Jeff See
Middletown High School – 2003, 2004, 2005
"As a sophomore I had a really good year and ran a 4:06."

Some really great runners come from families where the older brothers and/or sisters hand down the sport. The only three time state 1600m champion, Jeff See, qualifies as one of these runners.

Starting Out

Jeff started competitive running in the seventh grade. At that time he also played basketball and soccer. Jeff got into cross country because he had a brother who was four years older and who had run cross-country. By the time Jeff was a freshman, he ran a 4:15 1600m and placed second at state. As a sophomore, he ran a 4:06 and won the state 1600m. An illness slowed Jeff down his junior year but he still won the state 1600m that year. As a senior, he lowered his 1600m time to 4:03. Jeff won state in the 1600m as sophomore, junior and senior. His senior year he also doubled up and won the 800m in 1:51.2.

Jeff ran cross country all four years in high school. After the cross country season the months of November and December were light training months. Jeff took the month of November off and then in December would run 20 to 30 minutes a day. Jeff also played basketball during this time. In January, he would start picking up the pace and run harder. Jeff's junior and senior years he ran approximately 50 miles a week during January and February, then moved up to 60 miles a week throughout the rest of the track season. Jeff would not get on the track for workouts until early March. He never ran indoor track with the exception of a national meet, the Nike invitational his freshman year, where he set a 1600m indoor national record.

Jeff did weight training only during the cross country season and this consisted of light repetition weights. Jeff did this up until his junior year when he started his own calisthenics routine consisting mostly of core body workouts.

Spring Training

During the track season, Jeff ran approximately 10 miles every Sunday and this would be an easy work out. Jeff would start these 10 miles

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