

Cross Country Training Dos and Do Not's

1. Start with a plan

- a. Master Plan
 - i. How to build it out
 - ii. Start with the end in mind
- b. Logs

2. Different Training Modules

- a. Threshold (Ingerbristen)
- b. Interval (Roger Banister)
- c. Repetition
- d. Critical Velocity (Loudon Valley + Tinman)
- e. V02Max Workouts
- f. Flux Training
- g. Fartlek's
 - i. Do - Try and little bit of everything
 - ii. Don't just do one thing
 - iii. Don't ever get far from threshold
- h. Purpose, Purpose, Purpose.
 - i. What are we training for? What are the requirements of this race?
 1. Out fast, settle in, kick hard
 2. Speed and Strength
 3. Start there and build out for workouts

3. Mileage progression and in season training

- a. Build slow in summer
 - i. 10-15% Rule
- b. Leave room for growth in season
- c. Sacrifice racing for training
 - i. Racing is training
 - ii. Focus with the end in mind
 - iii. Don't let one race or a few bad weeks effect the training
- d. Volume and effort
 - i. Don't think one size fits all
 - ii. Do vary volume and effort based on each individual athlete
 - iii. Leave room for growth
 1. Faster is not always better
 - a. Work from Effort instead of pace
 - i. Kyle Harkabus (3:40, 13:56)
 2. Farther is not always better
 - a. Mileage and intensity
 - i. Ryan Drew - (3:41, 13:41)

- iv. Do add Cross Training for Volume
 - 1. Elise Cranny (14:40 5k American record)
 - 2. Parker Valby (14:52 5k, 30:50 10k)
 - a. Cross Training Methods
 - i. Arc Trainer
 - ii. Aqua Jogging
 - iii. Bike
 - b. Benefits of Cross Training
 - i. Build aerobic capacity without stressing bones/blood
 - ii. Injury Prevention
 - 3. Dangers of Cross Training
 - a. Lack of form and stimulus
 - b. Monotonous

4. Do have Fun

- a. XC is a team sport. Make it enjoyable and build the team
 - i. Team dinners
 - ii. Team Bonfires
 - iii. Team Camps
 - iv. Team Summer Runs
 - v. Team Games
 - vi. Team, Team, Team
- b. Wartburg + Aristotle - "The Whole is greater than the sum of its parts." i. Teams carry the ups and the downs better than individuals.

5. Do know the culture is even more important than the training.

- a. Create culture by empowering the athletes to have control over their training
 - i. Eating + Sleeping
 - ii. Understanding training terms and purpose

6. Extracurricular's

- a. Iron Testing
- b. Goal Setting
- c. Strength Training

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