

Cross Country Quick Tips

Technique

- heel lands first followed by ball to toe
- shoulders relaxed and head straight (run tall)
- arms form 90 degree angle or greater with elbows lightly rubbing hips
- arms do not cross in front of the body
- hands loose as if holding an invisible baton
- breathe through mouth and nose



- * Do not bounce or over stride.
- * Do not let your foot get ahead of your knee (leg should be slightly bent at foot strike).
- * Try to consciously “belly breathe” before you run to help avoid stitches

Practices

Using cones, mark out a 1000m course on your playground. If your space is too small for this distance mark out a 500m course etc. This will give your participants a good idea of distances and will help them to get a feel for the distances they will have to run at the cross-country meet. Remember that participants that are 9, 10 and 11 years old will run 1.8 km, and that 12 and 13 years old will run 2.4kms.

Try to use variety in your workouts. Vary between hard and easy workouts.

Hard workouts can include:

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| A) Whistles | 15 - 30 secs. of hard running followed by 1 min. of easy running. Try to maintain this for 7 to 10 mins. |
| B) Relays | Divide your class into 3 or 4 relay teams. Each team will consist of 5 or 6 students depending on your class size. Place the members of each team around the course. Each team member runs hard to their next member, passes the baton and waits in that position until the baton gets back to him or her. The drill continues with the passing of the baton until everyone on the team gets back to their original position. |
| C) Mini Brazilian | Combine sprint drills with sit-ups, jumping jacks etc. An example could include 10 sit-ups, run 20m, 10 jumping jacks, sprint 80m rest 1min. Repeat with different combinations. |

A hard workout as described in the examples above must be followed the next day by an easy workout.

An easy workout consists of easy pace running preferably with a partner. The participants should be running at a pace such that talking to their partner is an easy task. Please remember to have your students perform a short warm-up run and stretch.