

48 Oak Hill Gardens
Woodford Green
Essex
England

12th January 1936

Dear Mr Kyriakides,

Mr. Turk has asked me to write to you hints on training for the marathon Race. I understand you intend training on roads throughout the winter months. In this case I should think one or two runs a week on the road would be sufficient, you could vary your distances, 10, 15, or 20 miles, according to your inclinations.

At the week-ends you could take a really long walk, say 20 to 30 miles, there would be no need to hurry these walks, it would not matter if it took you all day, as long as you had the time to spare.

Once a month you might attempt to run the full marathon distance, only please don't try to see how fast you can do it, just set out at a gentle jog trot. Always bear in mind the distance still to go and never force yourself unduly. Concentrate on running the full distance and don't worry about fast times at present. In between your long runs on the road it is a good plan to get out on the track if possible, and here you can satisfy your desire for speed. Some good short hard runs at 1, 2, or 3 miles will do you good.

During my marathon training I usually ran my longest distance one evening early in the week and raced on the track on Saturday afternoons. The long runs gave me stamina and accustomed my feet and leg muscles to the hard road and the short races each week kept me up to concert pitch. Please do not forget, let all your fast running be confined to the track, and see that your long runs on the road are quite leisurely affairs. Providing you have got the speed, it will come to you when you require it so long as you possess the stamina to carry it through. It is possible (although not yet decided) that the A.A.A. marathon Championship may be decided this year in conjunction with polytechnic race on June 13th in which case this race will be considered as the trial for the Olympic marathon.

If you decide to come over for this race, I suppose you would like to have one or two trials before leaving Cyprus.

I suggest in your first trial, which you might make toward the end of March or early April you run to a schedule of 7 minutes per mile, at least for the first 20 miles of your journey. If you found you could accomplish the full distance in 3 hours easily you could set yourself a new standard of say 6 1/2 minutes for your next trial in May.

Supposing in this second trial you found you could run the full distance comfortably in 2 hours 50 minutes you could again tighten up the schedule slightly for the marathon race in this country. The most important thing to remember is to run at an even pace throughout the journey.

It is no use running the first ten miles in an hour unless you know you can keep this pace up to the end of the race. The enclosed figures showing the intermediate times of my two record runs may interest you.

You will notice that in most instances I actually increased my pace over each successive 5 miles. Never be in a hurry at the start of the race, you have a long way to go and you must learn to conserve your energy. To "hasten slowly" should be your motto, your aim should be to reach the other end as quickly as you can without hurrying. If you run too fast in the

P.T.O.

