

Run Workouts for Runners and Triathletes

BY BOBBY MCGEE

No, that's not the Bobby McGee who Kris Kristofferson wrote about and Janis Joplin sang about. This is the Colorado-based coach who preps top runners and triathletes for competitions on the world stage, including the Olympic Games.

Bobby is one of the top 10 coaches working with runners today. He has a solid background in exercise science and a real feel for bringing out the best in his charges, while mining the most effective training and racing strategies from the great coaches of the past, including the legendary Arthur Lydiard. He is assisted in his work with the marathon distance training programs by Mark Plaatjes (originally from South Africa but removed to Boulder, Colorado) who took the gold medal in the marathon at the 1993 World Track & Field championships.

They've put together a lovely little training manual here and Velo Press manufactured it to perfection by: 1.) spiral-binding it so that it is easy to lay flat, 2.) sizing it so that it is easily packed and transported, and 3.) coating the pages in a protective covering so that you can sweat on them all you want and then just merely wipe them clean and you can abuse the book all you want and it doesn't make itself easy to damage.

Of course the contents is what's most important, and this little book pretty much covers it all precisely, plainly, and profoundly.

The authors outline the basic training principles, discuss training guidelines, present a glossary of terms, then lay out tried-and-true training programs for the following: 5K, 10K, half-marathon, marathon, Olympic-distance triathlon, half-Ironman, and Ironman. Each training program is broken down into three levels, so whether you are a weathered vet or a raw novice, you can pick your program and head off toward your goals. In keeping with the different intensities of the three levels, the training programs are progressively longer the more experienced you are. For instance, the Level 1 marathon training program is 21 weeks long, Level 2 is 22, and Level 3 is 26,, i.e. half a year.

My only complaint with the book is that my ancient eyes aren't too good at reading the minute print in certain light, but that's my own fault because I usually

can't find my glasses. (Oh, yeah. They're sitting on top of my head...)

It's pretty incredible that Bobby and Mark managed to distill decades of aerobic training science and art into 188 small pages, but they've pulled it off, primarily by making the heart of the book training programs and keeping the textual explanations to only the basics you need to know. The fact that *Lore of Running's* Tim Noakes contributes the Foreword should be all the credibility-building anyone needs, especially when Tim speaks of Bobby McGee in the company of Franz Stampfl, Percy Cerutti, and Arthur Lydiard.

So chuck those soiled socks and empty PowerBar wrappers in your gym-bag, and make space for Run Workouts. You'll be only a page away from your next best workout.