

SYC Cross Country Coaches' Quick Guide

Warmups:

General:

Each drill is to be performed out and back 15 yards.

| | | | |
|-------------------------|------------------------|------------------------|----------------------|
| 1. On Toes | 2. Toes Inward | 3. Toes Outward | 4. Skips (high knee) |
| 5. Skips (arm circles) | 6. Skips (arm crosses) | 7. Skips (arm punches) | 8. Shuffle |
| 9. Frankensteins | 10. Twist Lunges | 11. Butt Kicks | 12. High knees |
| 13. Bounce Jog (2 min.) | | | |

Ladder Drills:

| | | | |
|---------------|-----------------|----------------|----------------------|
| 1. One Step | 2. Side Step | 3. 5 Hops, Run | 4. Side Straddle Hop |
| 5. In and Out | 6. Back & Forth | | |

Reference: <https://www.youtube.com/watch?v=VE9K9w6rOmM>

Key Running Considerations:

| DISTANCE |
|--|
| No "chefs arms", not crossing body |
| No heel strike |
| No head bob |
| Eyes should be facing forward |
| Easy pacing during warmup/slow intervals |
| Pushing oneself during hard workouts |
| |

What if there's an injury? If an athlete has a minor injury that hurts while they run, please sit them out and ask to see their parents at the end of practice. Notify the parents. Ice and rest will fix most issues. If it is a serious injury (or there are tears), please tell the Head Coach.

How to Read a Workout Plan:

Below is a basic sample workout for a cross country group. It is color coded.

| GROUP FIVE | |
|---|--|
| <ul style="list-style-type: none">• TOGETHER: General Warmups• On Your Own: Ladder Drills• With Groups 6/7:<ul style="list-style-type: none">○ Warmup run to [LOCATION]○ Slow 7 min. out towards [LOCATION], fast back focusing on pacing and negative split.○ (70% there, 90% effort back)○ (4 min rest)• At 10:00 AM/TOGETHER:<ul style="list-style-type: none">○ Discuss hydration (10 minutes)○ Play Sharks & Minnows (10 minutes)○ Stretch & Core (10 minutes) | |

GROUP FIVE: The name/number of your assigned group.

TOGETHER: This activity is performed together as a team led by the assistant head coach.

On Your Own: Your group performs this activity together led by the group's Lead Coach.

With Groups 6/7: Your group will complete this activity alongside groups 6 and 7 led by a Lead Coach of one of those groups.

Warmup run to [LOCATION]: Most XC workouts involve a warmup to a specific location. You will be provided a map of each major location.

Slow 7 min. out towards [LOCATION], fast 7 min. back: This is the primary workout. Athletes will jog slowly for 7 min. and run fast back.

focusing on pacing and negative split.: This is a short synopsis of what I'd like the coaches to focus on and observe. You should tell the athletes what you are watching for before beginning the workout.

(70% there, 90% effort back): If applicable, this is the relative effort at which the athletes need to run the corresponding interval/workout/etc. In other words, the first section should be ran at 70% of the athlete's relative max effort and 90% on the way back. You may conceptualize this to the athletes by saying 100% is an all-out race, 80% is difficult but you saved some energy, 50% is a jog.

(4 min rest): This is the rest time between each interval. This time is approximate. In this example, you would have the athletes rest for four minutes after the initial 7 minute run. In between intervals you may discuss good things you saw and areas for improvement. In general, kids should not sit down between intervals and take small sips of water only.

At 10:00 AM: This means that at 10:00 AM, regardless of where your group is in their workout, you should meet begin to execute the following actions.