

from business once or twice a week, when practicable.

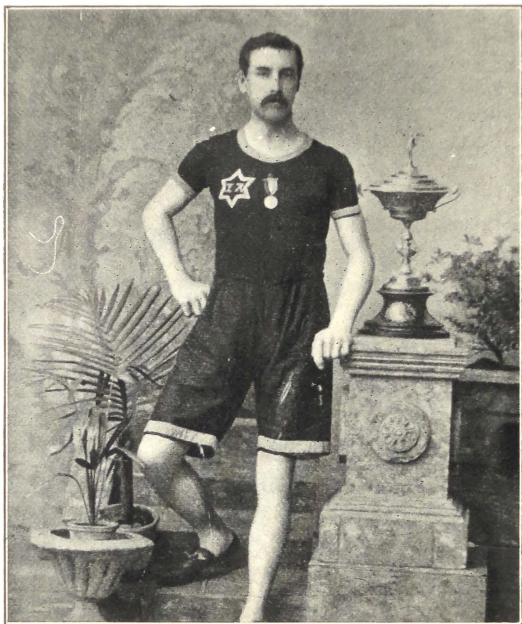
The path work on Mondays, Wednesdays, and Fridays should consist of a steady 1,000 yards, three-quarters of a mile, or even a full mile. Then put on a coat and trot or stroll about the ground for ten minutes, keeping the body and limbs well wrapped up and warm. Then go to the mark and sprint a few times, anything up to 100 yards, finishing with a good striding 300 yards dash. Stride out to your utmost capacity, running in your best form, and the last 50 yards at your fastest. On the other days start by running 400 yards at three-quarter rate, finishing the last 50 yards at full speed. Afterwards practise starting and sprints, finish with a good striding 600 yards, and the usual rub down. A quiet walk before riding home will always prevent a chance chill or cold.

*How to run a half mile race.*—The half mile race is often run in heats ; when such is the case I am very much inclined to think it is not only the hardest of all races to win, but the most difficult to advise upon. To run the race, however, in one heat considerably simplifies matters in both respects.

*If run in one heat, or the final.*—The better plan, I

## VIII.—CROSS-COUNTRY RUNNING

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**CHARLES BENNETT.**

Southern Countries Cross-Country Champion, 1898, 1899, and 1900;  
National Cross-Country Champion, 1899 and 1900; 4 Mile  
Champion, 1897, 1898, and 1899; 1 Mile Champion, 1900;  
10 Mile Champion, 1899.

CROSS-COUNTRY running, when judiciously participated in, provides one of the most pleasant,

## XV.—ROWING,

Gymnastics, Fencing, Wrestling, Boxing,  
Throwing the Hammer, Putting the Weight,  
Pole Vaulting, Hurdling, &c.

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THESE exercises can only be learned by a very careful attention to detail, and by watching those proficient. Even then it is almost impossible to accomplish any of them well without tuition. The better plan is to attend a class or get instruction from a professor or expert. Then practise, practise, practise, and good results will necessarily follow.

With regard to training for these sports, three words will suffice, taken in conjunction with that already written on the subject in this book. These are—moderation, massage, and instruction (the best);

## V.—MIDDLE DISTANCES.



**R. W. WADSLEY.**

Winner of the 440 Yards Championship, 1901. Time 49½ secs.

By “middle distances” is generally meant all those between 440 yards and three-quarters of a mile. There are, however, numbers of the old school of athletes who maintain that the quarter

least a month before the first match, with long distance runs—across country for choice, a cinder path and road running are very trying to the legs, particularly of those who have not been used to such exercises. When the weather is wet, or as a pleasant variant, the “100 Up” should be substituted for the long distance run. Care should be taken that the run is neither too far nor too frequent—say five miles on alternate days. Every day should see the player sprinting, and, if there are more than one, they would enjoy their work all the more if an occasional handicap were arranged amongst them. On the days not devoted to the long distance run a smart eight or ten miles’ walk should be taken. Once it is apparent that a man is getting into sound condition the long distance run may be dropped, but the sprinting, short spells of the “100 Up,” and country walks (now at a somewhat less rigorous pace) kept up. Of course, practice with the ball on the club ground will have started very early in the training. Some careful observers maintain that shooting is becoming a lost art amongst latter-day footballers. While one is not altogether disposed to agree with them (it would be difficult to point to three better shots than G. O. Smith, R. E. Foster, and S. Bloomer, all products of the last decade), there is, undoubtedly,

## XVI.—ON HEALTH.

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*Exercise.*—I believe the most prevalent ailments of old age are gout, rheumatism, and diabetes ; all these diseases are caused more or less by neglect of regular muscular exercise.

Now, the man who undergoes regular exercise keeps the skin action perfect, and by so doing perspires freely, and expels all unwholesome and detrimental excretions from the system ; another point is that regular and discreet exercise tends to keep all the blood vessels in full working order and active, and so prevents any chance of withering away, or inability, through lack of exercise, to perform their allotted tasks. On the other hand, too violent or excessive exercise is quite as bad, or worse, than none at all, often causing irredeemable injury, and particularly heart trouble. Violent exercise before breakfast should always be avoided. There are very few constitutions strong enough to inhale the raw atmosphere of the early morning, without food, with benefit to themselves, and I am of the opinion that many cases of influenza,