

Conclusions

"The bigger the base the higher the peak."

Dennis Bayham (NCAA Division I All American Steeplechaser)

The four things you need to win the state 1600m race are blind courage, unshakable faith, physical ability and the correct training program. I cannot help you with the first three. We can, through observation and analysis of how other champions trained, uncover the fourth one.

So we ask ourselves, after reading the interviews from these 17 state champions that collectively won over 20 titles in the last 40 years, what training and other factors did they all have in common that led to their running success? In other words, bottom-line, what does it take to run a 4:11 and win the state Division I 1600m and what factors are unimportant?

What's Not Important

Let's start with what I think is the easier category, what's not important. This list of what's not important are so termed because some runners included certain factors in their training while other runners did not. Also, there seems to be no clear trend on whether the runners that incorporated certain training factors ran any quicker than the runners that did not include them in their training. Let's look at them individually.

Weight Training

This category is evenly split with 50% of our runners doing some type of weight training and 50% of our runners doing no weight training. We can find no correlation demonstrating that weight training runners performed better than the runners that did no weight training. We can also lump calisthenics into this category. 75% of our runners did no calisthenics. We can sum up weight training as, if it makes you feel good do it, but it will not help us achieve our 4:11.

Not Running Weekday Dual Meets

Only three out of our 16 runners stated that they did not run dual meets, leaving the majority of our runners in the category of running one dual meet a week, most typically on Tuesday. These numbers end the argument of whether dual meets are bad for peak performance and disrupt the training schedule. While we are tempted to move the dual meet criteria from the "not important list" to the "what is important list" we did not do so because not every of our runners ran dual meets.