNEE GOOD! 100X SIT-UPS 120 mi. MONTH OF JANUARY RUNNING / 1,250 SIT-UPS Ironman Triathletes must finish a 2.4 mile ocean swim, a 112 mile bicycle race, and a 26.2 mile marathon. WEAK KNEE INJURY. LEFT ALL MONTH LONG. TREATMENT: REST/ICE and DMSO	897 12 Form 5 30:00 EZ 1mi @ 637 BEHER MAN WED. BOT STILL 4 NOT GOOD KNEE (LEFT) 890 12 Form 12 NO RUNNING 100X SIT-UPS STRETCHES WORK: 8HRS. 883 6 Form 19 ICE & DMSO 30:00 DEL MAR 10625 STILL NO ACHE - WEAK... 4 PRAISE THE LORD... Ü 876 12 Form 26 301915 / 600V ENCINITAS 30NW GOOD RUN... 6 877 6-8 27 100 DEL MAR EZ BEACH 1/2 10	896 6-8 6 45:00 NO POWER AFTER 30:00 - 15:00 6 889 6-8 13 NO RUNNING 100X SIT-UPS STRETCHES WORK: 8HRS 882 3-4 20 ICE & DMSO 30:00 - FROM STORE JOHN 7:00 STEADY TODAY... STILL NO ACHE... 4 100X SIT-UPS 876 0-5 28 4EZ DEL MAR 4 40	895 0-5 7 30:00 BEHER TODAY LEFT KNEE 30:00... 4 34 888 0-5 14 NO RUNNING 10 881 0-3 21 ICE/DMSO 30:00 KNEE BETTER 10617 Ü 10643 Ü 4 100X SIT-UPS 20

277-3591

FEBRUARY

1984

12 HRS 30 SEC PULLS
Photo by Peter French
201 TOTAL MILES
1850 SIT-UPS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1st MISSION BAY '78
MARATHON 3:34:16 JANUARY
1st 10K DOUGLAS CO. '78
40:44 APRIL

868 13x10530
5 503547
COLLIAS MTN.
TO ENCINITAS
[5] 100X SIT-UPS

867 5
6 DELMAR SO.
4@NW
1@5:21
1@5:17
[6] 150X STROKES
100X SIT-UPS

866 8 FORM
7 6@700
DELMAR SO.
TO DMWOODS
300X STROKES
[6] 100X SIT-UPS

872 6
1 4@HW RZN
DELMAR
[4]
8 30:00 EZ
RICHARD WHITE
6:00@ STROKES
[4]

871 12 FORM
2 2@HW
WCTO 15MPH TR
[8] 30 2009/
301801/
KNEE U
864 6 FORM
9 EZ HOUR
SO. FROM
STROKE @7:00
5MIN. STROKE
[8] 100X SIT-UPS

870 6-9
3 11@700EZ
NORTH TO ENCINITAS
KNEE DOING BETTER
[11] NO SIT-UPS
JACUZZI 15
863 5
10 100X SIT-UPS
[21] 5MIN. STROKE

869 0-5
4 2@ups of CRASH
@2712 EZ
RAPPORT-
[4] [27]
862 0-3
11 NO RUNNING...
REST DAY
100X SIT-UPS [50]
10MIN. STROKE
855 1-2
18 10K @4813
PR 4RZN
10:20X STROKE
[6] [51] [72:58]

861 12 EZ
12 7@EZ (AM)
COLLIAS MTN.
KNEE STIFF!!!
[7] STROKE 12:32
JACUZZI 30:00

860 2-4
13 6@3904
10:00 STROKE
[6] 100X SIT-UPS
105:54
Lincoln's Birthday

859 4 FORM
14 30:00. STROKE
NO KICKING
100X SIT-UPS
St. Valentine's Day

858 2-4
15 10@SUB 7
10:00 X STROKE
[10]

857 2 FORM
16 33:00@ PM
ENCINITAS
REST-DAY!!
[4] WIND 20:30

856 1-2
17 CIRCLE TO
SCRIPTS PIER
1:59:00
[18]

855 1-2
18 10K @4813
PR 4RZN
10:20X STROKE
[6] [51] [72:58]

854 Olympic 26.2
19 10:20X STROKE
JACUZZI 20:00
200X SIT-UPS

853
20 11+@1:20:33
CIRCLE TO
TOP OF TORREY PINES
[11] OUTSIDE
39:35 OUT
President's Day
100X SIT-UPS

852
21 15:02 X STROKE
NO RUNNING...
REST!!!
200X SIT-UPS

851
22 50 3502
[5] 10:02 STROKE
200X SIT-UPS

850
23 4@EZ 30:00
BEACH DELMAR
[4] NO SIT-UPS
NO STROKE
50K #2

849
24 STRETCHES:
COMPLETE REST
DAY!!!

848
25 50K 3:24:47
5/PACE OVER ALL
26.2 2:49:30
[34] [352] [51]

847
JACUZZI
REST

846
27 REST

845
28 (30MINS BACK)
3@EZ
6@4010 JOHN
FROM STORE TO
2MI SOUTH
[9] 15:30 PULLS
150X SIT-UPS

844
29 1:28:36
200X SIT-UPS
[12] JACUZZI 1500

Average Ironman training distances per week are:
Swimming - 7 to 10 miles
Biking - 250 to 350 miles
Running - 50 to 70 miles

* GOAL THIS MONTH IS TO GET COMFORTABLY INTO THE 70-90 MI. PER WEEK RANGE.
3/1

MARCH 1984 BOB:

573-4961

Photo Courtesy of Ironman

3/18 - 3/24
21 > @ 2:11

6 @ 7:00

25 > 15 @ 6:30
10 @ 6:45

12 @ 7:00

11 @ NW 1 @ 6:14 PHILL

15 > @ NITE

10 @ 7:00

100 31:00 x pulls
350 sit-ups

ONE HUNDRED

Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK AVE eat from lava re on race day 0 degrees. 14.8 mi. DA @ 2.5 DAZE RUN	352 MONTH	130 MIN. @ E2 1 mi @ 6:15 DEL MAR - P.O.B 75° - 0° 14 100X SIT-UPS 15:00X PULLS	21:31:00 BEACH FROM STORE TO POSIDON RETURN ON ROAD - E2 13 0° 75°	3 1500X PULL LEGS TIRED TODAY - NO RUNNING... 100 30:00 38 45:30
00 @ 40:03 40 PRE T VERY GOOD 20:00X PULLS 200X SIT-UPS	7 13 AM @ 7:00 6:30, 6:20, 6:15 7 PM 5 @ NW 10 505 10 512 20 JOHN, DOUG PM HE'S COMING BACK!!	8 @ 11:13 20:00 X PULLS 200X SIT-UPS 16	0 AM 15 @ 14:00 JH/STORE TO 5 MI MARK PM 11 @ 1:15 JH 126 GORDY TO BLAG WOW!! AS HELLIES SORE	10 @ 42:40 22:00X PULLS 500 62:00 16 90
0 @ 6:30-6:45 0 244 0 1 mi @ 5:47 10 7:00+ JH 50 100X SIT-UPS	14 @ EZ GYM/10 MACHINES STEAM/POOL 200X SIT-UPS 6 9:30 7 PM INDOOR	15 22 @ DEL MAR 21:31:00 TOTAL 20 @ 2:17:30 ROLLER COASTER 20 BAY TO SEA LODGE NO PROBLEMS	16 REST/REST PEPSI at 4 BATHS AT THE 7-11 LUSHORE	17 @ 00 EZ RICHARD WINNERS CIRCLE TO DICE PINE 10 (NICE RUN) 60 10:00 5:00
10 20 @ 2:11:08	20 15 @ 138:44 AM 5 mi. RUN PM 10 @ 10:00 6 728 100X SIT-UPS	21 12 @ 7:00 VERY TIRED! INDOOR 12	22 1:30:55 TORREY STATE RESERVE.... GUY FLEMING TRAIL 10	23 15 @ 6:00 SICK IN AM/HELL IN PM NITE RUN... YOU HAD TO BEEN THERE JH/STORE TO DEL MAR WOODS!!! 15 50X SIT-UPS
25 REST 200X SIT-UPS	26 REST	27 AM 10 7:00 JH TO 1 mi. WALK 120 MIN RUN WALK 19 EZ	28 BAKE IN OVEN? 21 10:00 MARK EZ 12 100X SIT-UPS	29 MENTAL INSECT REST 110X SIT-UPS
		30 REST	31 SHARP 10 mi 57:30 25TH OVERNIGHT B:45 PACE 2 WARM 2 DOWN LIGH TIR	

Kuhio Day

270-4

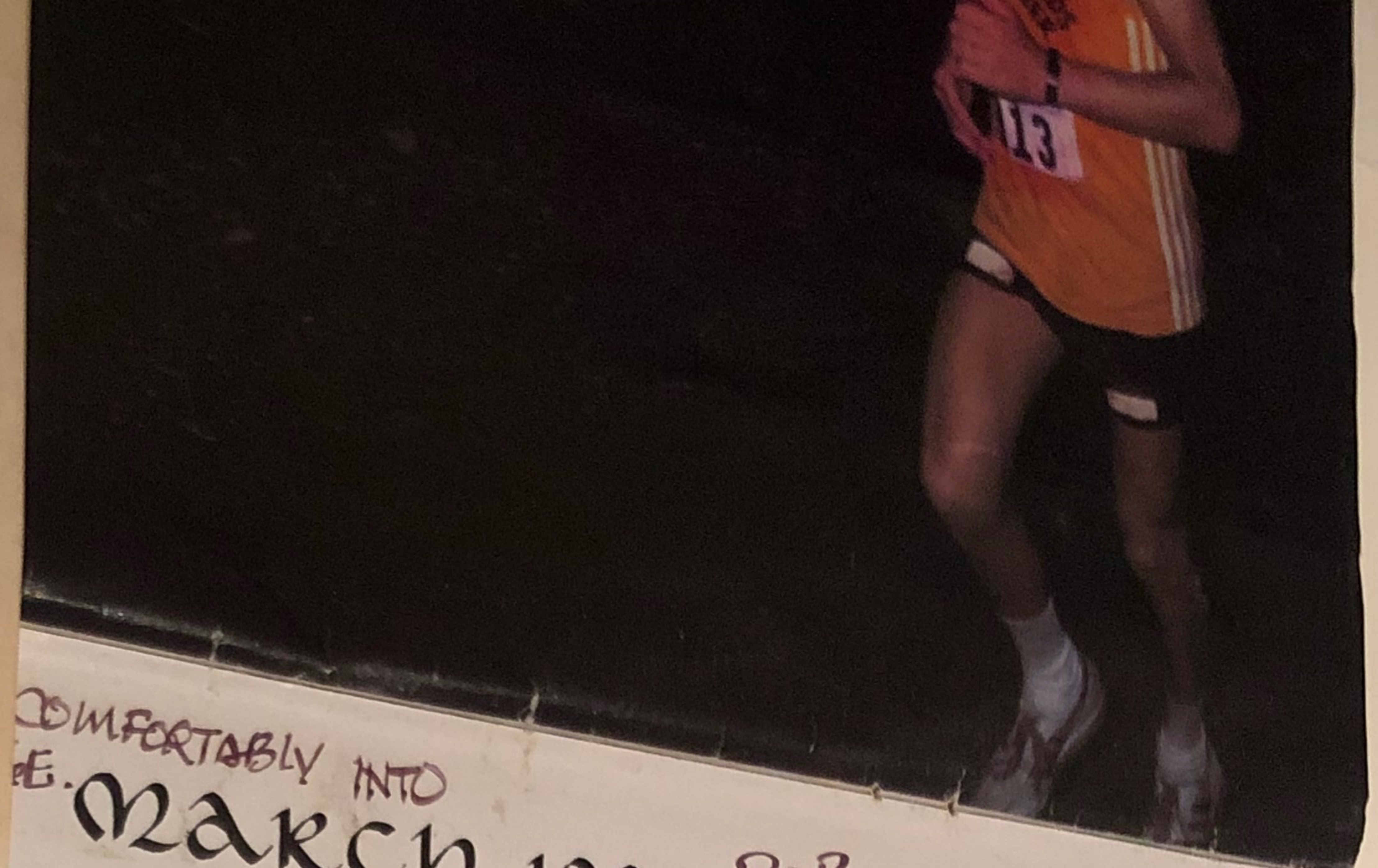
NAME: RICHARDO
Area Code: 714
Number: 755-6666
Extension: 1234

TELEPHONED
WANTS TO SEE YOU
RETURNED YOUR CALL

PLEASE CALL
WILL CALL AGAIN
URGENT

Message

WHILE IN SAN DIEGO
STAY AT
WINNERS' CIRCLE BEACH & TENNIS RESORT
550 VIA DE LA VALLE
DEL MAR, CA
(714) 755-6666 1-800-528-1234
Best Western ID #05376



COMFORTABLY INTO
E. MARCH 1984 BOB:
573-4961

Photo Courtesy of Ironman

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* 88 mi. PER WEEK AVE Because of the reflected heat from lava and asphalt, the temperature on race day may effectively reach 100 degrees.						
4 40 7:00 EZ 2 1108 6 522/546 11 60 4:30 20:00 X PULL 16	5 130 1:30:00 LOTS OF BREAKS OF WATER 7 60 40:03 6:50 PEE FELT VERY GOOD 20:00 X PULLS 200 X SIT-UPS 108/606 UPHILL 17 2mi	6 60 40:03 6:50 PEE FELT VERY GOOD 20:00 X PULLS 200 X SIT-UPS 9 630 6:45 13 244 JHN 50 LNO 547 10 7:00+ 20 JHN 50 100 X SIT-UPS	7 13 AM 7:00 630, 620, 615 7 PM 5@ NW 10 505 10:512 20 JHN, DOUG PM HE'S COMING BACK!!! 14 60 EZ GYM/10 MACHINES STEAM/POOL 200 X SIT-UPS 6 9:07 PM 1H DOOR	130 MIN. @ EZ 1mi @ 6:15 DEL MAR - P.O.B 75° 0' 4 100 X SIT-UPS 15:00 X PULLS 8 60 4:18:13 20:00 X PULLS 200 X SIT-UPS 16 15 220 DEL MAR 21:31:00 TOTAL 20 2:17:30 ROLLER COASTER 20 30 L TO SEA LODGE NO PROBLEM	2 1:31:00 BEACH FROM STORES TO POSIDON RETURN ON ROAD - EZ 13 2:0' 75° 9 AM 150 142:00 JHN/STORE TO 5 MI MARK PM 11:01:15 JHN 126 GORDY TO BRAB WOH!! ASHELLIES SORE 16 REST/REST REST at a BANANA AT THE 7-11 L'SHOPS 10 REST SICK IN AM/VEILING 23 150 6:00 NITE RUN... YOU HAD TO BEEN THERE JHN/STORE TO DEL MAR WOODS!!! 15 50 X SIT-UPS	3 1500 X PULL LEGS TIRED TODAY - NO RUNNING... 100 30:00 38 45:30 10 60 42:40 22:00 X PULLS 1500 62:00 16 90 17 60 EZ RICHARD WINTERS CIRCLE TO DEL MAR (NICE RUN) 10 100 31:00 24 GUY FLEMING TRAIL EZ/NICE 350 10 100 31:00 31 SHARP 10 MI 57:30 25TH OVERMAN/1000 8:45 PACE 2 WARM 2 DOWN JHN TIE
25 REST 200 X SIT-UPS	26 REST KUHIO DAY	27 AM 10 7:00 JHN TO 1 MI MARK 120 MIN 19 EZ RUN WALK	28 TAKE THERAPY 21 TO 6 MI MARK EZ 100 X SIT-UPS	29 REST 100 X SIT-UPS	30 REST	31 SHARP 10 MI 57:30 25TH OVERMAN/1000 8:45 PACE 2 WARM 2 DOWN JHN TIE

* 300 mi. MONTH
* \$\$\$ SOLUTIONS ??

APRIL 1984

208 mi. RUN

Photo by Peter French

19 DAYS RUN - SINUS HEAD COLD
GENERAL RUN DOWN FEELING TOWARDS
END OF MONTH - VERY WEAK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO RUNNING 12 HRS WORK * 200X SIT-UPS JACUZZI 30:00 * A LITTLE TIGHT BUT NO EFFECTS FROM SAT. 10K @ PRED 56 FAT 8 MDA/3mi 1/2 WARM 1/2 mi WARM DOWTY BASICALY LITTLE IMPROVE 14 KNEE ?? A LITTLE MORE ICE AND DIMSO WITH CLOSE 10 T-1 TO HEADING TO LAKE FOR SUMMER WORK IS WORKING ON ME. 15 1:19:22 6:03 COULD HIT CLEAR HEAD TODAY - HEADACHE AND DISTANT FEELING AT START - 5K IT TURN 80 INTO HAYCO WORE KOUT - KEEP DOING IT TILL GET IT RIGHT 18 T-1 22 6@6 INF-1 LONG PHS (WIND) (WIND) (WIND) PM 8@EZ DEL MAR Easter Sunday 29 4@EZ TO CARD FF LIGHTS HURT ALL OVER	2 AM 6@41:45 EZ JACUZZI 20:00 PM 12@7:00 NORTH - FLOWER FIELDS 18 T-1 NO PROBLEM JACUZZI 20:00 9 6@38:10 DEL MAR 6/20 PM 8@EZ 200X SIT-UPS 15X PULL 14 T-1 16 6@42:12 EZ EVERYTHING FEELS OK. KNEE HOT (FEELING) WORSE - NOT TIGHT BELIEVE I HAVE TO GET INTO A MORE STABLE SHOE. 6 T-1 23 NO RUNNING 200X SIT-UPS 1532X PULLS RELAX/RELAX 30 NO RUNNING INTENSE HEADACHE	3 AM 6@41:43 EZ KNEE ?? RIGHT PM 6@41:36 KNEE SORE 12 15:00X PULL 200X SIT-UPS AM 10@EZ 10:554 PM 6@40:25 30630 50X SIT-UP 30700 116 T-1 17 10@72:12 1@603UPH (6:05) 1@547 (4:03) PM 1 HOUR EZ BEACH/TRACKS ROAD 200X SIT-UPS 18 T-1 24 NO RUNNING COLD, HEADACHE SORE THROAT, FEVER 20 HRS IN BED. NO EATING 36 HRS	4 AM 3@18:24 3@MU KNEE HOT VERY GOOD! 14@7:00 @ PM BOB DECKER 20 T-1 KNEE HURT ALL TAEWAY - ICE/DMSO 11 1/2 COURSE HO STEPS - GOOD STEADY 8:10 PACE 14 PULLS/200X SIT-UPS ROWING MACHINE 14 T-1 KNEE DOES NOT ACHE. REST DAY - KNEE 18 LITTLE TIGHT NO RUNNING ON MONDAY (16 S (17) (17 S (18) 25 NO RUNNING WORSE THAN TUES REST - HUNGRY AGAIN	5 NO RUNNING KNEE SORE...HOT TAKING TOO MANY CHANCES - 15X AM 15X PULL KICKING 200X SIT-UPS IN 45:00 GYM POOL REST AND RELAX 12 PM TRAIN 18:00 @ CODE EZ - KNEE LEGS FEELING BETTER 25 LOOKING GOOD FOR HARD DAY SUN. 19 1:27:30 TORREY PINES OUTSIDE FROM WINNER'S CIRCLE LOOKING FEELING GOOD KNEE MUCH BETTER NOW 12 T-1 FOOT FIGHT. WINDY 26 NO RUNNING REST THE END IS IN SIGHT! BED 12PM EATING MORE.	6 NO RUNNING KNEE BETTER!! MIRA COSTA TRACK MEET - 5K 1500 20:00X PULLS RELAX - EAT!! 1600X SIT-UPS 13 NO RUNNING EZ DAY/STAYED OFF OF FEET MOST OF DAY - FEELING VERY GOOD - ???? 20 NO RUNNING REST DAY - FEELING GOOD. 27 NO RUNNING GETTING BETTER DISASTER STRIKES THIS MONTH!!!	7 RUN TO THE TOP 7:15 MARK 8 7:00 PACE - KNEE FEEL OK!! SOMEWHAT SORE 14 PM. THINGS WILL 10 T-1 GET BETTER 60 14 RUN EZ - FEELING A LITTLE AHEAD OF SIDE MODE WORK GOES EZ ON ME - I DON'T WANT TO THINK TODAY 35 T-1 ?? 160 21 DRIVE TO LOTS ONE 2 AM UP 6 AM - RUN 60 HAS TODAY WAS WIT WHITNEY (6:00) 16 P-1 WOULD NOT WES COULD 70 28 NO RUNNING RODE BICYCLE BULLOCK 10K ERNST 32:29 WORK TODAY 14

The Ironman Triathlon has been completed
by blind contestants, by a man with only one lung
and by another with steel braces on both legs.

* RETURN MILEAGE TO 80 A WEEK
 * 12 mi DAY AVERAGE

May 1984

M.L. 016 541-3990

Photo Courtesy of Ironman

Sunday Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

238/ MAY @ 21 DAYS

* 59.5 WEEK AVE.
 SPEED WORK IS GOING BETTER THAN
 EXPECTED -
 * 123 mi. BIKE

6 NO RUNNING

Symptoms still
 REMAIN -

0

13 6@416
 10@621

PM 6@4049
 FEELS LIKE TIRED
 OTHER'S DAY
 GETTING BETTER

20 NO RUNNING

12 HRS WORK

TRIED TO REST

27 NO RUNNING

REST DAY

JACUZZI 30:00

0

Monday

7 6@7:00
 HAD TO WORK TO
 RUN 7 MIN. PACE
 CAN'T BREATHE!!!
 16 20X SIT-UPS

14 AM

10@6888 INTO THE
 WIND - FEELING
 STRONGER -

10 T-2

21 16@645

ERNST/DELMAR
 TO GENESSEE

16 T-2

28 4@2:00 6@1:00
 16@1:46:00

PM 16@1:46:00

ERNST/VAC

Memorial Day

Tuesday

1 AM 6@4002
 1ST RUN IN WEEK
 FEELING BETTER -
 LAGDON RUN!!!
 10@1:14:28
 WEAK - HEAD
 BEGINNING TO CLEAR.

16 T-1

8 NO RUNNING

REST - CONGESTION
 CONTINUES -
 DR. APT. WED 10:00

0

15 6@4016

10@551

PM PACOMAR TRAIL
 ERNST/MI @ 515
 2 mi WU K2 @ 232
 K2 @ 70
 K2 @ 71 (mild)

13 T2

22 10@632 (FORM)

PACOMAR

12X WU @ 73.3 AK
 ANDY/ERNST/JIMMY
 10 mile trail

29 AM

HAIRCUT

REST - PACOMAR

3:44 AVE. FOR 4X1320

ANDY/ERNST

EACH RE D. FASTER

Wednesday

2 PM/AM

8 EZ

FELT VERY HEAVY
 TIRED!!! HEAD
 CLEARING BUT WEAK

8 T-1 200X SIT-UPS

9 NO RUNNING

DR. PERTSHUR

100MG. DOXYL
 10MG. PREDNISONE
 50MG. RYNATAN

16 100 NW. TO

TOP OF TORREY!!!

LITTLE TIRED BUT

OVERALL - DOING BETTER

10 T2

23 NO RUNNING

BIKE 25@

EZ PACE "GOOD"

REST DAY KNEE??

0 U 25

30 NO RUNNING

BIKE RIDE - MARKED

THE BLUE MONSTER

REST GOOD TODAY

33 JUST SPINNING

Thursday

3 6@4343

VERY WEAK

NO FEELING -

GOT TO SEE A

DOCTOR IT LOOKS LIKE

6 T-1

10 MUCH BETTER AM

32.6 mi BIKE

150X SIT-UPS

32.6 stretch

AM 5@7:00

17@534

STRETCHES ALL DAY

8@5130/625

14 ERNST/JIM

12 T2

24 8@EZ

WALKING LASTING!!

MARY LITHE

PM FLOWER FESTIVAL

GOOSE JIM/DUG

ANDY @ 630 PACE

Friday

4 NO RUNNING

SEE DR. PERCHER

RESPIRATORY INFECTION

ATHEMIL

11 6@3908

FELT GOOD POWER

RETURNING HEADACHE

PM 10@301820

12 12@NW

STRETCH

AM 6@HW

10@634

26 mi BIKE

BR/DELMAR DLT

PM 6@HW

10@632

25 6@NW

4@2324/550

615/616/515/538

KNEE?? ICE/DMSO

10 START IRON

TRIAL

Saturday

5 NO RUNNING

HEADACHE

SINUS CHESTION

6.5 mi. BIKE RIDE

6.5 PULL

10@3025

FEELING STRONGER

GOOD DAY RAN

AFTER WORK T-2

6 32.6

19 10@HW

HAIR EZ, EZ VERY

NOTICABLY TODAY

9 26@80

26 5@NW

10@6:14

JACUZZI 45:00

25 P 6@16

PM

No women competed in the first Ironman Triathlon. Now, approximately 14% are women.

60 MILE AVE. (NO MORE!)
 SUB. 34 10K @ LAGUNA BCH.
 SPEED WORK ALL MONTH.
 SOME FORM OF "..."

3440
 1st 35-39??
JUNE 1984

Photo by Ed Gross

Approximately 7,000 lbs. of bananas, 70,000 cookies, 5,000 gallons of water and 20,000 oranges are dispensed on Ironman race day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Flower 10K NO RUNNING STEVE MCCORMICK JERRY WASH SUB 30 EARLY 30:30 10 NO RUNNING KNEE BETTER TRACK TROW PM - 17 LAGUNA BCH. 10K 3441 1st 35-39 777 10 TOTAL PM 4@NW 10:02Z Father's Day GOOD DAY!!! 24 5@NW 3@1743 ERNST TIM JHN LAST 55 PACE	4 AM 8 10:543 KNEE AGAIN! 6@NW ERNST KNEE?? 11 TRACK PHYSICAL DIRECTOR CARLSBAD INN BEACH & TENNIS RESORT AM 6/10:517 23 King Kamehameha Day PM BIKE 23:27 18 AM 4 10:0646 10:0609 4 EZ! DECISION: STOP TRAINING DELMAR TRIATHLON KNEE NOT GOOD 25 AM 0 3839/627 0 3839/627 10:549	5 AM WORKS HRS PM EVENING RUN 6 EZ 10:005 12 10:548 10:00 HIGHT PM KNEE NOT THAT MUCH BETTER 2@NW 6 19 OLYMPIC TRIALS ERNST (JHN) RON LA 20 1138 KNOWOLA COLLEGEUM 4:00 LEGS STIFF GOOD DAY!!! 26 5@NW solo 10:543 MISSION-BAY ERNST PM 10 SURGES TOTAL 20:030	6/0 OVER BLUE MONSTER at 7:00 PACE KNEE LITTLE SHAKY!!!! 13 NO RUNNING GYM LIGHT WORKOUT - UPPER BODY - JARVIS STEAM KNEE?? 20 6 TOTAL 30 1929 NOT BAD!! PM 5 TOTAL RUN TO SANDPAPER 4:40 5:00 7:27 1:01 27 9:30 DR. DEARCHECK 27 2 MIDWINTER UP 4x100 STAIRS 1 mi @ 4:57 2 mi WARM DOWN	7 DON'T DO IT 7 mi. @ RICHARDS EZ HR - KNEE HOT IMPROVING BIKE tomorrow 14 8@645 orso 30 1934 @ JHN KNEE BETTER JOHN'S BIKE?? Flag Day 21 20 12:046 GOT VERY HOT!!! SHOES HAD WORN FEELING - IT HURT THEY HAVE HAD IT!!! GOOD DAY 28 TAPER!!! NO RUNNING REST LACOSTA RESORT APP IN	1 6@6 with RICHARD - 8:00 5227 - MIGHT RUN 2 mi at AM? GOOD-DAY!! 8 NO RUNNING BIKE 43 mi. NICE DAY STOOD-UP ON TIP INSIDE/SCROTUS 15 5@NW 10:542 @ JHN LEGS/ETC KNEE BETTER BROMALAN 22 NO RUNNING REST DAY 29 EZ	2 AM 2 mi. @ 10:06 BIKER PARK 1st. WARM-UP/DOWN PM 3 mi @ 6:11 9 NO RUNNING REST DAY BIKE RIDE GOOD YESTERDAY 16 REST KNEE CONSIDER ABLY BETTER 23 5@NW 10:540 KNEE SOMEWHAT BETTER 30 EZR

* 50 MILE WEEKS
 * CLEAR-UP DINGS
 * BEGIN - UPPER BODY / STRETCHES
 200 mi. MONTH TRIATHLON

* LA COSTA

JULY 1984

Photo by Pulitzer Prize-winning
 photographer Shutter Hager

TRAINING NEXT TWO MONTHS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10@EZ [10]	2 REST Hot and humid [0]	3 REST Still hot and humid Gonna be hot tomorrow [0]	4 CORONADO Y2 6@3426 DNE TOO HOT 2 mi warm-up Independence Day [15]	5 REST BURN-OUT YESTERDAY FOOT SORE [0]	6 10@6227 EAST SOUTH 5@3218 5@3009 [10]	7 CARLSBAD TRIATHLON BOB 3RD ANDY 6TH BIKE 15 [45]
8 HOT/HUMID 75%/75% JOHN FROM STORE SOUTH Imperial 3@1946 3@1748 1 mi down [8]	9 ERNST/ANDY LIFEBOAT SOLANA BEACH 2 mi. to RANGER STATION 1 mi 10@5:51 80%/80% 20 x 100 x 100 [11]	10 BIKE DAY HOT/HUMID 200x SHOPS WORK SHEETS BIKE 26.4 [20]	11 REST DAY ERNST NATL CITY MILEOP CARLSBAD HAD A FEW MILES EXTRA LEFT LEG MUSCLE SORENESS/SHIN SPLIT [0]	12 10@6309 GOOD!! PM 10@6321 BETTER!! [20]	13 REST DAY DOX SH-UPS STRETCHES [0]	14 5@1639 BALBOA PARK JOHN 1702 99% humidity 750 PM [50]
15 AM 800 75%/80% 5@3419 DOWN 5@3107 BACK FROM ZERO WRK 9 HRS [10]	16 6@NW BEACH OCEANX 1 SMILE PM 440 X 5@73 MY REPEATS 0 SOUTH ERNST/ANDY 524/593/507 [18]	17 REST DAY ITS NICE TO HAVE A CHOICE!!! GOOD IDEA JOHN! [0]	18 20@2142 0 TO GLOVER PARK 10@7000 10@6442 FEEL GOOD!! [20]	19 NO AM PM 6:00 PM ERNST DOUG/JHN SOUTH TO 4 mi. 6@7 6@3524 RETURN [13]	20 9@EZ LA JOLLA JHN/FINALLY HE SLOWED DOWN [9]	21 AM 5@HW 1@555 WORK 9 HRS PM 4@NW [10]
22 REST DAY WORK 9 HRS JACOZZI 30:00 [10]	23 AM 5@NW 10@45 1@NW 10@NW 6@3652 10@NW 6@3612 [20]	24 RICHARD PLANT THE TORCH TODAY!!! VERY INSPIRING DAY!!! [0]	25 PM JHN/DOUG DOUG/10@455 JOG 1 mi. / 10:51 6@3600 3622 LW 540 [13]	26 10 EZ AM JHN/DOUG SOUTH!!! TIRED BUT NOT SORE [10]	27 AM 7@NW SWIM PM 5@NW 6@32- [18]	28 WORK 10 HRS PM 4@EZ RZN - GAVE HOTICE AT THE MINISCOPES [4]
29 REST AND BAT DAY WORK 10 HRS LAST DAY [10]	30 VISA 6@NW 6@6:39 6@6:30 [18]	31 AM 6@HW PM 5@3346 6@HW [17]	20	MONTH TOTAL: 265		

The average time devoted to training for
 the Ironman Triathlon is 20 - 40
 hours per week.

* LA COSTA ✓
 * RUN THE BASE OUT ✓
 * ~~SHORT~~ FAST

OUT AUG 4

AUGUST

1984

Photo Courtesy of Ironman

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Dehydration, sunburn, exhaustion and accidental injuries are the major problems during the Ironman Triathlon.

5 AM 6@EZ BCH THANK/FEEL GOOD! PM 20 MILE BIKE [20][6]	6 REST DAY OLYMPICS	7/6/1@2:00 TORREY PINES HILL GENESSEE OVERLOOK DOWN BEACH TR JACKS/PERLEN 11:00 AM / 1 PM [16]	1 [0]	2 DOUG! 2@1306 2@11:17 UPHILL LMO 520 READY FOR 20K [4]	3 REST FOR 20K TOP 10 U [10]	4 AM 6@BAG 20K 2:45/12:57 20K 4@EZ DOUG JFH [24][20]
12 INSPIRED 10@NITE TORREY PINES LOPES 2:09 [10]	13 EZ 8 LOPES VERY UNSPINNING [8]	14 AM 6 EZ PM 12 TORREY PINES SWIM ROOM [18]	8 6@HILL W/TH RIZZI FEELING YESTERDAY TIRED W/TH TOMAS W/TH RICHARD [6]	9 WORK 12 HRS [0]	10 4@NW [16@15/43] 659 [20]	11 EZ 2 WORK 10 HRS [50][2]
19 AM EZ TO THE TOP WORK 10 HRS [10]	20 8 10@6:09 PM 13 [21]	21 AM 28 mi. BIKE PM 8 EZ [78][8]	15 4 EZ REGROUP [4]	16 19@7:00 UPHILL BACK BCH TORREY PINES 7 EZ WEIGHT SET [26]	17 6 EZ NEW WARE PM 11@CADDIS W/TH RICHARD [17]	18 2 EZ AM WORK 9 HRS [85][2]
26 10@EZ WORK 10 HRS [10]	27 6 EZ PM 6 EZ [12]	28 800 yd OCEAN SWIM COURT TO OCEAN ON BEACH [10]	22 6 EZ REST 4 THURS. [6]	23 20@2:17.9 2@WARM-up-down BLUE MONSTER PM 9@EZ SUNSET [30]	24 6@EZ NOT TOO BAD CONSIDERING [6]	25 AM 4@EZ 10@6:05/4 WORK 10 HRS [95][28]
			29 BIKE 19 EZ IN NO RAINING [6]	30 1/2 WARM-UP AM 20@2:19.04 1/2 WARM-down PM 4@EZ [25]	31 19 mi. BIKE AM RIDE 6 mi RAN @ RICHARD OVER TRIATHLON COURSE GOOD EAT [65][6]	30 MILE MONTH 10 MI. DAY AVE.

GOAL —
1000 mi. BASE
300 mi. MO

SEPTEMBER 1984

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

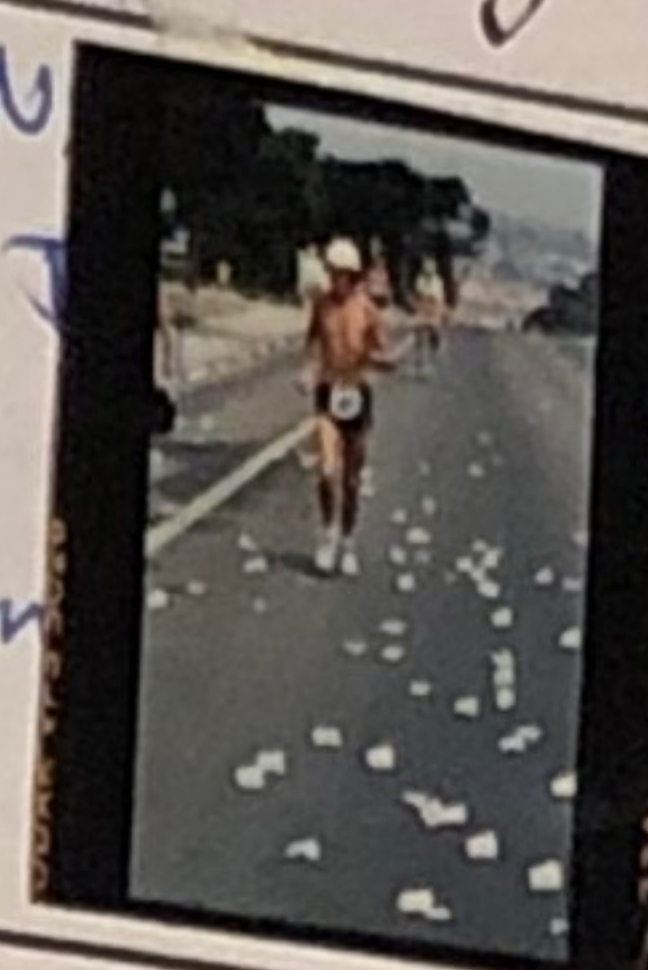
Saturday

Each of the 28 aid stations have an average team of 35 volunteers to service the Triathletes.

HARD

• = PROJECTS

- START WORK AT LA COSTA STOP WORK AT W
- MODERATE PACE CONSISTENCY OF
- 300+ MONTH
- REHABILITE AUGUST'S SORE FOOT - HEAL CON
- GO WITH THE FLOW
- CONTINUE WEIGHT WORK IN INCREASE



2 AM

50 NW WARM UP
WARM DOWN
553 AVE.
30 6:25/5:25/4:25
FROM 6 MI. MARK - BACK
TO 3 MI. MARK
WORK = 10 HRS

8

3 SWIM 1 MILE
AT LA JOLLA COVE
WITH RICHARD!!!
TIME: 44:45 - EZ
PACE IN REST DAY FOR
THE RUN.
Labor Day

0

4 AM

1200 PACE
BACK @ 6:30
LA JOLLA COVE
FROM 6 MI. MARK - BACK
TO 3 MI. MARK
WORK = 10 HRS

25

5 AM

STRETCHED
PRETTY GOOD!!!
PM 4 EZ
ON BEACH - BASED
BY GIAL

4

6 AM

DOUBLE LT/2000
1:26:17 DOWN BLUE
1:26:18 BACK MONSIEUR
PM 60 EZ
SUNSET
TIRED!!

31

7 AM

REST AND
PREPARE DAY
WITH RICHARD
OCT 1
THUCK ART
BOAT IN SHIP
TISSED NOT
SILENT GATE ONE

0

1 AM

80 700 105:52
PM WORK HRS

12

8 AM

00 EZ
WORK 10 HRS
40 EZ

12

9 AM

20 MILE
BIKE FIDE
WORK 10 HRS

0

10 TIRER!!!
REST DAY
WORK 8 HRS

0

11 AM

10 mi BIKE
20 mi. RUN
IN THE PATH
TEAPA
TRAINERS 120

20

12 AM

40 EZ

4

13 AM

REST - VERY
TIRED!!! NOT
SLEEPING VERY
WELL!!

0

14 AM

5 EZ 700
3905
TO THIS STORE
PM 5 EZ 700
ACTUAL 10

10

15 AM

DELMAR
TRIATHLON
2153:20

6/40

16 AM 70° Humid
SAGULL 1/2
70 ASO @ 5:50
OFF COUSE
ANALYZE - UP
OUTER - DOWN

16

17 AM

60 EZ

14

18 AM

60 EZ
PM 80 EZ
WORK 8 HRS

14

19 AM

VERY TIRED
REST DAY IN

0

20 AM

20 EZ 6
PM 28
14

14

21 AM

40 EZ
HEADACHE
HEAT OFF!!!

4

22 AM

BAABA Sm
22 48:48
4 mi warm up/dk
60 ENCOUNTERS
TO SEASIDE
10511 JOHN!!

80/18

23 AM MESSIAH BAY
140 7:00
AERIAL RICE

14

24 AM

60 EZ

12

25 AM

60 EZ
PM 60 EZ
START LA COSTA

12

26 AM

120 5007
BLK TAG

12

27 AM

6 mi. EZ
BLT TAG
WEIGHTS
30 MIN

6

28 AM

180 700
TIRED FOR 25
CAME WASHING
BLISTER

18

29 AM

Hi Guy
60 EZ

16/80

30

30

STROH'S RUN FOR LIBERTY
AGE GROUP RESULTS
October 13, 1984
MEN

19 & under: 1. Travis Brown, 27:30; 2. Robert Zell, 29:48; 3. Andrew Tastad, 30:08; 20-24: 1. Steve McCormack, Brian Harold, 23:22; 2. Tim Varley, 23:42; 25-29: 1. John Brennehan, 30:34; 2. Joe League, 25:01; 3. #2474, 26:35; 30-34: 1. Will Wester, 25:01; 2. John Haberkorn, 25:24; 3. Scott Hurst, 25:26; 35-39: 1. John Montgomery, 25:51; 2. Steve Myro, 26:29; 3. Gordon Luts, 27:04; 40-44: 1. Tony Marshall, 27:12; 2. Ben Dodge, 27:51; 3. #1776, 28:31; 45-49: 1. Jerry Meadows, 28:50; 2. Mac Busby, 29:50; 3. John Matlier, 29:50; 50-59: 1. Norm McAbee, 28:45; 2. Ted Reeve, 30:10; 3. John Lookhart, 31:42; 60 & over: 1. Jose Martinez, 30:42; 2. Donald Dilworth, 32:03; 3. John Lafferty, 33:16.

WOMEN

19 & under: Not available. 20-24: 1. Lisa Gross, 30:33; 2. & 3. not available. 25-29: 1. Mary Burns, 28:46; 2. Carrie Morrison, 31:04; 3. Beverly Wassmar, 32:06; 30-34: 1. Ellen Turkel, 31:42; 2. Terri Flynn, 33:13; 3. Susan Fillippone, 33:18; 35-39: 1. Patli Tussley, 30:20; 2. & 3. not available. 40-49: 1. Marilyn Carpenter, 31:50; 2. Sandy Brown, 33:25; 3. #2298, 33:35; 50 & over: not available.

EKZ !!

OCTOBER 1984

Photo by Ed Gross

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1207:00 80EZ 120 8Am 80EZ 105:59 1606:10 PACE W ERAST(MITE) PM 1:39:27 Columbus Day 14Am 60EZ PM 60EZ 21Hi-GUY EZ 6 95% TURN-IN WORK 7 1/2 HRS. 2:08:05 MARATHON TODAY/CHAND STEVE JONES 28AM HI-GUY 80EZ 105:47 8	2Am 60EZ PM 60EZ 12 9Am 60EZ 6 1080EZ PM 2007:00 JOHN NITE RUN 28 23MORE REST! HEAD COLD, ACHE CONJESTED STILL HI-GUY 300:30 COLD!!! 308total: 3019:24 8	3Am 60EZ Hi-GUY 2 6 Am 60EZ PM WORK THAS BUSY!! 6 17Am 60EZ 1985 TOYOTA TRUCK (RED) YES, YES, YES!! 6 24Am SANTA ANA EZ 10 to top 106:05 FEELING BETTER HI-GUY 10 31EZ8 Hi-GUY Halloween 824	4Am 250EZ DON FROM ARIZONA BIU MONSTER 25 11Am 120EZ 1206:35 PACE W JOHN 24 1880EZ 8 25Am 55° EZ 6 100:25 PM 140EZ BEACHED 20 14	5Am 80EZ 1mi. 5:28 8 1280EZ Hi-GUY 8 1960EZ 6 26Am 80EZ 106:01 60EZ PM 714 TEAAS 20 714	* JAKES TO CHARLES 4mi. RUN Am 23:23 4TH PLACE / 5:28 PACE WARM-UP WARM-DN 8211 IRONMAN TRIATHLON WORLD CHAMPIONSHIP 13BK 26:15 MISSION-BAY 13TH PLACE 12:35-39 UNDER 5:20 PACE VERY STRONG!!! WARM-UP " dir 1090 20Pm 3 Hi-GUY 100642 67:09 JOHN 1090 27Am 6EZ PM WK 6 10 650

350 mi. MONTH
12mi. DAY AVE.
Nearly 3,000 volunteers will assist
Ironman Triathletes on race day alone.

Running

LA JOLLA BANK 10K
AT Oceanside
Women

17-and-under - 1. Jeanine Miller 42:21, 2. Tamara Miller 42:31, 3. Andrea Dine 42:36, 18-29 - 1. Donough Burni 38:54, 2. Julie Moss 38:16, 3. Yvonne McMahon 38:54, 30-39 - 1. Cindy Davis 42:13, 2. Jennifer Sober 36:07, 3. Karen Harris 47:20, 40-49 - 1. Norma Hardy 48:58, 2. Anne Johnson 52:39, 3. Ann Flory 54:20, 50-and-over - 1. Elsa Sandberg 46:29, 2. Diane Rainey 42:12, 3. Freida Smith 64:17.

Men
17-and-under - 1. Chuck Black 44:27, 2. Mike Ede 44:40, 3. Mike Stevens 50:25, 18-29 - 1. Luff Torres 32:29, 2. Pete Salcido 22:49, 3. Gordie Haskett 32:35, 30-39 - 1. Steve Myhiro 33:07, 2. Martin Haskett 34:58, 3. Gary Suffer 36:20, 40-49 - 1. Mike Burner 37:21, 2. Bruce Davis 37:55, 3. Donald McFarlin 38:00, 50-59 - 1. Bud Blackwood 42:15, 2. Jerry Wilson 42:24, 3. Norman Dickinson 43:07, 60-and-over - 1. Dick Breen 49:40, 2. Manuel Ramos Cano 49:44, 3. George Boyle 50:00.

PAST TIMES OVER A FAST COURSE - Steve McCormack of Pacific Beach ran a 4:33 third mile and pulled away to an easy victory in the Tri-City Hospital 10,000-Meter Classic at Oceanside Saturday.

McCormack, winner of the Heart of San Diego 10K earlier this month, won Saturday's race over a rolling, but fast course, in 29:14. Robert Lusitana was second in 30:38.

The women's division was dominated by triathletes. Patricia and Sylviane Puntous, of Leucadia, won in 35:03, with another triathlete, Colleen Cannon, third in 37:20.

An indication of how fast the course is was the mark of 27:05 recorded by wheelchair racer Marty Ball.

NOVEMBER 1984

START SWIMMING PROGRAM

Tuesday

Wednesday

Thursday

Friday

Saturday

Photo by Peter French
80 mi. WEEKS
BEGIN HILL REPEATS: 2 WEEK
LONG RUN 20+ EVERY 10 DAYS
BOUYS X 3 WEEK: 10 MIN.

11.4 DAY AVE
24 DAYS RUN
5 hours later than expected. AVE.
2:03.32
123.32 SWIM

1 AM 60°
6 TOTAL
5 EZ 105:50
HEAD CLEARING!!
LEGS STRONG
YES, YES, YES!! 6

2 AM FOG 50°
4 TOTAL EZ
14

3 REST
Hi-Guy 11
10

8 AM
6 EZ
LEGS FEEL GOOD
PROGRAM WORKING
HAIRCUT 6

9 AM
8 TOTAL EZ
106:21
SWIM X 5 MIN.
60 8

10 AM HGV
8 TOTAL EZ
106:10 5:22
SWIM X 10 MIN.
100 8 40

15 8 TOTAL
THE LOOP
58:18
105:56
NOSWIM
8 8

16
REST DAY
8/4 10

17 TRI-HOSPITAL 10K
DOWN HILL??
PR. 33 SOMETHING?
33:13 5:20
11TH PLACE CA/2ND
2. PUNTOUS BY 5:35
HI-GUY
10/12 68 14

22 AM
THE LOOP IS APPROX. 9 mi.
22 AM
6 EZ / ROAD
PM
6 EZ ON BEACH
5:55 X SWIM
Thanksgiving Day 12

23 AM
100 Loop EXTENSIVE
WHAT A RUN!!!
5:17 X SWIM
10

24 AM
THE LOOP
1:10:25 135:51
THE LOOP
5:10 HI-GUY
X SWIM 10 72

29 FEEL GOOD
NO RUNNING
REST 15
9:55 X SWIM

30 128:01
LOOP EZ
FEEL DOWN
LEGS TAPER
10

265 mi.
33:13 10K
2:42:59 260

10TH PLACE @ 20 mi.
HEART OF S.D.
2 mi. WARM X
20 mi. @ 2:00:10
BLISTERS!!
7:00 PACE IN
2:42:59
28

11 AM 5:00 X SWIM
4 TOTAL 106:05
PM 60 EZ
10-14 106:00
60 WORK 7 HAS 10

18 THE LOOP
JOHN/STEVE
58:00
CONVERSE EQUINOX
7:20 X SWIM
BIKE SWIM
80 NOSUGAR
CAMPAIGN 8

25 THE LOOP
85 X
MILE WK
100 EZ
1:15:34
100 HARD @ JOHN
1:05:21
80 SWIMMING 7:50

5 AM 5 MIN.
SWIM
STRETCHES/REST
PM HOLIDAY SPA
10 mi. X BOUYS
HI-GUY

12 8 TOTAL
106:06 IN 80
10 MIN X SAND
4:47 X SWIM
8 HI-GUY 14
Veteran's Day
OUT 80

19 60 EZ
NOSWIMMING
LEGS A LITTLE
STIFF 6

26 WARMUP
30 17:36
60 30 17:09
6:48 PACE
MIL WARM-UP 34:45
SWIM X 5:26 8
STARTING 6 TO SWIM

6 AM
SWIM
10 MIN X BOUYS
Election Day

13 AM RAIN
8 TOTAL
CROSS-COUNTRY
5 mi. RD 3 mi. DIRT
BEAUTIFUL!!
SWIM X 4:40
106:04 8
HI-GUY 15

20 THE LOOP
EZ
NO TIME
BETTER TODAY
5:19 X SWIM 8

27 70 EZ
RUN/WALK
RELAX 7

7 WORK 6 HAS
HI-GUY 12
STRETCHES
SWIM
BOUY PULLS X 10 MIN.
START RUN TOMORROW

14 12 TOTAL
TORREY PINES
106:01 5:12 X SWIM
80 64:11 THE LOOP
8 YES, YES, YES 20

21 EYEOPENER
109:30
9 TOTAL 106:09 5:19
THE LOOP 0.4 mi.
7:08:30 (NEW LOOP)
90 64:11
HI-GUY 18

28 LONG SWIM
X 10:26
1:45 DOWN
1:30 UG @ 1:25
1:43 BACK
29TH
MILE @ 5:54 30+

Mr. Green

By Tom Cost

From Sports Illustrated

STONE OF THE BIGGER ...
Frank Shorter, Mary Decker
turned in a performance
today by a bearded 32-year-old
any quarter.

Running almost as fast in the
Marathon Championship as the first,
to third and finished the psychological
in 2 hours, 25 minutes, 51 seconds.
The time broke Green's previous
made him the best American marathoner
margin that no one else is even in the
being mentioned in the same breath with
Jack Foster of New Zealand. But Foster, who
slowing down at the time Green just keeps
Green's effort stole some of the thunder
Murphy of Ireland, who triumphed covering
male women's race in which Lajos Bodocz
yard lead over Canada's Wendy Robertson to
In the World Veterans 10K Championships a
through as expected. Florida's Barry Brown had
wind-slowed 30:25. And Switzerland's Gabriel
Florida's Madira of Massachusetts after 34 miles
last year in France in 34:48.

But on a weekend when an international
men 40 and over, told age to take a hike. Green was
young-looking parents joined him in a celebration
scene captured the spirit of a weekend when time and
of joint.

"God had graced me with genetic gifts, and I thank
when asked how he can run so much faster than other
I'm new to the sport (of running). I haven't been at it for
excited by what I can do."

Indeed, yesterday's celebration held all the emotions
runner winning his first major race. Remarkable when
Green first ran for Cal in 1982, then gave up his sport and
back into it until he finished second in a 1981 Labor Day fun
Francisco by Walt Stack, who is another story for the ages.
Green's enthusiasm reminds one immediately of another
also achieved some notable success earlier this year - Carlos
year-old Olympic marathon gold medalist. Someone, Lopez
found that undeniable magic that keeps some men younger than
Ponce de Leon in running shoes, both still dream dreams and
gently for even one step into the dark night.

"Limitations? What limitations? Ask Green. 'Limitations are
head. If I don't give in to them, I can reach my goals. If I hadn't
I'd finish in the top three. I wouldn't have today."

It all sounds like pie-in-the-sky stuff until you begin to
Norm Green did yesterday. The man is 32, and he ran the first 11.1
marathon in 72 minutes, 37 seconds - a 9:22 per mile pace. The
second loop of barren Fiesta Island included, he kept on going and
next 12.1 miles nearly as fast (73:14).

Nor is the stuff about Lopez and Green not going gently for even a
the dark night exaggeration. Lopez has the reputation for running
training runs. A "hammer" in running circles. So does Green.
"I run only 50 to 60 miles a week," said Green, "but it's all at a sub-20
around 5:35-5:45 per mile. Month in and month out. The training may be
run at a 5:40 pace and hold it."

Swim 1mi. a week

DECEMBER 1984

Photo Courtesy of Ironman
RESERVE LOOP - 10+
PORTOFINO LOOP - 10+

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

* 2795 MILES THRU 11/84
- 205 mi. MONTH/MINIMUM
- SUB 6/50 MILE
- START HILL REPEATS AFTER RECOVERY
PERIOD FROM LAKE MURRAY

205 MILES RUN
Every In

2 REST DAY

NO RUNNING OR
SWIMMING
WORK 8 HRS
ACHE KNEES??

9 REST DAY

WORK 8 HRS.
ATE ALOT TODAY!!
BED @ 8:00 PM

STIFF / LITTLE SORE

16 RIGHT KNEE??
LOMAS 100000
SANTA FE 1000
LAP SWIM
FOR 1/2 MI.

23 1/2 WARM / 8:05:34

24 LOMAS
1/2 MI @ 14:22

30 14:42

3 REST DAY

RELAXED STAYED CALM
BEGIN RESTING
PHASE FOR LAKE MURRAY

10 2 TOTAL

TOP OF TAPINES &
RETURN - 14:3:00
DOWNTOWN

17 JACUZZI

HOLIDAY HEALTH
CLUB POOL
800 YDS. @EZ

24 LOMAS

1/2 MI @ 14:22

31 14:22

4 TOTAL 10

@EZ
10 @ 6:25
CAMEL VALLEY
R / PORTOFINO

11 6 @EZ

41:53

18 800 YDS

@ 14:51
LOMAS SANTA FE

25 10 TOTAL

1/2 W UP
1/2 W DOWN
KNEE HOLDING

31 10

5 10 TOTAL

10 @ 6:13
PORTOFINO - 11:09:38
SWIM 5:27
SUB 6:30 PACE

12 8 @EZ

54:23
FEELING GREAT!

19 6 @EZ

KNEE (RIGHT) A
LITTLE SORE!!
MUST COOL IT FOR
A COUPLE OF WEEKS

26 REST DAY

140 RUNNING OR
SWIMMING

31 10

6 10+ TOTAL

PORTOFINO LOOP
11:14:30 / KNEE
SITUATION HAS IMPROVED!!

13 4 @EZ

WINDY in NW
I'M READY -
EVERYTHING FEELS
GOOD!!

20 6 @EZ

41:13
KNEE FELT BETTER
TODAY

27 11 @ 7:00

KNEE REALLY HOT
BEHIND BELT
SHUT-DOWN EXPECTED

31 11

7 10+ TOTAL

PORTOFINO LOOP
10:06:21 (FORM) @EZ
WORK 6 HRS.
MARGE 1500'S

14 REST

HOLIDAY SPA
3TBAM / SOME
SWIMMING

21 750 @

LOMAS 14:15
WORK 8 HRS

28 KNEE SORE

NO SWIMMING
JACUZZI / 1985
WORK 9 HRS!!

31 11

8 10+ TOTAL

GENESSEE AVE
AND RETURN
53:43 DOWN
49:44 RETURN
EZ PACE / RELAXED

15 LAKE MURRAY

1st PLACE / COURSE
RECORD
6:09:20

22 15 MI EZ BIKE

14:35 LOMAS

29 4 TOTAL

KNEE BETTER
10:5:55

31 11