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 warathon Race. I understand you intend training on roads through yout the winter mounths. In this case I should think one or two-runse a week on the road would be sufficient, you could vary your distances, IO, I5, or 20 miles, according to your inclinations.

At the week-ends you could take a really long walk, say 200to 30 miles, there would be noneed 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 imduly. 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 as 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 ing 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 result 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 and 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 tow trials before leaving Cyprus.

I suggest in your first trial, which you might make toward the end of warch 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 I/2 minutes for your nexttrial in way.

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 enclose figures showing the intermediate times of my tow record runs may interest you.

You will notice that in most instance I actually in increas ed my pace over each succesive 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 to to should be your motto, your aim should be to reach the other end as quickly as you can without hurring. If you run too fast in the P.T.O.

early stages of the race you will most likely be running into debt, your oxygen expenditure will be exceeding your income. Your leg muscles will become stiff and refuse to function properly and finally you have to declare a state of bankruptcy, and either drop into a walk or give up the struggle altogether. Wany inexperienced runners make this mistake, ten miles an hour seems rediculously easy-for ten miles-but it is after this distance that the race realy begins.

Consequently many of these too eager runners are only too pleased to seek the seclusion of the ambulance vang the Official recever.

out below under variuos heating.

reet. I don't know if you have any trouble with your feet but in my own za case this was a serious problem. I found the best remedy against soreneos and blisters was to keep the feet soft. After a long run on the road I used to soak my feet in a hot bath of Radox Salts. I found Radox very refreshing to thefeet and a great aid in removing the hard dead skin under which bitsize blisters are liable to form.

when you ran over here last year your footwear seemed to me to be very thin and frail. If you were comfortable in them of course it is unnecessary to make a change, but if you feel you would like to try something different I would recommend tennis shoes with the light crepe rubber sole is you would find these shoes very light and comfortable and the rubber sole is very hard wearing and flexible. Personally I wear a pair large enough to allow room for an inner sole of sponge rubber which gives a cushion after effect and cases the jar of the road. My only preparation of the feet before the race was to snear them lightly with vaseline.

Always wearan ankle socks turned down to prevent grit from sakerk entering the shoe.

Diet. I thing this is a matter of individual taste. Personally I have no fads or fancies and can eat almost anything that is placed before me. On the day of the race I think it is wise to have a substantial meal, say five or six hours before the start, followed by something light about an hour before.

MM

For 26 miles it is necessary to have plenty of full aboard. you take any refreshment during the race it is better to have it before actually feel hungry. This gives you a chance to assimilate the good to give a continuous supply of energy.

well, I hope you will be able to find something of value in what have written and may I wish you succes in your running.

Sincerely yours
(sign) H.W. Payne.
Intermediate times put up by H.W. Payne in A.A.A. marathon Championship,
Windsor to London.

5miles 1928 hrs	min secs	1929. Mor. Wim. Secs. Win. Secs
10 " 15 " 1. 20 " 1. 26 " 2.	29 26- 29.2 60 20 30.5 30 - 29.4 58 21 28.2 34 34 36.1 2.34.3	Miles 29.37 29.37 10 " 59.8 29.31 15 " 1.27.33 28.35 1.55.6 27.33