

How They Train: New England Style

- Barry Fifield

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"A man's got to know his limitations" - Dirty Harry.

I first met Barry Fifield on a chilly Patriot's Day morning in the little hamlet of Hopkinton, Mass. Hans Brandes and I were shivering in our makeshift Hefy trash bag outfits as Hans made the formal introduction. "N-n-nice to m-m-meet you B-b-bary", I stuttered through my blue lips. Barry informed us matter-of-factly that he planned on a two-fifty-something finish time and, oh by the way, he and Hans had competed in a canoe race two days before. Then, no small surprise, Barry ran a sub3 marathon for Boston 2000. Prior to this year's Boston Marathon, Barry predicted a finish time between 2:51 and 2:53. His 2:52:35



made him the third fastest Mainer at Boston 2001. Cocky? Not in the least. Barry knows his capabilities and limitations. In fact, Barry is probably one of the most humble runners you'll ever meet. He shares his training plan with several Maine Track Club runners on a regular basis and never boasts.

Barry's secret for getting faster? He says: "I thought I knew the secrets by doing speedwork, mileage, etc., but after a couple disappointing races at Beans and Yarmouth I have conceded to age for now. I think with age I definitely need volume for the marathon in contrast to my PR of 2:38 on 24 miles per week (plus cycling) when I was younger. Speed does not seem to be the limiting factor as much as endurance now. Next winter's plan will be to run at 65-70% MHR for 90 to 100 miles a week. (training with heart rate above 75%MHR I cannot achieve my goal of 100 miles a week in preparation for the marathon without injury)"

Barry muses further on marathon training: "Age has already affected me tremendously. Jim Toulouse and I were just talking the other day about how we used to run the first 5 miles of the marathon at an easy cruise much faster than our 5 mile race pace now. I have to train much more now than in my prime to reach goals. I have found that training at a lower heart-rate for most of my training in the winter allows me to do much more volume without injury than ever before. Very few days off are taken, in fact I like to train double workouts most days. I let the heart-rate monitor tell me when I need a rest or when to back off."

Name: Barry Fifield

Club Affiliation: Maine Track Club

School: Cape Elizabeth High School Cross Country

Age: 44

Occupation: Marine designer working with piping and machinery on 3D CADD.

Best Marks:

Marathon	2:38,	Master	2:52
Mile	4:35		
5 Mile	26:10,	Master	27:00
10K	33:58		
10 Mile	56:12,	Master	59:30
4 Mile	20:57		
15 mile	1:24:45		
1/2 Marathon	1:15:11		

Personal Statistics: Height: 5'-10" Weight: 160#

Pre-Training Warm-up: Walking, jogging.

Stretching?: After running and throughout the day.

Log Book: Yes: time, distance, avg. heart-rate, max HR, recovery HR, % incline and speed on the treadmill, temp, humidity, notes

Daily workouts: Winter: 4 months of heavy volume with 70 to 90 miles a week running done at 65-75% Max HR, some weight training, stair climber, stationary bike and XC skiing.

Spring: taper down and incorporate speed training for race season.

Summer and Fall: racing, cycling, 30 or 40 miles a week of running, 100 to 200+ miles a week cycling, some inline skating, hiking/jogging and canoeing.

Favorite/best race: Boston Marathon, incredibly well organized and very exciting. Keeps us motivated with a big event goal during the winter months.

Favorite racecourse: Mt Washington. Spectacular views and very challenging.

Favorite workout:

Favorite: Jogging up and down mountains. Treadmill with incline.

Toughest: The 26+ milers

Favorite running route: 12 mile hilly loop in Gray, North Yarmouth and Cumberland.

Running Hero(es): Bob Coughlin, Jim Toulouse, Lance Galiani

Bob and Jim helped me out with marathon knowledge when I was getting started and we have run together for years, they were veterans then and they ran the marathon very well. Bob used to give us "young bucks" a thrashing on the weekend 22+ milers in Cape Elizabeth as he dropped the hammer at 20 miles. They both are still running marathons to this day and still putting the hammer down on Middle Road, Sunday mornings while returning to Portland from the Rat Pack run.

Who inspired you to run? High School coach Paul Jackson

Why do I run? To reap the long list of benefits that exercise gives us and meeting especially nice people.