

Cross Country Tips

Always start training sessions with.....

Jog or short run with combination of:

- sideways running
- backwards running
- Skipping
- High knees
- Bum kickers

Followed by another 1-2 minutes of simple stretches.....

1. Fourty Twentys.

Basic concept: for every minute, 40 seconds is a gentle jog and 20 secs is high intensity cardio activity like:-

- Starjumps
- Down and ups
- Feet together skipping across marked line on field.
- Knees high running on the spot.
- Sprinting as hard as you can.

2. Shuttle runs.

Using a sports field, start on one of the goal lines and sprint to the twenty-two line, turn and JOG back. Then sprint to the halfway line, turn and JOG back. sprint to the $\frac{3}{4}$ line-turn-and jog back back. And finally sprint the length of the field, turn and jog back.

3. Paced laps.

Option A: Jog 1 short circuit at an easy gentle pace. The second lap is run as fast as you can. Do 2-3 in a session. **OR**

Option B: Jog **2** circuits at an easy gentle jog. The third lap is run as fast as you can. 1 per session maximum.

4. Sprints/Speed specific work

50m sprint - 1 full pace sprint every 30 seconds.

5-6 in a session

100m sprint - 1 full pace sprint every minute.

3-4 in a session

OTHER GOOD TRAINING TIPS.....

- Run in groups, teams or pairs.
- Run laps or circuits both ways to add variety.
- Run with spells of skipping, hopping or striding.
- Run with a buddy, work in pairs to help and encourage each other.

8 TIPS FOR SUCCESS

TIP NO.1

Know what you're in for--become familiar with the courses that there are no surprises—this will put your mind at ease, which will help you relax and perform better.

TIP NO.2

*Before charging up a hill or slope, **do a shoulder check**. Are they creeping up to your ears? If so, roll them both forward then backward to relieve tension and keep them low and relaxed.*

TIP NO.3

***Sprinting with "knees up" can make you faster up hills.** This high knee lift is important to loading your leg and allowing you to step down forcefully to push your body forward. Running uphill forces you to lift your knees high - similar to how you would run over mini hurdles or through shallow water or deep snow.*

TIP NO.4

***Look about 20 metres in front of yourself up the hill and make that your goal.** Once there, look ahead and repeat this.*

TIP NO.5

*Tell yourself "**Hills are my friends**".*

TIP NO.6

***Use your arms!** Keep them parallel to the plane of motion instead of swinging them across your body. Now maintain a steady stride until I get near the top of the hill and then pick up the pace.*

TIP NO.7

***Keep your head up.** This is important so that you are able to get the oxygen you need.*

TIP NO.8

*You can make an incline feel nearly level **by keeping your breathing effort the same as it is on the flats.***