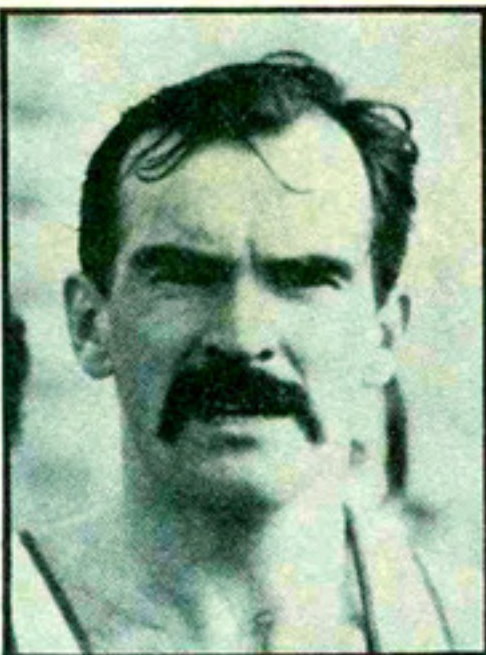


From the Training Log of . . .

Rob de Castella

Rob de Castella's athletic career may well be judged on the basis of five marathons, and he's got three down and two (the Helsinki World Championships and the Los Angeles Olympics) to go.

"Deek," as he is commonly known, won the 1981 Fukuoka marathon with a sustained drive over the final 12 kilometers; his time of 2:08:18 is the fastest in history on an out-and-back course. He came from behind to win the 1982 Commonwealth Games in 2:09:18, making up as much as 58 seconds on Tanzanian Juma Ikangaa in what Ron Clarke called "the greatest marathon race ever." And, finally, there was last April's Rotterdam Marathon. Although his personal match



race with Alberto Salazar was not the shootout it was expected to be, the race for first was one of the closest ever. De Castella, with a track best of 28:12 for 10,000 meters, outsprinted Carlos Lopes of Portugal, who has run 27:24, over the last 100 meters to win in 2:08:37.

"Times in track races have nothing to do with marathon finishing ability," explained Pat Clohessy, Australia's national distance coach. "Strength is what matters in the marathon and that's where Deek has them beaten." All three marathons were won in different styles, which is certainly cause for worry as far as de Castella's future competition is concerned. Deek may not be the complete marathon runner yet, but he's certainly headed in the right direction.

De Castella was 14 years old when he came under the tutelage of Clohessy who, two decades earlier, had won one AAU and two NCAA titles at 5000 meters. Under Clohessy's astute eye, and with a moderate training load of about 50 miles a week, Deek set several Australian junior records on the track, in distances ranging from 3000 to 10,000 meters. But the transition from junior star to senior star was not an easy one, and it was five years before he improved on any of the times he recorded as a youth.

His road and cross-country performances were more consist-

ent, but not spectacular. De Castella made his first appearance with an Australian national team in the 1977 World Cross-Country Championships where, as an inexperienced 20-year-old, he finished 37th. His marathon debut came two years later and again it was a creditable one — a 2:14:44 victory. He finished well back in the Moscow Olympics Marathon in 1980 before breaking through at Fukuoka.

De Castella doesn't believe in peaking for specific races. He is basically racing fit year round. However, before an important competition, he reduces the quantity and quality of his training load. In the last two years, the time spent in marathon preparations has

hindered Deek's track and cross-country performances. He is looking to win a World Cross-Country Championship and hopes to improve his personal bests on the track, especially at 10,000 meters.

De Castella lives in the Canberra suburb of Chapman with his wife and brother-in-law, an accomplished marathoner himself. The old, two-story house sits within a short run of some of Australia's most scenic countryside, providing Deek with some picturesque running trails.

De Castella has ranked second in the world (behind Salazar) in each of the past two years, but his victory over Salazar in Rotterdam, combined with a good performance in Helsinki this month, could go a long way toward reversing that. As with most champion runners, Deek's sport has pretty much become his life. Even in his chosen occupation, as a biophysicist at the Australian Institute of Sport, de Castella spends a great deal of time studying running and its effects on the body.

Born Feb. 27, 1957, the 5-foot-11, 143-pound de Castella may be one of the world's largest marathoners, but he's definitely one of the fastest. De Castella has progressed steadily as a runner, as Clohessy's tutelage yielded consistent results. Today, he ranks among the most respected competitors in any event.

Rob's Schedule

Monday	A.M. 6 miles easy P.M. 10 miles easy	Wednesday	A.M. 6 miles easy P.M. Flat 18 miles (6:15 pace)	64 seconds with a 200 recovery float in 45 seconds; to- tals 9 miles with warmup and warm- down	Saturday	P.M. 10 miles easy A.M. 10 miles hard/hilly P.M. 6 miles easy	
Tuesday	A.M. 6 miles easy P.M. Hill repetitions (11 miles including warmup and warm-	Thursday	A.M. 6 miles easy P.M. Track workout (usu- ally 8 x 400 in 62-	Friday	A.M. 6 miles easy	Sunday	A.M. Hilly 22 miles (6:15 pace) P.M. 6 miles easy

"My training methods have evolved from discussions with Pat [who was influenced by Arthur Lydiard] and a former training partner, Chris Wardlaw [a two time Olympian in the 10,000]," de Castella says. "We call it a complex training program and it consists of doing different types of sessions [long runs, hills and track workouts] each week with basically the same weekly program year-round.

"My two long runs of a flat 18 miles and a hilly 22 miles are the two most important sessions each week. Pat always says, 'If you've got to cut back, try to avoid reducing your long runs, as the strength you get from them is vital.' The pace on my long runs is usually about 6:15 to 6:30 per mile. I always try to keep relaxed without straining. I think that's one of the secrets. You should concentrate on your form rather than necessarily running fast.

"Prior to Fukuoka, Brisbane and Rotterdam, I ran a 30-miler five weeks before the event. This is the only time I train longer than the marathon distance. I've been training twice a day since age 19. My normal training load is 135 miles per week, and I've averaged 110 miles per week for the last four years. I think 135 miles a week is probably enough, but I'd like to try doing it faster.

"When I first started running I was fairly average. There were many others who had a lot more ability than me. However, Pat's guidance and careful development, with my consistent approach, have perfectly complemented each other. I've only lost about 10 days through injuries in my whole athletic career. These were only short stops of two to three days with lower-back problems and a heel spur.

"There are probably three factors in my relatively injury-free career. First, I'm very big and strong [although he's never done any weight training]. Secondly, I've been very gradually increasing the quality and quantity of my training over a long period [13 years] and I've never had any major setback that I've had to come back from. Finally, I feel I don't have that much fitness ability. When I first started I was quite ordinary and I had to train very consistently. Gradually my muscles and limbs became strong before my heart and lungs got fit.

"You've got two levels — skeletal strength and physiological fitness. If the latter surpasses the former, it means that you can push your body further than it's really able to sustain. I think that's when you get injured." □