

## How They Train – New England Style

### Julia Kirtland

by Michael A. Musca mmusca@maine.rr.com

Julia Kirtland, 35, owns the unique distinction of being the "one and only" winner of the First Maine Women division of the Peoples Beach to Beacon 10K in each of the popular race's three years of existence. A graduate of Macalester College and a member of the Moving Comfort running team, Julia and her husband Paul Hickey live in Harpswell, Maine, where Julia coaches the recreational program for children ages 6 to 12 years. Julia was the 23rd place finisher at this year's Olympic marathon trials in Columbia, SC, in a time of 2:45:28. We caught up with Julia at her home, following an easy 6 mile trail run.



Name: Julia Kirtland  
College: Macalester College  
Club affiliation: Moving Comfort  
Age: 35

Best Marks:  
Time Distance  
2:37:46 Marathon  
3:4:09 10K  
16:26 5K

Personal Statistics:  
Birth Date: 3/15/65  
Birth place: Auburn, NY  
Height: 5'3"  
Weight: 105lbs  
Married (Paul Hickey) - no kids  
I help coach the rec. running program in Harpswell (kids age 6-12)

Started running: in 1978 or 1979

#### How did you come to live in Maine?

I came here in 1989 to go to grad school at UMO.

#### Pre-Training Warm-up & Stretching:

I might stretch a little before I run, but I usually stretch for 15 - 30 min afterwards.

#### Log Book:

I write in a running journal every day. It includes time, distance, where I ran, how I felt, weather, and anything else that is relevant.

#### Daily workouts:

My training varies a lot, depending on if I am preparing for a marathon. In general I have 3 hard days a week - 1) hill repeats (earlier in season) or shorter track interval (later in season) , 2) longer intervals, and 3) a long run. I do doubles when I am training for a marathon - but usually only 2-3 days a week, and it is a shorter and easier effort than the other workout of the day. My mileage when training for a marathon has been usually 70 - 90 miles/week. Now I am not training for a marathon, and I am running 50-60 miles/week. However, I often adjust my workouts and schedule to accommodate how my body feels. Pace really depends on what shape I am in, and of course, what I am doing.

#### Favorite race:

My favorite race is the Boston Marathon - although there are many other races that I also really enjoy running. Boston (I ran in 1999) - has the great history and a fantastic atmosphere in which to run.

Beach to Beacon is certainly another one of my favorite races. It is just so wonderful to have such a world-class event in Maine and they do a fantastic job.

#### Favorite workout:

There is really no one favorite/toughest workout. But, I really do like the long runs.

#### Running Hero:

Joanie has, and continues to be, a wonderful role model for me and many other women runners.

#### Who inspired you to run?

No one inspired me to run. I played on a coed soccer team as a kid, and the coach suggested I run in a local road race - and I loved it from the very beginning. I didn't know of Joanie then.

#### Why do I run?

I run because I love it!

MYSTIC/SCOTT JEFFREY

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