

USATF Cross Country Course

Presentation Learning Objectives

Presentation 1—Introduction and History of Cross Country Running

- Describe the origins of cross country running in Europe and America
- Recall the record of cross country performances by notable USA runners and others
- List the characteristics that make cross country a unique sport
- Compare running track events with cross country running

Presentation 2—The Science of Cross Country Training

- Theorize the value and importance of maintaining individual athlete physiological profiles
- Interpret the use of heart rate as an important coaching tool
- Justify the fractional use of $\dot{V}O_{2\max}$ as a marker in determining threshold training
- Establish the role of running economy to cross country racing success

Presentation 3—The Application of Cross Country Training

- Establish proper protocol for the five training modalities of cross country running
- Integrate training modalities such as hill training into the cross country microcycles
- Design an appropriate long run for each training period
- Defend the importance of relative speed work in cross country training

Presentation 4—Stimulus, Fatigue and Recovery

- Discriminate between acute and chronic fatigue
- Question differences in the strength and application of various training stimuli
- Recommend recovery periods for various workouts
- Support the need for knowledge on rest and recovery issues

Presentation 5—Psychological Issues and Mental Toughness

- Summarize the three requisites for athletic success
- Express the concept of mental toughness and how to develop it
- Appraise the thought of being both but psychologically positive and goal-realistic each day
- Employ attitudes such as: with greatness comes responsibility

Presentation 6—Team Dynamics

- Identify the reasons why specific tactics are important to successful cross country racing
- Catalogue the personal characteristics of successful leaders
- Illustrate examples of a healthy cross country team culture
- Construct the roles played by all people within a successful cross country team

Presentation 7—Tapering Strategy

- Define both the taper and peaking period
- Discuss how tapering alters cross country training modalities
- Classify the four types of taper
- Distinguish between taper length and event types

Presentation 8 – Training in Exotic Environments

- Identify the three different environments that present challenges to cross country running
- Establish appropriate safety precautions for training in each environment
- Describe the rationale and effects behind training at altitude