

KOBAK REVEALS HIS TRAINING SECRETS!

Five-Time Champion says "I'm not the best athlete in the race!"

For many years, Jim Kobak of Peru held the course mark (2:09:34) as well as the fastest split interval for every mountain. While those marks have been bettered, he still regularly finishes in the top ten, well into his forties, competing against an increasingly more elite field.

How does he do it? "It's hard," said Kobak, adding that, "going up Pok-O is the hardest part. Trekking is much easier, but it also takes longer."

Kobak, who also hosts an annual spring Patch race-training series, recently granted us an exclusive interview in which he outlines his revered, grueling and highly-successful training program:

"If you want to train for the Patch Sprint, you must commit to the following:

- 1. Start training seriously by April 1.**
- 2. Training on uphill will help more than running on the roads. Go uphill a lot during training. Fast hikers do better than fast runners. I can't break 40 minutes for a 10K, but I can get up Pok-O under 20 minutes. You just have to run fast enough.**
- 3. Make sure to do some easy distance training and some short interval training. You do not have to train as hard as you can for 3 hours a day to get ready. Like everyone else, I have to work, so training sessions are rarely more than an hour and a half. And you can't go seven days a week; you have to recover well from training, too. On the days you train hard, keep it shorter.**
I would recommend to anyone who is serious about improving in the Patch Sprint to buy a heart rate monitor and learn their lactate threshold. Research training zones and plans. Keep the hard efforts in the LT zone, and the easy workouts in level one zone. Make a plan and stick to it during April and May. There are a lot of people who do the Patch Sprint who are naturally much better athletes than I am. If they learned how to train, they would be able to win the race.
- 4. Stay fit all year round, then it is easier to start an effective training program.**
- 5. Start Cross Country Ski Racing in December; then when you are ready to go in April, you are already in pretty good shape.**
- 6. Listen to nothing but SLAYER as you prepare for the race. That will keep you in the right mindset.**