MARATHON RUNS IN JAPAN BEFORE THE WAR II

— A Historical Sketch —

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Introduction

Among various track and field events, the Japanese world of marathon run has perhaps one of the most brilliant histories. Because, in this event quite a few internationally well-known runners have been successively produced since Japan's début to the world competition in 1912. It was indeed 1912, for example, when Shiso Kanaguri participated in the marathon race for the first time Japan ever did in the international race in the Fifth Olympic Games held in Stockholm. He was one of the two foremost delegates from Japan for the modern Olympics. In the Eleventh Olympic Games held in Berlin, the Japanese representatives won the first and the third places to begin the winning link in the international competition. Among the famed marathon runners from Japan are: Kokichi Tsuburaya who won the third place in Tokyo Olympics in 1964; Kenji Kimihara, the winner of the 70th Boston Marathon in 1966 and the second place winner in Mexico Olympics in 1968; Morio Shigematsu, the title winner of the 69th Boston Marathon and of the 45th Polytechnic Harriads Marathon (Windsor Marathon) both in 1965; and Yoshiaki Unetani, the winner of the 73rd Boston Marathon in 1969. Their success perhaps owed to skillful coaches and the great spirit of the runners, carried through Japan's modern history of marathon runs.

While the Japanese world of marathon runs still enjoys its success, to review briefly the historical development of this sport would provide valuable resources in evaluating the efforts made by the related persons. In this report, however, the topic will cover the history and techniques of marathon runs in Japan before 1945.

Brief Chronology

It was 1909 when the word "marathon" appeared publicly for the first time in the Japanese society, as publicity bulletin on a scheduled marathon race was posted on certain street corners (1). The history of long distance running in Japan, however, may be traced back to 1855, as 95 Samurais, or sword fencers, raced each other for 18 miles in mountains, which they called as "excursion," according to a document (2). The first long distance race in Japan in the sense of modern cross country, or marathon, was held at Tokyo Higher Normal School in 1898, followed by an 11-mile and 13-mile races in the following year at Yamaguchi High School and at the First High School, respectively. The second case later became to be an annual event of Tokyo. Besides, several more of this kind are recorded in

the history. Two newspaper companies, namely Jiji-Shimpo and Osaka-Mainichi, sponsored so-called 72-mile, 12-hour run and 8-hour run, respectively, in 1901, both of which invited keen interest among long-distance runners in Japan. Shiso Kanaguri, the father of Japan's marathon races, grew out of these events, who then represented the country for the 1912 Stockholm Olympics as mentioned earlier.

Thus, "Marathon" gradually became popular throughout the nation. Eighty-four participants, for example, average age being 20.5 years reportedly attempted to run full-marathon at the Southern District race in 1917, though near half of them, mostly younger runners could not complete the race (3). In 1920, five marathon runners, sent to Antwerp Olympics, did not perform well despite their confidence in winning the race. They, instead, learned the fact that the actual marathon journey was not 25-mile run, but 26 miles and 365 yards, which was called as full-marathon (4). Since that time, systematic study and rational training for marathon runs became to be practiced.

The Techniques of Marathon Runs

Variety of suggestions and advices regarding the techniques of marathon runs, as seen in the literature, appear to have been heavily used among the marathon runners of these times. Akashi and Kanaguri, in 1916, suggested that, when running, a runner should keep watching some six to eight yards ahead so that conditions of the running road, such as uneven dips and corners of street, could reflect in mind and that he should not maintain overly straight back, caused by bent elbows, but flat-footed steps and respiration cycle once every four steps were recommended (5). According to Kani and Sasaki, elongated stride, smooth back-and-forth swinging of forearms, and respiration, each inhaling and exhaling twice continuously were the recommended keys for successful long distance running. Besides, in this book published in 1921, runners were encouraged to keep watching 40 to 60 yards ahead while running (6). Noguchi on the other hand, in 1923, emphasized smooth stride at optimum length and rhythmic pace from the very beginning of the race (7). According to Morita's book in 1930, Seiichiro Tsuda's recommendations reportedly included that the arm action in marathon runs was less important in obtaining the speed and therefore the arm swinging should be made naturally; that the vertical movement of the body must definitely be avoided, but only the horizontal locomotion necessary; and that the feet should be carried flat and as quickly as possible with elongated strides. Pauvo Johannes Nurmi, the noted Finish long distance champion then praised this technique, as he reportedly mentioned "if I run marathon race I will try as the Japanese runners did as I saw them at Amsterdam." His comment proves that his form was not suitable for marathon runs, because he drew up his knees too high and swing arms too vigorously (8).

The Competition

According to Morita's book, the reason why the Japanese marathon runners were unsuccessful then was explained as they were accustomed to run on stony street with slow pace,

though much more capable. On the other hand, European runners, represented by Hannes Kolehmainen of Finland, the winner of the Antwerp Olympic marathon, were capable of adjusting the pace to any circumstances. Kolehmainen, for example, could run with the pace he wished because he took the lead (9). In the same race, Kanaguri finished by a record of 16th, Zensaku Mogi, 20th, Kenzo Yashima, 21st and Yahei Mishima, 24th, though they became to be well-known of their remarkable spurt on the return journey.

With the above-mentioned reflection in mind, the Japanese runners prepared for the 1924 Olympics in Paris. Shiso Kanaguri later stated in his report that he and his fellow contenders kept training every day with 40 to 60 minutes long running exercise on the deck of the boat on the way to Europe. They intended to become accustomed with hard floor while running, as the marathon course was expected to be fully paved by asphalt. The training schedule after they arrived at Paris, at first, was to run the same course at the same time of the day with the scheduled Olympic competition. The daily training thus started by 3 or 4 p.m. This schedule was then altered ten days later, escaping from heavy traffic and including practice of up-hill run, total length of running being 10 to 15 miles a day. Regarding the running pace, it was expected that the European runners would start the race with rather high speed of running. The Japanese, while training, therefore attempted to distribute the energy as high gear, easy gear, and top gear during the whole race. They were capable of finishing the first half of the full length marathon by 1 hour and 16-18 minutes. Massaging each other's body, bathing, supper and taking a walk were the post-workout daily schedule. During the pre-competition week, no running practice but 10-mile walk on Monday and Tuesday took place. When measurements were taken after 1 hour and half long running, weight loss amounted to two kilograms. The pulse rate recordings indicated 28 per 10 seconds during the height of running, though 25 or 26 when normal running (10). In the actual race, the team did not perform well, as only Tatsunosuke Tashiro completed the full course. Shiso Kanaguri and Yahei Mishima had to drop out of the race. Regarding the results, Moto Ikeuchi later commented as follows. The Japanese runners prepared well for the one-half of the competition in which they did well. But it was not a successful strategy as the results coldly demonstrated (11).

Japan's dream came true in 1928 as Kanematsu Yamada took the fourth and Seiichiro Tsuda, sixth places in the 9th Olympics. Juichi Nagata, though had to accept unfavorable 48th place. Yoshihiko Miki pointed out the key for this success as follows: a) hard training, b) young runners with fine morés, c) well coordinated tactics among the runners, and d) overcoming the shortcomings, i. e., slow starting (12).

Tsuda, upon analysing his success, mentioned that becoming accustomed to the actual course was a contributing factor. The training schedule for this successful attempt appears below.

July 31: 13 miles run with fairly fast pace starting by 3.30 p. m. and massage before and after workout.

Aug. 1: massage in the morning and taking a walk.

Aug. 2: 5-mile run at fast pace and later easy pace, starting by 3.30 p. m., and massage before and after workout.

Aug. 3: resting all day and massage in the morning.

Aug. 4 (day before the competition): 5-mile running (due to hyper-tension, bothered by insomnia).

Aug. 5 (the day of competition): getting up by 6 a. m., breakfast at 7.30 a. m., taking a short walk to main stadium around 11.30 a. m., a little amount of massage, lunch by 1.30 p. m.

From his experiences, Tsuda recommended a few matters such as, a) taking breakfast consisting of meat and rice-cakes at about 6 a. m. on the day of competition, b) taking lunch around 10.30 a. m., provided that the race would take place about noon, c) light calisthenics and one mile jogging for warm-ups slightly before the start of the race, d) being cautious on the running form during the race, and e) fast but not abrupt pace during the race keeping away from fatigue (13).

In the 1932 Olympics in Los Angeles, Tsuda successfully completed the marathon run again, this time being placed at the 5th, while Onbai Kin took 6th and Taika Gon, 9th; the latter two runners were natives of Korea, though, all of these Japanese representatives were praised by number of people as men of strong spirit and hard workers (14). It was the first time that a three-men team from Japan ever completed the run successfully. The official report book of the Japan Amateur Athletic Association (JAAA) complimented this fine attempt as follows. The tactics were just right as all three Japanese runners went together for the first 20 miles at a usual training pace and later each of them ran freely according to respective condition. Juan Carlos Zabara out-performed the tactful Japanese runners as he maintained a rather high speed in the first half. He marked a pace of $12\frac{1}{2}$ miles an hour. The reason of Zabara's success may have attributed to his familiarity with the course as he came in to Los Angeles two months prior to the Games, and repeated workouts using the official course. The Japanese marathon specialists, on the contrary practiced only for a month. Moreover, they suffered from hard pavement of the running course, and hence, series of injuries and lay off afterward occurred among them. It was thus recommended that much earlier arrival to the Game site and familiarization of the runners to the actual course would be necessary. In addition, acquiring high running speed beside endurance was wanted (15).

The ultimate goal of the Japanese mathathon runners was finally achieved in 1936 when Kitei Son won the gold medal and Shoryu Nan, bronze medal, both being Korean natives, in the Berlin Olympics. It took a quarter of a century for the Japanese to realize the hope. The team followed to the schedules below. The team left Tokyo on July 1, and arrived in Berlin after 17 day long trip via Korea, Manchuria, Siberia and Russia. Three days later they checked in to the Olympic Village where they kept training sessions until the day of competition. Among the competitors representing Japan, Son was the most expected one because of his fine running speed, while Nan was ranked next as he was quite strong in

the latter half of the run. Tamao Shiaku, the third runner of the Japanese team, due to his ankle injury, was not expected too much. In the actual race, he regrettably dropped out of the competition.

The Berlin Olympic marathon race took place on August 9, 1936. The race was led by Juan Zabara, the winner of the previous Olympic race, who passed the turning point by 1 hour 11 minutes and 19 seconds. He was trailed by Son, and E. Happer of Britain, together with one minute's difference with Zabara. Son attempted to catch Zabara at a time, though Happer suggested him it was too early to do so. As Happer expected, Zabara dropped away at 32 kilometers' point and between the two runners, the championship was competed. Nan, the bronze medalist made the half-way turn by 1 hour 30 minutes and tried to catch up the top group, increasing the running speed after 30 kilometers' point. Out-running eighteen runners in the final 5 kilometers, he returned to the stadium only 19 seconds behind Happer (16). Should the marathon course be one kilometer longer, Nan could have caught up two more runners.

Schedule of Practice

Kanaguri, in his book of running, suggested certain principles of marathon practice in 1916. His theory may be summarized as follows. A prospective long distance specialist should start running by 10 years of age, though development of running speed is not the main concern until adolescent years. Experiences of enjoyable running, mixed with walking, may stimulate the body enough to extend the training distance to 15 to 17 miles. After 20 years of age, he is entitled to challenge any longer distance in running practice. An example of weekly schedule may appear as the followings:

Manday	: 4.9 miles in 35 minutes
Tuesday	: 9.8 miles in 64 minutes
Wednesday	: 2.4 miles in 15 minutes
Thursday	: 9.8 miles in 64 minutes
Friday	: 17 miles in 100 minutes
Saturday	: 4.9 miles in 40 minutes
Sunday	: over 25 miles (walk hills or climb slopes)

In spring, according to Kanaguri, at 3 p.m. jogging covering 1 mile to 1 mile and 200 yards may provide good running ability. In summer, the training should start by 8 or 9 a.m., otherwise after 4 p.m. Once or twice a week, the runner needs to attempt running certain distance at a full-speed. Fall and winter training which covers 7.3 or 9.8 miles daily plus weekly training of 15 miles and occasional 19.5 or 22 miles jogging will provide fine capability as well. On Sundays, the trainee needs to walk or hike. During the pre-competition week, he should try 19.5 miles run at best effort (17).

Following to Kanaguri, in 1917, Hiroshi Hibino indicated that at least two hours' rest was reportedly necessary so that the food should be digested well (18). Then Kani and Sasaki suggested 12 to 15 miles of running for daily training, except 25 miles once a week

or two. Over-training should be avoided (19).

Kani's opinion regarding the amount of training runs, seems to encourage more of it than the case of Kanaguri. They both had similar suggestions in that the beginners should take one mile run first and cover 5 to 10 miles later and not to try long distance run until he becomes to be able to run 12 ½ miles with ease. The authors of the latter book gave more suggestions as follows. Improvement in the form and, then that in blood circulation and respiratory functions were to be aimed throughout early practice. Ten minutes long calisthenics for warm-up was recommended, before starting jogging or running, which included arm (bending and stretching), trunk (twisting, bending and arching back) and kicking exercises. Breathing through nose was suggested unless too hard. Those who find difficulty may breath through nose and mouth, though gargling after training sesseion was necessary. Bathing and massage afterwards, enough diet, proper brain activity and plenty of rest and sleep would provide fine background condition for running. Terada presented his views and opinions on the marathon training in 1921 including following points. A beginning runner should maintain a running pace of 9 minutes a mile, until he can run 20 miles with ease. Thus the author stressed both speed and distance elements. For the first month of training, he recommended the schedule below :

Manday	: 12 mile run
Tuesday	: 15 mile run
Wednesday	: 10 mile run
Thursday	: 8 mile run (at fast pace)
Friday	: 10 mile run
Saturday	: 15 mile run
Sunday	: 5 mile run

During the second month of training, endurance element was stressed. For this purpose, running 5 or 6 miles at a pace of 7 or 6½ minutes per mile should be included in the below schedule :

Monday	: 15 miles
Tuesday	: 20 miles
Wednesday	: 12 miles
Thursday	: 15 miles
Friday	: 17 miles
Saturday	: 20 miles

During the third month of training, attaining speed was the primary emphasis. For this purpose, the running paces should be ; 5 miles in 27½ minutes, 10 miles in 60 minutes, 20 miles in 2 hours and 10 minutes and 25 miles in 2 hours and 50 minutes (20).

Shiso Kanaguri who was then called as "King of Marathon in Japan" presented his opinions and suggestions on his specialty event in two articles published in 1923. He suggested one hour running covering approximately 7.3 miles as warming-up during winter training. Once a week, a ruuner should try best effort in running 12 or 15 miles. Training by

use of up-hill slopes was recommended during the cold seasons for maintaining physical strength (21). On the other hand, a runner should not try a go-for-broke training in summer as Kanaguri suggested. Due to clinical handicap, the goal of summer training should be limited to strengthening body and mind. So he stated that running 2 to 12 miles was enough (22).

Chojiro Nishida, the winner of All Japan Championsoip in 1922, also presented his views in the same year. He believed fast pitch, long stride and endurance were the keys to become a great runner. In fact, he repeated 1500 meters and 5 miles runs on alternate days before winning the national meet (23). It may be, however, a matter of critical discussion today, whether endurance directly means distance of running.

Kazuo Okazaki who later became the Minister of Forign Affairs of Japan, through his experience of participation to the Olympics, mentioned in 1924 that an Olympic marathon runner should be able to run a mile with 4 minutes and 40 or 50 seconds (24). From materials collected in this report, it appears that the running speed invited much attention among the runners in this period of marathon history of Japan.

Fujishiro, in his article published in 1923, introduced his weekly schedule of running training which appears as follows:

Monday	: 5 mile run at full speed
Tuesday	: 10 mile run at optional speed
Wednesday	: 10 mile run at fair speed
Thursday	: rest
Friday	: 26 mile endurance run (or 10 mile run at full speed)
Saturday	: rest

These three suggestions are considered to have come from respective experiences. Genzaburo Noguchi, a well-known running coach then, explained his theory of marathon coaching as follows (Table 1): A marathon runner may be produced out of five months of systematic training. Or, three months of training given to a 5000 or 10000 meter runner would do the same. The first two months, in the case of five month training, should be devoted much to exercise to develop physical strength, besides jogging 1500 to 3000 meters, three times a week. Through jogging, techniques of respiration, pace distribution and other would be acquired. At the end of the first month, Noguchi recommended, the prospective marathon runners should attempt to jog 15,000 meters. During the second month of training, three times a week of running practice covering 5,000 to 10,000 meters were prescribed. Full speed running of 5,000 meters by the end of the second month would be an effective stimulator. During the third month, speed training was encouraged, while by the end of the month, the runner should attempt to run 47,250 meters. The fourth month training which would develop speed should include three times a week of running 1,500 to 3,000 meters, and attempt to cover the full marathon course. The fifth or the final month of marathon training stressed the race preparation. Over 10,000 meters of running with race techniques well checked was an example. Regulated training run should be avoided for a few days prior to the actual race,

instead 5,000 to 6,000 meter walking was recommended. Noguchi believed that a prospective marathon runner should be screened by a doctor or an experienced coach. Before the competition, he was recommended to clean the stomach using catharsis (26).

Table 1. The Schedule of Practice Recommended by Noguchi

Month	The 1st month				The 2nd month			
Week	1st	2nd	3rd	4th	1st	2nd	3rd	4th
Day								
Mon.	3000m (1/2)	5000m (1/2)	5000m (1/2)	10000m (1/2)	5000m (3/4)	5000m (3/4)	5000m (3/4)	5000m (3/4)
Wed.	5000m (1/2)	10000m (1/2)	10000m (1/2)	3000m (1/2)	10000m (1/2)	10000m (1/2)	10000m (1/2)	10000m (3/4)
Sat.	3000m (1/2)	5000m (1/2)	5000m (1/2)	15000m (1/2)	5000m (full)	5000m (full)	5000m (full)	5000m (full)

Month	The 3rd month				The 4th month			
Week	1st	2nd	3rd	4th	1st	2nd	3rd	4th
Day								
Mon.	5000m (1/2)	10000m (3/4)	20000m (1/2)	30000m (1/2)	20000m (1/2)	30000m (1/2)	45000m (1/2)	20000m (1/2)
Wed.	75000m (1/2)	20000m (1/2)	10000m (3/4)	10000m (3/4)	10000m (1/2)	20000m (1/2)	15000m (1/2)	30000m (3/4)
Sat.	5000m (1/2)	10000m (3/4)	20000m (1/2)	42000m (3/4) Time trial	5000m (3/4)	20000m (1/2)	15000m (full)	42000m Time trial

Month	The 5th month			
Week	1st	2nd	3rd	4th
Day				
Mon.	10000m (1/2)	10000m (full)	15000m (1/2)	10000m (1/2)
Wed.	20000m (1/2)	15000m (3/4)	10000m (full)	15000m (1/2)
Sat.	30000m (1/2)	42750m (1/2)	45000m (full)	competition

[Note]
1/2=fair speed
3/4=good speed
full=full effort

Seiichiro Tsuda reportedly explained his views and opinions on marathon in Morita's book published in 1930. According to Tsuda, a marathon candidate need not to be a special man but need normal life, sufficient sleep and ordinary diet with vegetables heavily taken. To train the respiratory organs, twenty times of deep breathing every morning was recommended. Two to three miles of walking with larger strides than normal with heavy laced boots every morning during the early training period was his suggestion before taking the following

practice schedule. Walking, for becoming accustomed to the road, before actual running practice, plus warm-up exercises mostly whole body gymnastics was his suggestions for the beginners. Heavy running practice was not included before the 19th week, as seen in Table 2. According to Tsuda, mental fatigue should be avoided even taking training schedule. For this reason, he discouraged practice with fellow runners so that challenging each other and disturbing own pace would not result. Advices among the trainees, however, were

Table 2. The Schedule of Practice Recommended by Tsuda

Day \ Week	The 1st week	The 2nd week	The 3rd & 4th week	The 5th week
Mon.	3 miles slowly	5 miles slowly	6 miles slightly	7 miles slightly
Tues.	5 miles Walk hard	5 miles Walk and jog	3 miles The first and last miles fast, middle mile slightly	5 miles fairly fast
Wed.	4 miles Run slightly	4 miles slightly	5 miles Walk and jog	7 miles slightly
Thur.	7 miles Walk and jog	7 miles slightly	8 miles slightly	10 miles Walk the actual course if impossible to run through
Fri.	Rest	Rest, walk if in good condition	Rest	Rest
Sat.	5 miles fairly fast	5 miles fairly fast	7 miles fairly fast	7 miles fairly fast
Sun.	Rest	Rest	Rest	Rest
Day \ Week	The 6th week	The 7th week	The 8th week	The 9th & 10th week
Mon.	7 miles fairly fast	8 miles fairly fast	10 miles fairly fast	10 miles slightly
Tues.	5 miles The first and last 2 miles fast, last mile slightly	5 miles Increase the speed	5 miles slightly	7 miles fairly fast
Wed.	5 miles slightly	7 miles slightly	Rest	5 miles Attain the speed first 2 miles fast, next 1 mile slowly, last 2 miles fast
Thur.	8 miles fairly fast	12 miles slightly	12 miles fairly fast	12 miles slightly
Fri.	Rest	Rest	Rest	Rest
Sat.	10 miles fairly fast	10 miles fast	10 miles fast	10 or 20 miles fairly fast

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Day \ Week	The 11th & 12th week	The 13th & 14th week	The 15th & 16th week	The 17th & 18th week
Mon.	12 miles slightly	12 miles slightly, expecting last 5 miles fast	12 miles normal speed	15 miles slightly
Tues.	7 miles fairly fast	7 miles slightly, expecting first 2 miles fast	10 miles last 3 miles fast	8 miles slightly or rest
Wed.	Rest	5 miles slightly	7 miles slightly, rest if in poor condition	10 miles first half fairly fast, the latter half slightly
Thur.	15 miles fairly fast	17 miles slightly if possible ran through	12 miles at the rate of 10 miles per an hour	15 miles at the normal speed from start
Fri.	Rest	Rest	Rest	Rest
Sat.	10 miles first 5 miles fairly fast, next 4 miles slowly, last mile fairly fast	12 miles slightly, then fast	15 miles first 5 miles easily next 10 miles fairly fast	10 miles fast (Time trial)
Day \ Week	The 19th & 20th week	The 21st week	The 22nd week	The 23rd week
Mon.	17 miles keep pace till the last	15 miles only last 5 miles fairly fast	15 miles first 10 miles slightly, next 5 miles fast	17 miles The last 10 miles fairly fast, others slightly
Tues.	7 miles attain the speed first and last 2 miles fast	10 miles first 5 miles fast, next 5 miles slightly	10 miles slightly, then fast	10 miles slightly
Wed.	10 miles slightly	7 miles first and last 2 miles fast, middle 3 miles slightly	7 miles Begin 4 miles fairly fast, next 2 miles slightly, last 1 mile fast	7 miles best trial at first 5 miles, next 2 miles slightly
Thur.	13 miles The first and last 5 miles fairly fast, middle 3 miles slightly	17 miles slightly	Rest	15 miles slightly, if in good condition fast
Fri.	Rest	Rest	7 miles slightly	Rest
Sat.	15 miles fast (Time trial)	12 miles (Time trial) never walk	20 miles continuous speed easily (Time trial)	15 miles (Time trial)

Day \ Week	The 24th week	The 25th week
Mon.	10 miles Speed first 5 miles	15 miles slightly
Tues.	20 miles fairly fast	Rest (or slightly 7 miles)
Wed.	7 miles slightly (if tired, rest)	10 miles first 5 miles fairly fast next 5 miles slightly
Thur.	12 miles at the pace of marathon event to 10 miles, the others slightly	Rest
Fri.	Rest	Rest (or slightly 5 miles)
Sat.	20 miles 10 miles fairly fast, next 7 miles slightly, last 3 miles fast	The first Time trial of full course

encouraged regarding the form and techniques. Cross country race was for the first time introduced to Japan the year before this article. Tsuda thought this event was effective for marathon runners as off-season training, and as strengthening hip muscles. He believed that fast runners in the first 5 miles in the cross country race usually end up with fine final records, perhaps due to the ability to find easy running paths.

Summary

Variety of training methods, especially the way to increase the running speed of the first half of the race, and strategies to realize the same goal have been proposed throughout the modern history of marathon races in Japan. The reason behind is obvious, e. g., the one who runs the first half fastest will win the race. "Slow start," the shortcoming of the Japanese runners was pointed out as early as in the Antwerp Olympics. In the Paris Olympics, the conditioning of the runners was the principal concern of the races. The satisfactory results obtained by the Japanese runners in 1928 Olympics were very probably due to the fact that the race itself was carried with a slow pace during the first half. In the Los Angeles Olympics, champion Zabala's high running speed defeated the Japanese.

Regarding the training for marathon race, general trend of emphases on walking and running distance was prevalent among the recommendations made by coaches and runners during the time period reported. Training to increase running speed, in all cases, was recommended afterwards. In 1924, the running technique was centered around the natural stride and constant pace. Importance of speed training, later, invited attention, however, it never became the first concern among the coaches. Because the failure in Paris Olympics was believed to have been due to lack of running distance, running training for distance was always the matter of main concern during the respective period of time. The current trend

of training in speed and for distance was thus produced originally around 1930.

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* Note : All the documents referred here are written in Japanese language.