**Clinic Corner – Distance / Mid-distance**

Cross-Country Phases

<https://coachesinsider.com/track-x-country/cross-country-preparation-and-competition-phases-with-scott-christensen-complete-track-and-field/>

“Minutes” Workout

<https://trackandfieldtoolbox.net/distance/speed-workout-minutes?utm_source=sendfox&utm_medium=email&utm_campaign=speed-workout-minutes>