

# SLIPSTREAM TRACK & FIELD CLUB

## CROSS-COUNTRY WORKOUTS

Description of type of workouts

**WARMUP** - All workouts should be preceded by a warmup routine. My recommendation is a easy 15 minute run followed by stretching. You can also include skipping and form running drills as part of the warmup.

**RUN** - This is a continuous (no stopping) run done at a comfortable pace.

**INTERVALS** - These are generally repeats of a certain distance done at a good, strong pace with a rest between each repeat. For example: 6 x 800 meters with 3 minutes between means that you run 800 meters followed by a 3 minute rest, then run another 800 followed by the rest period, and so on until you have completed 6 of the 800's.

**TEMPO RUNS (REPS)** - Reps are where you run fast(80-85%) for the time indicated followed by a one minute rest. (The rest is always 1 minute). For example: A segment workout of 1-2-3-4-3-2-1 means that you run fast for 1 minute followed by a 1 minute rest followed by a 2 minute fast run followed by a 1 minutes rest then a 3 minute run and so on. Tempo runs are a certain distance at recommended effort.

**INTERRUPTED RUN** - Runs at a comfortable pace with a 5 minutes rest between runs. For example: 15-10-5 means a 15 minute run followed by a 5 minute rest followed by a 10 minute run, then a 5 minute rest and then a five minute run. The rest is always 5 minutes. The effort is around 70-75%. No extra warm-up or cool-down run on these days.

**FARTLEK** - This is an unstructured mixture of faster and easier running. Sample would be 30-40 min straight run with 15-60 sec random pickups in speed every 3-5 min.

**WARMUPS** - Remember that all workouts should be preceded by a short warmup run(10-15 min) and stretching. (The exception is the interrupted run.)

**UPHILL & DOWNHILL PRACTICE.** You can incorporate hill work within your workouts, however, do not combine uphill and downhill training on the same day.

**NOTE ON YOUR TEMPO PACE** - Your tempo pace for tempo runs or reps should be 1 minute slower than your mile pace during a 3 mile run. If you run 3 miles in 21 min then your mile average is 7 min. Therefore your temp pace is 8 min.