

Here's a training program I could really like

By Charles Clines



I have read numerous magazine articles and books trying to find the perfect training program. Once, I thought I had found it and used it for a long time. Then, I lost the magazine that had the article.

So, I've been trying to remember it and still use part of it. But recently at the Trinity 5000, I discovered I had been wasting my time and efforts. Mirek Kunagl has the perfect training regimen.

He has been trying to break the 22-minute mark and barely missed it with a 22:02 at the July 23 Trinity 5000. But he came back the next Thursday night and accomplished his goal by crossing the finish line in 21:56. So, what's his secret? What great training program did he use? More speedwork? Tempo runs? More mileage?

Well, none of the above. How much speedwork? None. Tempo runs? Nope. Hill training? Heck no. Increased mileage? Well, here's how he answered the question of how many miles he had put in that week: "3.1."

That's right. He didn't run at all, and hardly ever logs mileage during the week. He lets wife Fiona Green do that. He'd rather find a good breakfast place.

What did he do? Well, he wasn't a couch potato. He dug a ditch that took two and a half hours to complete. Then he did a little carbo-loading. He also did some pipe work and carbo-loaded a little more. Oh yes, he played golf. Whew, I'm tired just thinking about all that. I think I need to carbo load a little to recuperate.

However, he does lift weights, though not so much as he once did when he was lifted three days a week. But there was no or little running. Every now and then he'll join Fiona for a run. But why? He already is running faster than some runners who are logging 30 to 60 miles a week, and his running before running on Thursday night includes about a 100-yard warm-up.

Unhappy ending for Lewisville bridge run

You can never fault a road race for canceling a race because of safety reasons. Yet, when the Lewisville Toll Bridge 5K was canceled because of an incoming storm, there were some participants who questioned the decision. The race was being run in waves of about 500. The first wave completed its run, but that was the only one because the race was called off. Several runners went to their cars to wait out the storm, which brought rain but

that was about it. Several runners believed the race would continue, but they discovered it was canceled. Needless to say, there were more than a few unhappy runners who had paid at least \$25 to participate in the one-time event.

As I said, if it's a safety issue, then one can't argue with the cancellation. Some runners have questions about the safety issue after the rain passed, though a few were told that another front was moving in. It didn't, but officials can't predict what the weather might or might not do. If a storm was showing up on radar, maybe they figured to be on the safe side and cancel the event. Maybe those entry fees are being well spent..