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### 16 Individual Champions That Won 22 State High School Mile Titles Over 40 Years

Here's what they did, what they didn't do. How they trained and how they raced. No theories, no opinions. Just the facts. Just the truth.

We start in 1964 with a runner who played high school football and basketball and then set two state meet records in the mile and half mile on the same day. We'll finish in the new Jesse Owens stadium with the only runner to win three 1600m titles. In between we talk to Olympic gold medal winners and others that didn't start running track till they were juniors.

By finding out what the winners did, this book looks to answer the question, what does it takes to win the state 1600m. Workouts, duel meets, winter running, tapering, eating, weight training. What's important, what's not.

We put together a day by day five month training program that includes racing and tapering.

The three laws of racing the mile. True race day strategy that you can use, not just anecdotal stories.

Plus we document and analyze the great sub 4 minute milers, Liquori and Ryun. How they trained and raced in high school.



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## Ohio High School State Mile Champions: What They Did To Win the State Title



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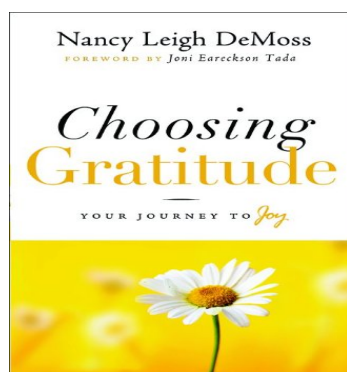
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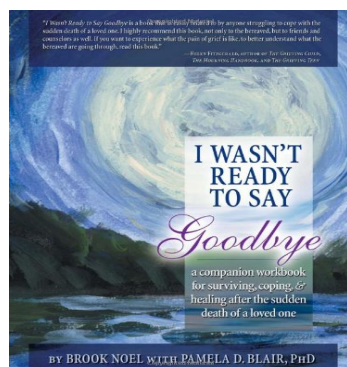
Training for the mile. Workouts, training schedule, racing strategy - Here's what the State champions did, what they didn't do. How they trained and how they raced. No theories, no opinions. Just the facts. Just the truth. Plus we document and analyze the great 4 minute high school milers, Liquori and Ryun. How they trained and raced in high school. By finding out what the winners did, this book looks to answer the question, what does it takes to win the state mile. Workouts, duel meets, winter running, tapering, eating, weight training. What's important, what's not. We'll try and answer the question that coaches hav

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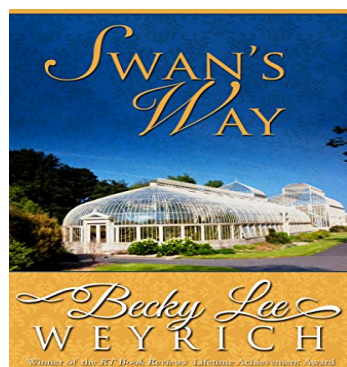
### Choosing Gratitude: Your Journey to Joy

Gratitude is a choice. If we fail to chose it, by default we choose ingratitude. And once allowed into the heart, ingratitude does not come by itself, but with other seedy companions that only succeed in stealing joy. Derived from a popular Revive Our Hearts radio series, Choosing Gratitude:



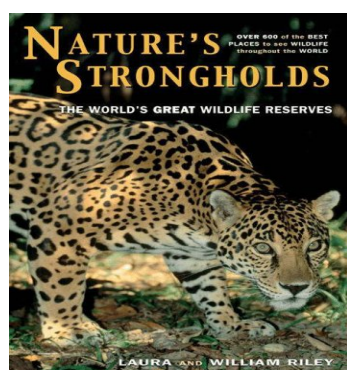
### I Wasn't Ready to Say Goodbye, 2nd Ed.: A Companion Workbook

A workbook of healing and hope Based on the bereavement classic I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing after the Sudden Death of a Loved One, this workbook offers step-by-step support and encouragement through the grief journey. In the wake of sudden loss, the I



### Swan's Way

“Combining intriguing paranormal elements is Ms. Weyrich’s forte and this is no exception.”  
—Romantic Times The grand plantation of Swan’s Quarter still echoes with memories of another time. It is there that Ginna Jones meets Neal Frazier, a recov



### Nature's Strongholds: The World's Great Wildlife Reserves

Bengal tigers in the jungles of India. Birds of Paradise in the wilds of New Guinea. Penguins on frozen beaches in Antarctica. These and other charismatic and endangered species find homes within the world's great wildlife reserves. Only a few persons have had the opportunity to visit many of these

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What others say about this ebook:

**Review 1:**

I read Chuck's book over December 2015. I started my 13 year old daughter training to the guidelines he provided.

She won the 1600 meters Regional District 8th grade race with a time of 5:32.0. She ran an 800 meters 2:27.4 in a dual meet and broke the school record of 2:32. This was done at 5,800 feet elevation in Colorado. I find his research and common thread on nearly 17 state Ohio school boy mile & (1600 meter) champions to be fascinating! It shows what they did and how it works! It does work!

Much thanks!

B. Henley, Highlands Ranch, CO

**Review 2:**

This is a well written book. It is also the kind of book that is needed to help develop top notch high school runners. There just isn't much material written on how the top racers trained in high school and this book really tries to address this need. I really appreciate this book being written and the athletes sharing how they go to that level with their training.

**Review 3:**

This book was extremely enlightening and entertaining, and provided a great insight to Ohio and its rich tradition of running. As a runner myself, it was great to see that what I do is similar to that of champions, and that is always helpful when you have that one bad workout or rough week. This book provides not only motivation, but also comfort to someone who is hitting that rough patch with their training.

**Review 4:**

When I watched "Who wants to be a millionaire" I was always astounded at how often, "Ask the audience" got it right. This book is kind of like that...just ask the people that win what they do, find the common ground, and go with that...even if you can't explain it or understanding why.

After going through each athletes training and times systematically, the books shares, "Essentials" and "What you can live without" ideas. In other words, "How important is stretching?" Well, if only 1/3 of the guys who win state in OH stretch before the race, maybe you don't need to have an incredible stretching routine for your athletes...but if 90% of the mile winners started their speed training in Feb., maybe that's something you should pay attention to making sure happens.

In summation, this wonderfully helpful book does little to no explaining WHY things work, it just tries to connect the dots between patterns that winners display and the result of winning the mile championship. I have found it exceedingly practical.

**Review 5:**

Simply put, this is one of the most enjoyable track & field "reads" you will find. The author does a great job of presenting great Ohio milers from many eras, along with their basic training regimens. The reader gets to hear personal insights and compare the varied mileages & workouts. The diversity of the paths/training the each runner took to win his state title should open up many lively discussions among distance runners & coaches.

The material comparing the runners who broke the 4-minute mile mark is also presented in a

clear, simple fashion. Information is analyzed, not over-analyzed, and presented clearly. The research is thorough, the charts are clear, and runners and coaches will be left wondering if maybe....

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