

Eric Smith Interview Cont

Did you compete over the country and with what success

Cross Country to me was always the most pleasurable, enjoying and stisfying branch of the sport. I represented Yorkshire in the Inter Counties Championships. I was a member of the very successful Leeds Harehills team which in the 1950's boasted several internationals and won the Yorkshire, Leeds & District, & Northern Championships medals. Finishing 18th & 25th in the English National Cross Country Championships in 1953 & 1955 over 10 miles in very big fields were very gratifying.

Typical weeks training you would have done in those years for build up for say a ten mile race.

Oct-Jan My rest season, still trained hard but much shorter distances.

Monday 6 mile road fast as possible all the way.

Tuesday 10 mile road with Club.

Wednesday 6 mile road fast as possible all the way.

Thursday 4-6 miles-Road slow with Club

Friday- STRICTLY NO TRAINING

Saturday. Either race or club run over country 10 miles.

Sunday. 10-12 miles morning. jogging over country ALONE with 2 or 3 fast bursts, of about a mile.

Jan-Sept. Working gradually from January to reach a maximum mileage per week by May. ie. Jan 50 miles weekly Feb 60, March 70 April 80. Then, depending on races 70-90 per week. Maximum schedule May, Jun, & July.

Mon. 20 miles time 1-55 2-00 Alone after work.

Tues. 12 miles country- very steady with clubmates.

Wed. 14 miles Run as I feel sometimes very fast maybe very slow. ALONE.

Thurs. As Tuesday

Friday STRICTLY NO TRAINING.

Saturday. Either race or 18-20 miles at fast pace 5-45 per mile

Sunday. 20 miles easy paced running about 2½ hours. After race on Saturday always rest Sunday.

For minimum schedule Wed 11 miles, Sunday 6 miles minimum weekly Total 70 miles.

Usually ease off in August to 60 miles, Sept. 50 miles.

For important Marathons I finished training TUESDAY night LEAVING 3½ DAYS REST before start of race.

I DID THE SAME TRAINING FOR ALL RACE DISTANCES ON THE ROAD.

Any special diets etc (you mentioned taking salt tablets.)

Sirloin steak and two eggs every day. Plenty of fruit and vegetables.

Drank a fair amount of milk and plenty of Mars bars. Also took Glucose

- usually in milk using about 1lb of Glucose a week.

Never drank Coffee or Tea.

Race Drinks. Only taken on long distance events in warm conditions.

Salt, Glucose & Orange Juice. Drank water 2 hours before a race but didn't eat anything within a few hours of starting a race. In warm conditions I took salt tablets before races.

I am sure that all members have found this very interesting. In the next issue Eric will be requested to cover the period from being a founder member of Otley AC (1983) up to the present time.

(PR DEAN)