

Ohio High School State Mile Champions

The Lord will afflict your knees and legs with pain that cannot be cured, spreading from the soles of your feet to the top of your head.

Deuteronomy 28:35

Workouts of the Champions

Here are the workouts seeded throughout the training calendar shown in the previous section. These workouts come straight from the champions. They will put hair on your chest and make a man out of you. If you can do these workouts you will fear no one on the track. Don't worry if the first time you run them you can't complete them. Run them a second or third time until you get through them.

Getting to the next level of effort and speed is what these workouts are all about. This is truly where the winning is done. Remember the pain is passing and the workouts only last 60 minutes. Also remember that the third part of any workout or race is the hard part mentally. This is the period when you have to forget the last lap, close your eyes, take a deep breath and mash on the gas pedal. Don't worry about the last quarter, it will take care of itself.

Stated effort level is 1 to 10, with ten being a near death experience and a heart rate up above 160.

Poole's Cinder Pounders

Mid Season Workout – Effort 9

Old school on the cinders. Eight 440yd repeats at 62 seconds with 3 minutes break. With no bounce, a lot of foot slip on your push off and 4 yards longer than the 400m these 62s are more like 59s. Cinder tracks make you push constantly to keep your speed up, no coasting here. If it's a windy day and you lose form at the end, the track will grow hands that grab your ankles. You'll struggle to do 65s. But the plus side is when you get back on the rubber you will feel like superman.

Note, when looking for an old cinder track, make sure you have a 440yd track not a 400yd track. A tip off is that on a 400yd track the football field end zones run onto the curves. 400yd tracks are ok to use just add 40yds to the end of one complete lap. Use the football field yard marking to measure off the additional 40 yds. Also, no cheating by wearing spikes.