



# BECOMING A MASTER

A UTTC holiday party presentation by  
Adam Hammond

I.

# **GETTING INTO RUNNING**

NATIONAL BESTSELLER

WHAT I TALK ABOUT  
WHEN I TALK  
ABOUT  
RUNNING

A MEMOIR

*"Provides a fascinating  
portrait of Murakami's  
working mind and how he  
works his magic on the  
page." —The Plain Dealer*



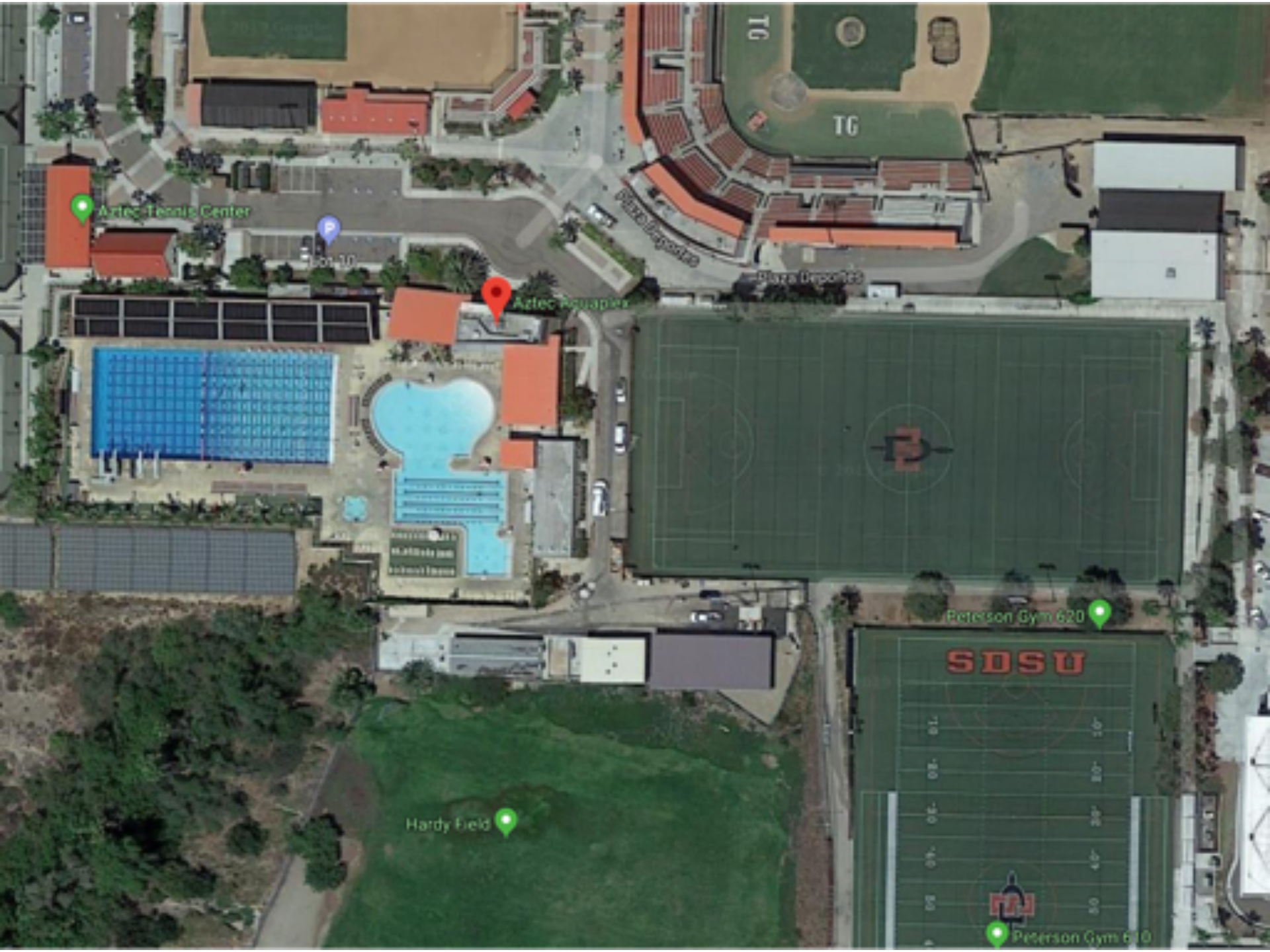
HARUKI  
MURAKAMI

*Author of The Wind-Up Bird Chronicle*

**If you live in Boston, Samuel Adams draft beer (Summer Ale) and Dunkin' Donuts are essentials of life. But I discovered to my delight that even these indulgences can be offset by persistent exercise.**

**—HARUKI MURAKAMI,  
WHAT I TALK ABOUT WHEN  
I TALK ABOUT RUNNING**





Aztec Tennis Center

Pool 10

Aztec Aquaplex

Playa Deportiva

Peterson Gym 620

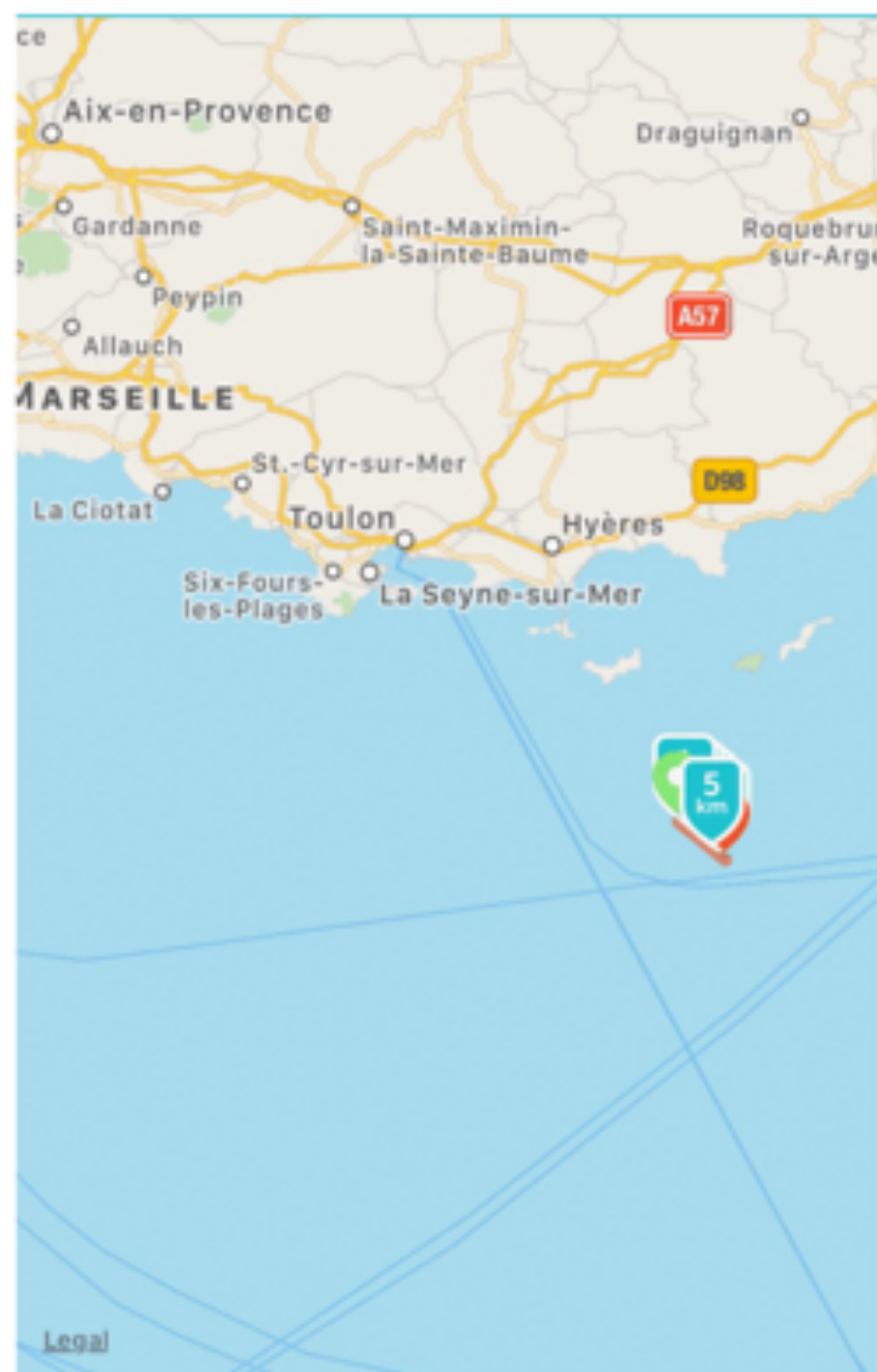
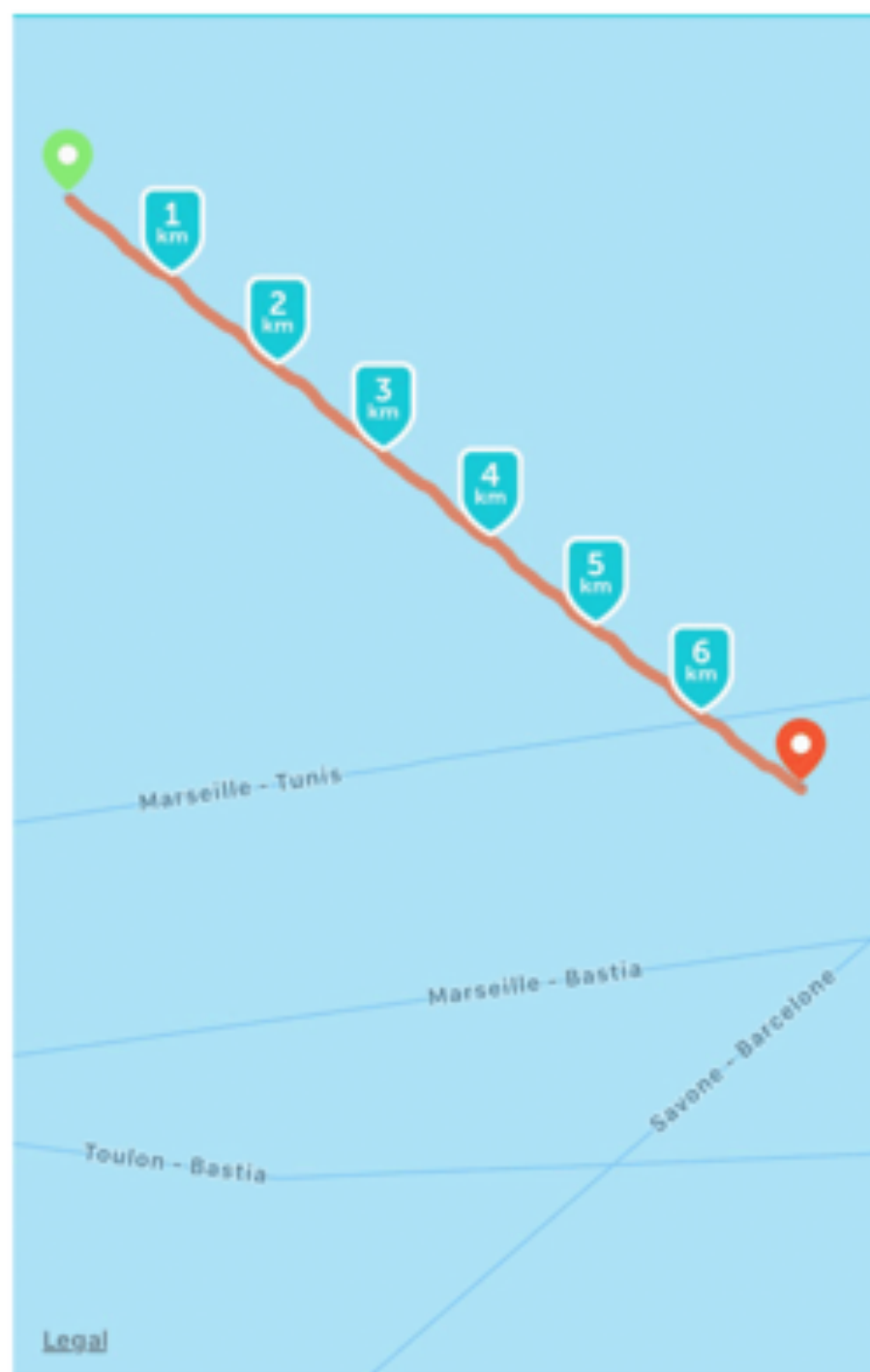
Hardy Field

SDSU

Peterson Gym 620













# AIDS WALK & RUN SAN DIEGO

San Diego, CA Sep 24, 2016 7:00AM

Leaders

Results

Athlete

Type name or bib

search

5K Walk

Overall



Rank	Athlete	Bib	Time
1	hunter bliss	163	00:21:30
2	Adam Hammond	135	00:23:39
3	Bryze Tomecek	288	00:25:26
4	Juan Hines	281	00:26:00
5	Ivan Ortiz	126	00:26:04

Results Questions? Contact Infinity Timing at  
[info@infinitytiming.com](mailto:info@infinitytiming.com)



CHRONOTRACK

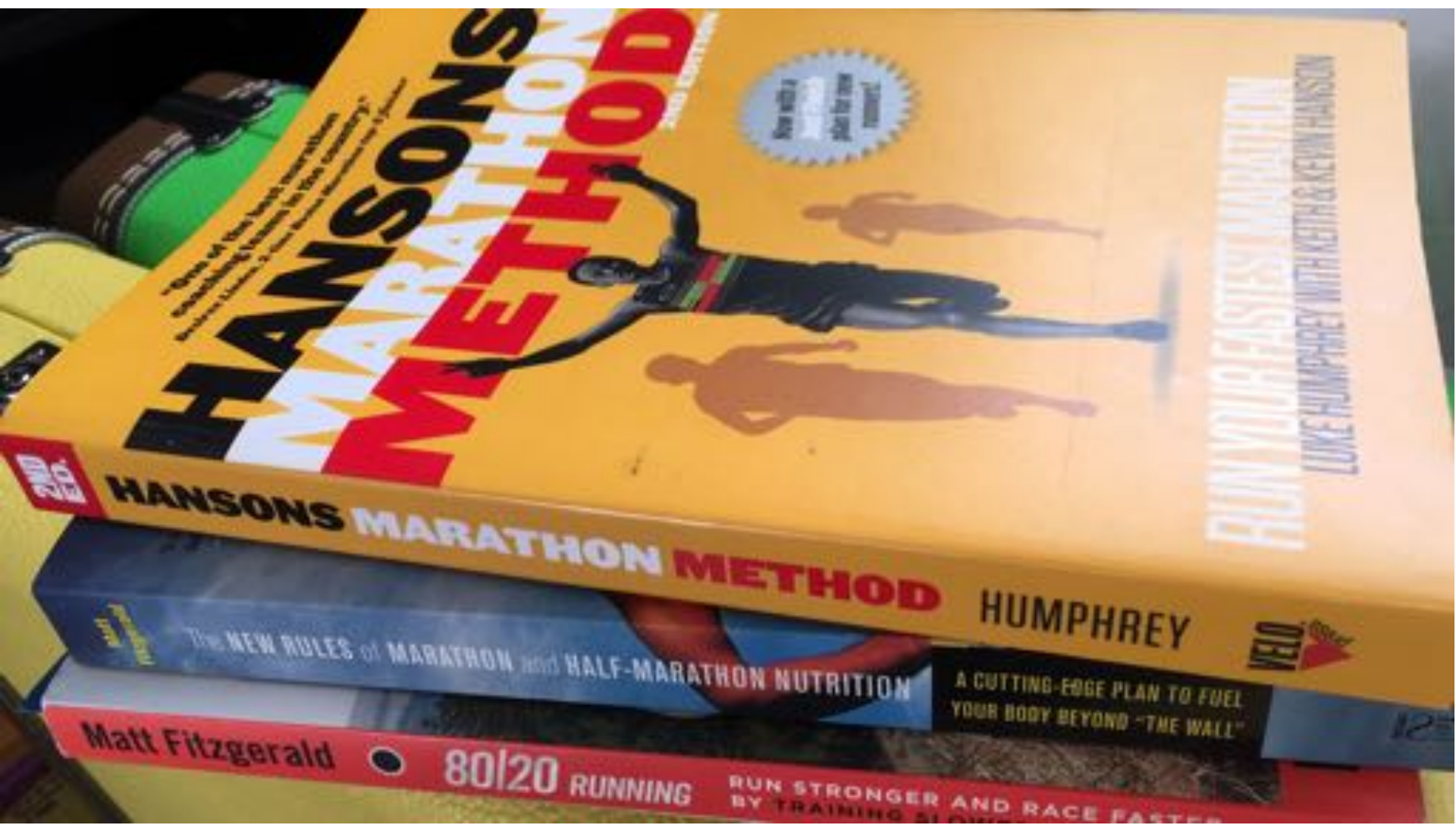


ATHLINKS



	Name	Division	Time	Bib#
▶ 1	Daniel Kipkoech	M25-29	2:20:33	M1
▶ 2	Bryan Andrews	M30-34	2:29:00	M3
▶ 3	James Desalvo	M40-44	2:35:05	M5
▶ 4	Brett Bernacchi	M40-44	2:40:05	M9
▶ 5	Steve Vesbach	M25-29	2:44:47	M7
▶ 6	Sabrina Wilkie	F30-34	2:45:54	F3
▶ 7	Paul Young	M25-29	2:45:58	100
▶ 8	Simon Stewart	M40-44	2:46:21	M4
▶ 9	Eva Vail	F30-34	2:47:31	F2
▶ 10	Adam Buzinsky	M25-29	2:48:18	1284
▶ 11	Hugh Trenchard	M45-49	2:48:24	41
▶ 12	Paul Lyon	M35-39	2:49:48	51
▶ 13	Sean Marsh	M20-24	2:49:51	48
▶ 14	Yoshinori Fukuchi	M45-49	2:50:22	43
▶ 15	Jordan Brietzke	M25-29	2:51:23	37
▶ 16	Joel Bryan	M50-54	2:51:34	50
▶ 17	Felipe Edora	M45-49	2:51:56	47
▶ 18	Ben Hanke	M35-39	2:53:27	67
▶ 19	Kanta Matsuura	M45-49	2:54:06	42
▶ 20	Ken Ginnan	M35-39	2:55:19	40
▶ 21	Simon Lapointe	M40-44	2:55:45	59
▶ 22	Vicar Li	M35-39	2:56:25	45
▶ 23	Christopher Linstead	M30-34	2:56:36	86
▶ 24	Andrea Lee	F25-29	2:56:54	F6
▶ 25	Adam Hammond	M35-39	2:56:58	520





"One of the best ways to learn something new is to read it."  
—Sir Chris Chelimo, 2-time Olympic Marathon runner & former world champion

Now with a  
new chapter  
on how to  
plan for your  
marathon!

# HANSON'S MARATHON METHOD



FLY YOUR FASTEST MARATHON  
LUKE HUMPHREY WITH KEITH & KEVIN HANSON

2ND EDITION

HANSON'S MARATHON METHOD

HUMPHREY



The NEW RULES of MARATHON and HALF-MARATHON NUTRITION

A CUTTING-EDGE PLAN TO FUEL  
YOUR BODY BEYOND "THE WALL"

Matt Fitzgerald

80/20 RUNNING

RUN STRONGER AND RACE FASTER  
BY TRAINING SLOWER

TABLE 8.2 CONTINUED

WEEK	MON	TUES	WED	THURS	WEEKLY TOTAL
11	<del>DWU1 Easy 8 mi. (13 km) BMW LS/Flex</del>	<del>DWU1, RT. LS/Flex</del>	<del>DWU1, RT. LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 8 mi. (13 km). CD</del>	<del>61 mi. (103 km)</del>
12	<del>DWU1 Easy 8 mi. (13 km) BMW LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>DWU1, RT. LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>55 mi. (89 km)</del>
13	<del>DWU1 Easy 7 mi. (11 km) BMW LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>DWU1, RT. LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>62 mi. (100 km)</del>
14	<del>DWU1 Easy 8 mi. (13 km) BMW LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>DWU1, RT. LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>55 mi. (89 km)</del>
15	<del>DWU1 Easy 8 mi. (13 km) BMW LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>DWU1, RT. LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>63 mi. (101 km)</del>
16	<del>DWU1 Easy 8 mi. (13 km) BMW LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>DWU1, RT. LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>56 mi. (90 km)</del>
17	<del>DWU1 Easy 8 mi. (13 km) BMW LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>DWU1, RT. LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>55 mi. (89 km)</del>
18	<del>DWU1 Easy 8 mi. (13 km) BMW LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>DWU1, RT. LS/Flex</del>	<del>DWU1, WU. DWU2, TEMPO 9 mi. (14 km). CD</del>	<del>52 mi. (84 km)</del>

FRI	SAT	SUN	WEEKLY TOTAL
<del>DWU1 Easy 8 mi. (13 km) BMW LS/Flex</del>	<del>DWU1 Easy 8 mi. (13 km) LS/Flex</del>	<del>DWU1 Long 16 mi. (27 km) LS</del>	<del>61 mi. (103 km)</del>
<del>DWU1 Easy 8 mi. (13 km) BMW LS/Flex</del>	<del>DWU1 Easy 10 mi. (16 km) LS/Flex</del>	<del>DWU1 Easy 10 mi. (16 km) LS/Flex</del>	<del>55 mi. (89 km)</del>
<del>DWU1 Easy 7 mi. (11 km) BMW LS/Flex</del>	<del>DWU1 Easy 8 mi. (13 km) RT, LS/Flex</del>	<del>DWU1 Long 16 mi. (27 km) LS</del>	<del>62 mi. (100 km)</del>
<del>DWU1 Easy 6 mi. (10 km) LS</del>	<del>DWU1 Easy 10 mi. (16 km) RT, LS/Flex</del>	<del>DWU1 Easy 10 mi. (16 km) LS/Flex</del>	<del>55 mi. (89 km)</del>
<del>DWU1 Easy 7 mi. (11 km) LS</del>	<del>DWU1 Easy 8 mi. (13 km) RT, LS/Flex</del>	<del>DWU1 Long 16 mi. (27 km) LS</del>	<del>63 mi. (101 km)</del>
<del>DWU1 Easy 6 mi. (10 km) LS</del>	<del>DWU1 Easy 10 mi. (16 km) RT, LS/Flex</del>	<del>DWU1 Easy 10 mi. (16 km) LS/Flex</del>	<del>56 mi. (90 km)</del>
<del>DWU1 Easy 7 mi. (11 km) BMW LS/Flex</del>	<del>DWU1 Easy 8 mi. (13 km) LS/Flex</del>	<del>DWU1 Easy 8 mi. (13 km) LS</del>	<del>55 mi. (89 km)</del>
<del>DWU1 Easy 8 mi. (13 km) LS</del>	<del>DWU1 Easy 3 mi. (5 km) LS</del>	<del>RACE!</del>	<del>52 mi. (84 km)</del>

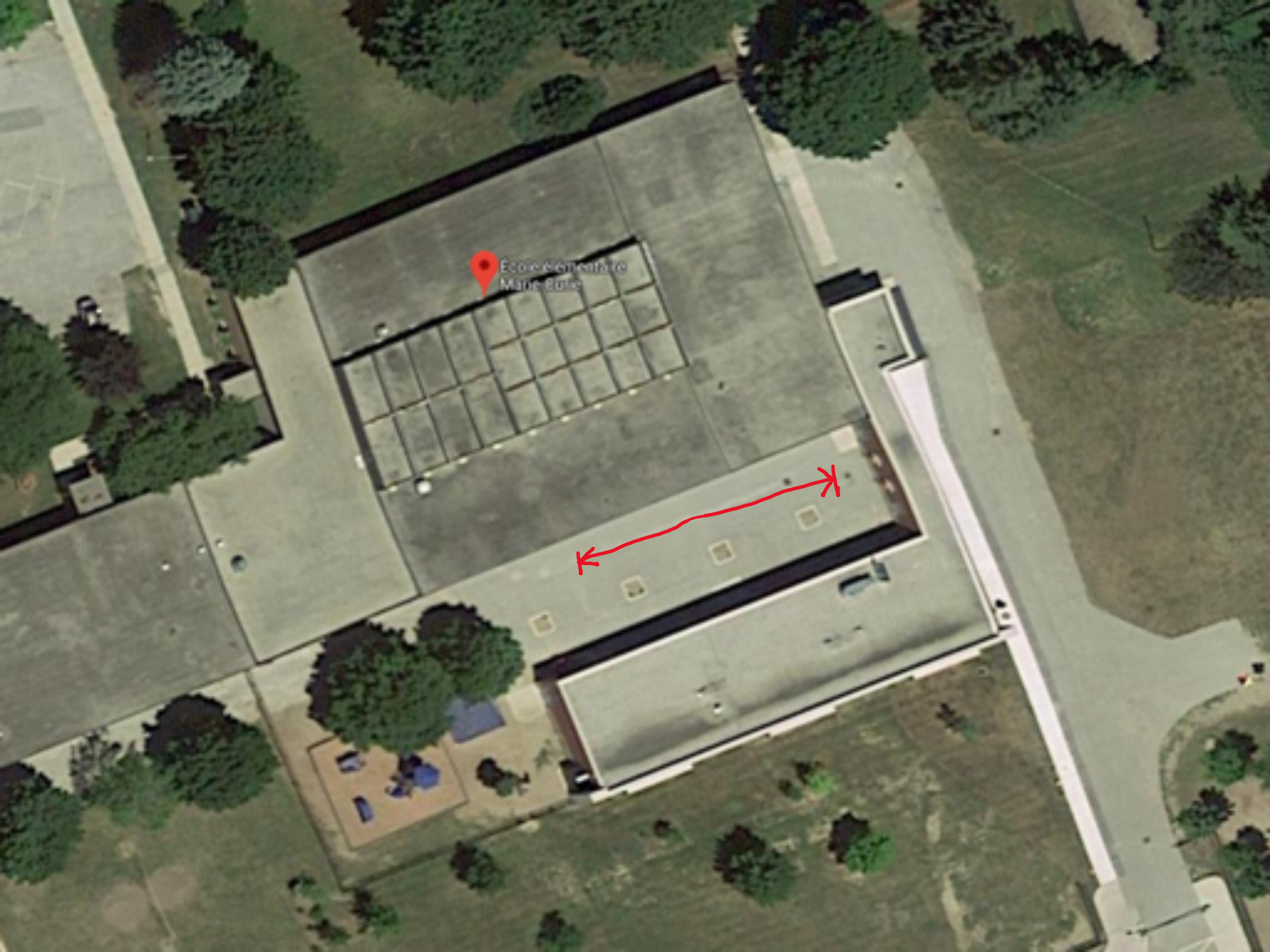






**II.**

**WHY I WAITED  
SO LONG**



Ecole élémentaire  
Marie-Buile











**III.**

**JOINING UTTC  
MASTERS**



# Adam Hammond

Assistant Professor, Department of English, University of Toronto

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[Home](#)[Publications +](#)[Digital Projects +](#)[Courses +](#)[About](#)

## ENG 455: Virginia Woolf *(Fall 2017)*

### Course Information

Course Code: ENG455H1-F LEC0201

Class Time: Thursdays, 3–5pm

Class Location: UC 44

Instructor: Prof. Adam Hammond

Office Hours: Tuesdays and Thursdays, 11am–noon

Office Hours Location: JHB 624

Email: adam.hammond@utoronto.ca





### Course Overview

This course provides an overview of Virginia Woolf's tremendously varied body of work (as novelist, short story writer, essayist, polemicist, and publisher) as well as an introduction to advanced research in the humanities. In exploring Woolf's writing, we will consider the social and



Now	Daily	Hourly	Morning	Afternoon	Evening	Overnight
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Next 8 hours →

MONDAY	5am	6am	7am	8am	9am	10am	11am	12pm
								
Forecast	Rain	Rain	Cloudy	Rain	Rain	Rain	Rain	Rain
Temp (°C)	3°	3°	3°	4°	4°	5°	5°	6°
RealFeel®	-8°	-8°	-6°	-8°	-7°	-6°	-6°	-5°
Wind (km/h)	41 ENE	41 ENE	41 ENE	43 ENE	43 ENE	43 ENE	48 E	56 E





Adam Hammond

April 18, 2018 at 9:13 PM



UTTC Masters

To: Paul Osland

Hi Paul,

I'm a 36 year-old English professor at U of T and a relatively new runner. I think I might be a good fit for the UTTC Masters programme.

I'm a longtime cyclist and was ready for a new challenge in spring 2016, when a friend dared me to run the Victoria marathon with him. I bought some running shoes, found a training program, and surprised myself by finishing in 2:56. I then wanted to push myself a bit harder and finished the 2017 LA Marathon in 2:47 (I was living in San Diego at the time). I took a bit of time off from marathons after that, running some 5ks before giving the half-marathon a go. I finished the Waterfront Half last October in 1:17 (way faster than I imagined I would).

I'm just back from Boston, where I ran that crazy, wet, windy, cold marathon. My training goal was just to do a respectable time, and on race day I decided to just take it really easy and enjoy the run as much as possible. I ended up finishing in 2:52, which I was happy with given the conditions.

I'm now looking to see how fast I can run a marathon (maybe low 2:40s?) — or if perhaps my talents may lay in another distance (I do enjoy the marathon the most). I've been self-coaching (mostly based on books by Matt Fitzgerald and the Hanson brothers) and am curious to know what feedback an experienced coach might provide. I've been very pleasantly surprised to find I'm a better runner than cyclist — and really excited to discover a new talent relatively late in life. But now I'm eager to see what comes next.

As a professor, my schedule is very forgiving for running, but summer is especially great. I'm away from April 27-May 13th, but am eager to get going on a training programme (perhaps for some 10ks over the summer, then the Waterfront Marathon in October) when I return.

Let me know where to go from here.

Thanks,  
Adam

—  
Adam Hammond  
Assistant Professor  
Department of English  
University of Toronto  
[adam.hammond@utoronto.ca](mailto:adam.hammond@utoronto.ca)  
<http://adamhammond.com/>

Paul Osland

April 18, 2018 at 10:23 PM

PO

Re: UTTC Masters

To: Adam Hammond

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Hi Adam,

I think the UTTC Masters group would be a great fit for you.

I suggest that you come out and join us for a workout when you are back in town, you should take a little time off after your Boston race anyway.

Just send me a note when you are ready and I'll let you know where we will be training that day.

Cheers,  
Paul

[See More from Adam Hammond](#)



## Overview

## Analysis

Pace Analysis  
Pace Distribution  
Heart Rate

## Segments

## Matched Runs



...

## Adam Hammond – Run



19:12 on Monday, 28 May 2018

## Evening Run

[Add a description](#)

1.04 km

[Distance \(?\)](#)

3:28

[Moving Time](#)

3:18/km

[Pace](#)

Elevation

4m

Calories

97

Elapsed Time

3:28

TomTom

Shoes: —

[Add Others](#)

STRAVA LABS

[View Flybys](#)

52 Runs on this Route

This Run 3:18/km



This Run

Nice Work! You have completed this route 5 times. Keep it up!

[View Matched Runs](#)

This was easier than your usual effort.

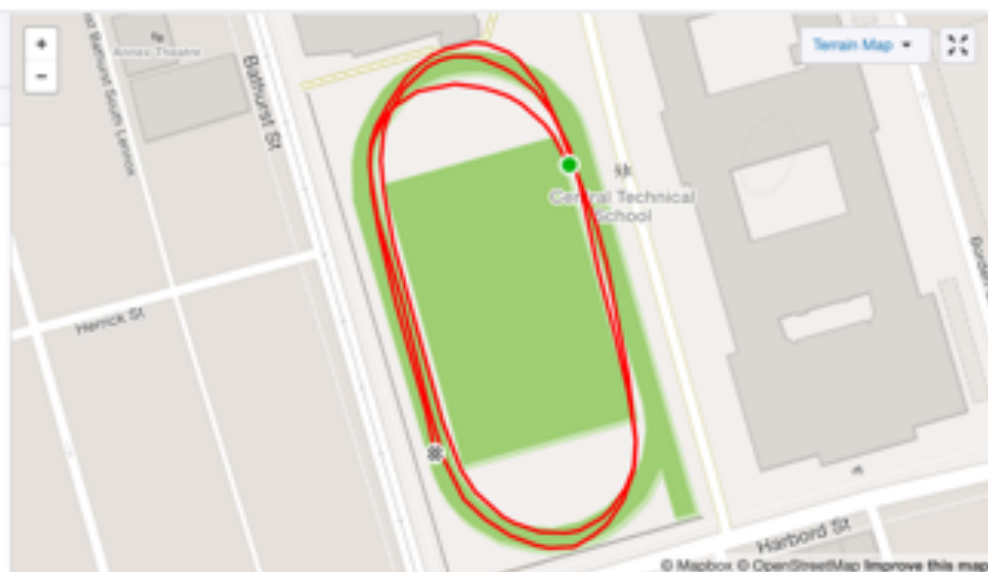
Know when your training is on track and when to rest with heart rate-based metrics like Relative Effort.

[Join Summit](#)

STRAVA SUMMIT

## Splits

KM	Pace	GAP	Elev
1	3:18 /km	3:17 /km	1 m



**I had to earn it.**



BANG & OLUFSEN  
YORKVILLE RUN

**B** CANADIAN 5K ROAD RACE  
CHAMPIONSHIP

SEPTEMBER 8, 2018

CAMRST  
FELCORP

**B**  
new balance

THORNTON PHOTO





Adam Hammond

Championship

Age 37

BIB

#141

 Certificate

CHIP TIME

16:23.9

GUN TIME

16:27

PACE

3:17

OVERALL

26 of 147

MALE 35 TO 39

2 of 11

ALL MALE

22 of 103

? Questions About Results? Get in touch!









**“Adam is looking fit”  
—Coach Mike, April**



**“Next thing you know,  
Adam will be down to 15  
minutes”**

**—Coach Paul, May**









# 5th Ave. MILE

NYRR NEW YORK ROAD RUNNERS

NYRR  
NEW YORK ROAD RUNNERS



5th Ave.  
MILE

NYRR NEW YORK LIFE













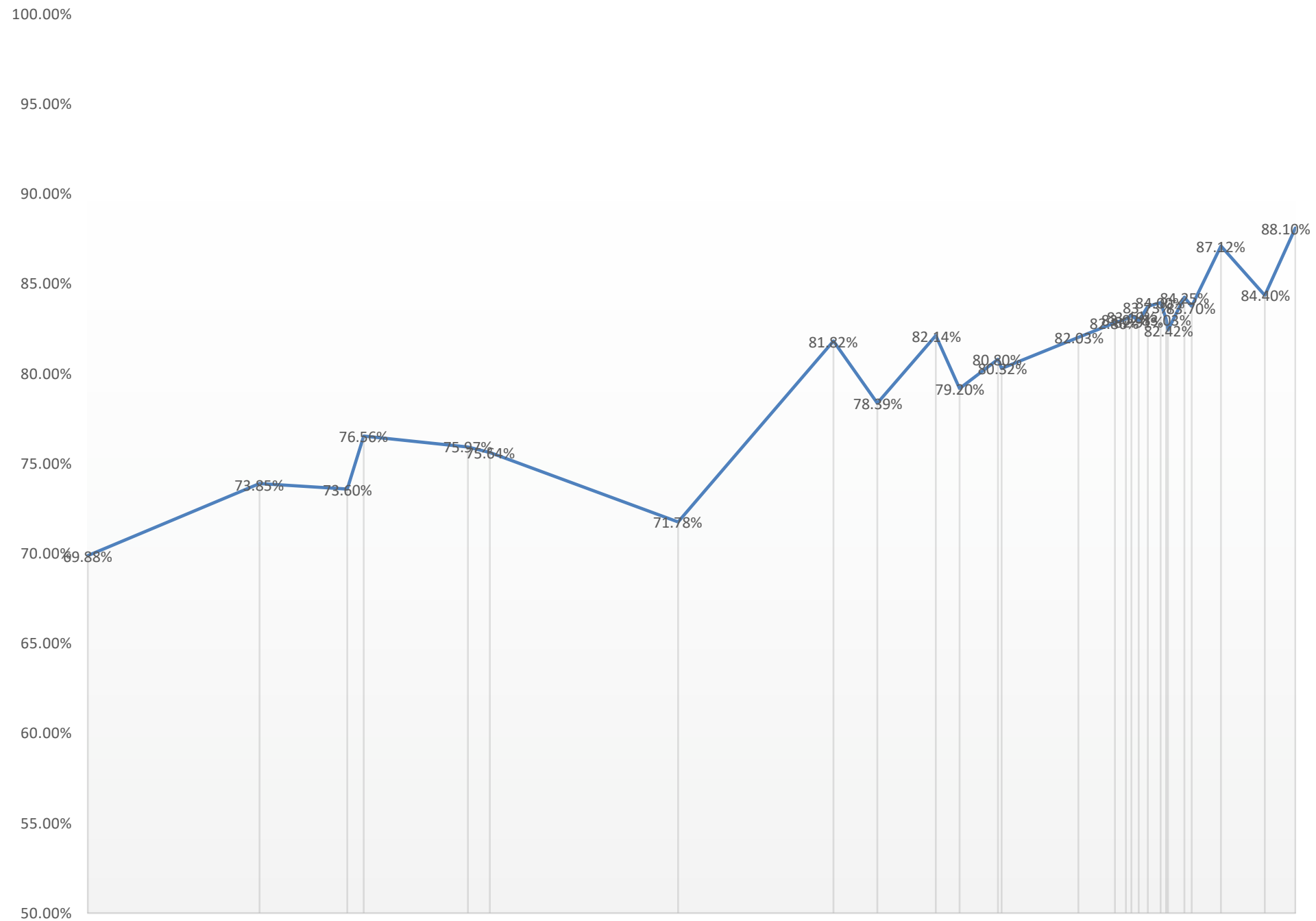


# **IV.**

# **MEASURING**

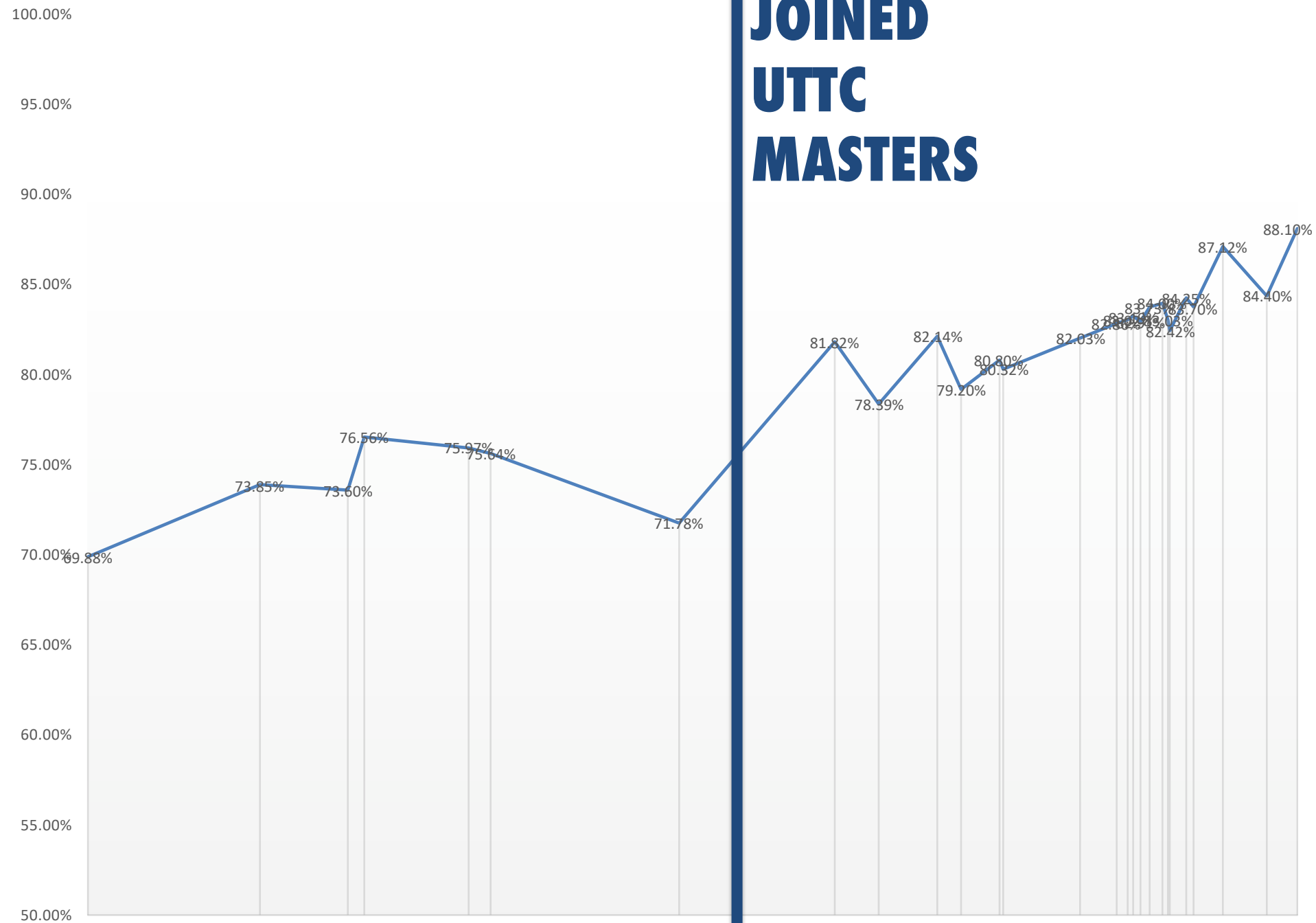
# **SUCCESS**

## Age Grading



Age Grading

# JOINED UTTC MASTERS







# **Special thanks:**

- Coaches Paul and Mike**
- Jay**
- Simon**
- Phil**
- Rita**