

## Linking Cross Country to Track

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## Evaluate Time Period

- Consider how much time you have before track season starts.
  - When does official practice start
  - When does racing start
  - Do they play another sport between cc and track
- What event will the athlete be competing in during track season
- Is the athlete completely healthy following cross country season

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## Transition

- Following the end of a macrocycle (typically one season) there needs to be a transition period between the "peaking" of one season and the beginning of the next season.
- Injuries, mental, physical, emotional fatigue need to be considered
- Complete rest vs. active recovery vs. light training

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## General Prep

- Typically following the transition period we will go back to a General Prep time and focus on the "base" for the specific events
- Depending on the event the athlete is training for will dictate what we do during this time and especially the specific prep phase that will follow
- High School events vs. University events
  - All somewhat middle distance vs. some athletes actually competing in further distances (Women's 10k)

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## Time Periods

- Florida State Cross Country Meet is 2<sup>nd</sup> Week of November
  - 15 weeks until the first week of March
  - 25-26 weeks until the Florida State Championships
- Take into consideration how much time you have, what athletes will do on their own, do you have an indoor season (and is it important)

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## Focus for different groups

- Distance runners – have time to focus on development of Lactate Threshold (Aerobic Efficiency) before introducing event specific velocities
- Middle Distance runners – begin to introduce race velocities or near race velocities over short intervals

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### Anaerobic Consideration

- To increase buffering capacity significantly, you need 8-12 weeks of anaerobic
  - Work backwards from the end of the season and make sure you are dedicating enough time for development
- Improvement in Aerobic ability will help the athlete recover faster from anaerobic work, both with in a workout, as well as between workouts

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### Introduction of New Methods

- This is great time to introduce new things to your program or training regime
  - Examples: Biomechanical work, Weight training, increased volumes, plyometrics, yoga, stretching, etc.
- Good time to try a few new things without risking a poor performance at important competitions

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### Strength Training

- Great time of year to improve strength
  - Weights
  - Circuits
  - Core Work
  - Drills
  - Hurdle Mobility
  - Hill Work
  - Increased Long Run (after getting back up to normal following the "peaking" phase and transition)

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## Methods

- Weights – Age appropriate lifts. Focus on muscular endurance (low weight, high reps)
  - Always teach good technique
- Circuits – Body weight exercises, Med ball exercises, etc.
- Drills, Hurdle Mobility – Teach proper technique and only do if monitored OR you are very confident good technique is used

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## Speed Development

- Max Velocity Work
  - Alactic Work / Fly Work
- Biomechanical Work
  - Drills
  - Running Form/Economy Work
  - Short Hill Sprints/Resistance Training
- Speed Endurance
  - Example 100's, 150's, 200's

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## Injury Prevention

- Great time to focus on things that can address muscular imbalances individually and/or address common injuries
  - Core Strength
  - Hamstring/Quad balance
  - Adductor/Abductor strength and balance
  - Ankle Strength
  - Hip flexibility

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## Injury Prevention Techniques

- Examples
  - Hurdle Mobility
  - Sand walks
  - Partner Exercises
  - Thera-Band Exercises
  - Body Weight Exercise
  - Drills

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## Other Sports

- Consider what sports and the training they doing and make adjustments
- Be cautious to not over train athletes
- If some lighter aerobic can be done it can be very beneficial
- Try to compliment the training they are doing and not overload one type of training

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## Track and Cross Country

- Good Track Season makes a better CC Season
- Good CC Season make a better Track Season
- Important to try to minimize and eliminate time "off"
- Even a dramatically reduced amount of aerobic work can maintain aerobic fitness levels

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Questions/Comments
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