

lower to within six inches of the ground on the count of four, spread on the count of five, brought together on the count of six. The heels never touch the ground. You can do at least twenty (20) of these. You will find this is a very difficult exercise for young boys. The number will have to be built up gradually from three or four and increased as they grow stronger. Running is an abdominal and frontal rectus femoris muscle action. This exercise builds these muscle sections. (3) This exercise we call "knee touches" done in a prone position. The hands are placed on the thighs and on a fast count of 1 - 2 you reach down and touch toward your knees. This sounds very simple but is a difficult exercise to execute for any great number of times. Be sure that the hands are kept sliding back and forth on the tops of the thighs and that the count is fast, 1-2, 1-2. When you can do from twenty to twenty-five (20-25) in succession you will find no trouble with your breathing as the diaphragm muscle will be much improved. (4) On alternate days do "push-ups" from fifteen to twenty (15-20) times one day and "pull-ups" on the horizontal bar ten to fifteen (10-15) times on the next day. (5) Work with medicine ball in pairs or in groups is very good. Pulleys for individual work are excellent and are highly recommended, learn pulley exercises from charts.

Workout Schedule

For the first two or three weeks of your work jog overdistance in gym shoes or rubber solid warmups easy with a change in pace and walking. **CAUTION-- DO NO SPRINT WORK WHATSOEVER.** Early sprinting is the reason for so many shin splints. This should be emphasized to all of your boys. Appoint leaders to see that no sprint work is done out over the course. Up and down hill work is very important as a background for distance running. Sustained effort becomes monotonous, so lay out course over scenic route, or change course frequently. This will break the monotony and will encourage greater effort. After this preliminary work over a two or three week period, go into a schedule of supervised workouts.

Monday

Three or four miles in which the pace is varied, speeded up and slowed down, by the leader, and he directs the boys as to when this will be done. Keep