

# How They Train

## Tony Waldrop

by Joe Hilton

**Born:** December 29, 1951; **Ht/Wt:** 5-11/145, 1.80/66kg.

**Background:** Became interested in track trying to run faster than his older brother. First competed at age 15. First showed his talents in the mile in the 1973 NCAA, running 3:57.3. In '74, Waldrop proved invincible indoors, running nine consecutive sub-4:00 miles, including a world record 3:55.0.

**Best Marks:** 100; 10.2, 800m; 1:48.2, 880 yds, 1:48.3; mile (indoors), 3:55.0 (WR); mile, 3:53.2.



TONY WALDROP

Don Chadez

### ANNUAL PROGRESSION

Year	School	Age	Best Mark
1969	Columbus HS	17	1:53.9
1970	" "	18	4:18.0
1971	Univ. of North Carolina	19	1:50.2
1972	" " "	20	1:48.3
1973	" " "	21	3:57.3
1974	" " "	22	3:53.2

### NON-COMPETITIVE SEASON

Mon—8 miles of modified fartlek; short hills at good speed.

Tues—3 miles (moderate); 4 x ¾ @ 3:10-15 (¼ jog rest); 3 miles (moderate).

Wed—12 mile easy run.

Thurs—8 mile moderate run. Last 1½ miles accelerated to 4:30 pace.

Fri—3 mile (moderate run); 10 x 440 uphill (62-65); 3 miles moderate.

Sat—4-5 mile, good pace.

Sun—12 mile easy run.

### COMPETITIVE SEASON

Mon—6-7 miles fartlek; hard hills

Tues—(Tues. & Thurs. preceded by at least 3 miles easy run); 220 (27), 440 (57), 660 (1:25); 440-220, 100 jog rest between each; 3 sets with 660 jog rest between sets.

Wed—Moderate run of 8 mile.

Thur—3 x 440 (55-56), 60 yd. jog rest; 3 sets with 440 jog rest between sets. Or, 5 x 880 (1:58) with 330 jog rest between 880s.

Fri—3 miles easy run; 20 minutes of accelerations ranging from 100-330 yds.

Sat—Competition. 30 minute jog warm-up; stretch exercises; accelerations vary on need.

Sun—8-10 mile easy run.

Waldrop runs every day, with much of his training in the form of modified fartlek in the hills. He does interval training approximately two times per week (440's, 880's, ¾ mile, or a ladder). Tony does not do long sessions of interval training, but the pace is usually at better than race pace with a short rest. A warmup of approximately three miles, plus accelerations and stretching exercises, precedes every workout. Tony has his last meal about eight hours before his competitions. He competes in a maximum of 8 indoor and 10 outdoor races per year.