

Alan Scharsu

Youngstown Austintown-Fitch High School - 1978

"We never did any track workouts."

Starting Out

Alan started running competitively in the seventh grade. As a freshman at Austintown Fitch High School, Alan ran an impressive 4:24 mile and progressively lowered his time to a 4:09 as a senior. Even with these impressive mile times Alan considered himself more of a two miler in high school. A fact that cannot be argued because Alan has recorded the fastest two mile time of any Ohio high school runner, posting a 8:44 at the 1978 Golden West National High School Track Meet. Even being tagged as a two miler, Alan was by no means slow and was able to run a 1:57 half-mile in high school.

Alan's state mile title came in his senior year when he ran a 4:13. The previous week at District he ran a 4:09 to win the mile heat.

Alan ran all four seasons of cross country at Austintown Fitch High School outside of Youngstown. After the cross country season he continued to run throughout the winter logging 55 to 60 miles a week. Alan would only take a few weeks off after the cross country season, starting to run again in early December. During the Christmas season college runners would be home for the holidays and Alan would train with them. He also attended several indoor meets during the winter.

Spring Training

During the spring track season Alan would run 45 to 50 miles a week. This included Sunday runs of 10 miles. The typical week for Alan during the spring season was running 8 miles on Monday on a somewhat hilly course averaging about 6:30 per mile. Tuesday was a dual-meet where he would typically run three or four distance events. Wednesday would be an easy eight mile recovery run. Thursday would again be 8 miles on the road running harder at a six minute mile pace. Friday would be an easy four or five miles before the meet on Saturday.

The surprising part of Alan's workout routine is that he almost never ran workouts on a track. Having a dual-meet every Tuesday served as the stand-in for a fast interval track workout. As the season progressed Alan would start running quarter mile events such as the mile relay and the open 440 in the Tuesday dual meets.