

## CROSS TRAINING



## CROSS TRAINING

- ✦ RUN LESS RUN FASTER
  - Pierce, Murr and Moss
- ✦ Furman Institute of Running and Scientific Training (FIRST)
  - [www2.furman.edu/sites/first/Pages/default.aspx](http://www2.furman.edu/sites/first/Pages/default.aspx)
- ✦ Biomechanics consultant

## CROSS TRAINING

- ✦ Exercise program that uses several modes of training to develop a specific component of fitness
  - Aerobic
- ✦ Utilization of many muscle groups in a different way
  - Allows for recovery
  - May reduce injury

## CROSS TRAINING

- ✦ Can be weightbearing or non-weightbearing
- ✦ Provides variety
- ✦ Can be based on time rather than distance

## CROSS TRAINING

- ✦ Cycling
  - Partial weightbearing
  - Low impact
  - Aerobic
  - Strengthening
    - ✦ Gluts
    - ✦ Quads
  - OUTDOOR
  - STATIONARY



## CROSS TRAINING

- ✦ CYCLING
  - OUTDOOR
    - ✦ Advantages
      - Unanticipated variation
      - Balance
    - ✦ Disadvantages
      - Expensive
      - Weather
      - Risky
  - INDOOR
    - ✦ Advantages
      - Safer
      - More able to vary your workout
    - ✦ Disadvantages
      - May lack challenge

# CROSS TRAINING

- Swimming
  - Focus on arms
- Deep water running
- Rowing
- Elliptical



# CROSS TRAINING

- Circuit training
  - Strength training combined with aerobic training
    - Lower extremity
    - Upper extremity
    - Core
  - 30 to 45 minutes
  - HR 70-80% MAX
    - MAX=220-age

# CROSS TRAINING

## CORE



# CROSS TRAINING

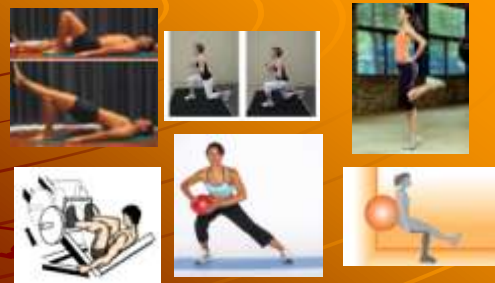
## CORE



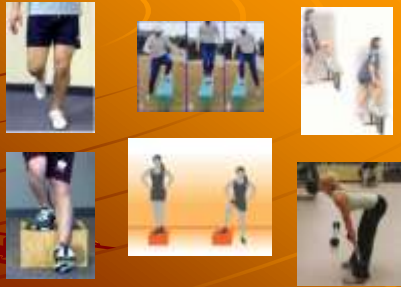
# LEG EXERCISES



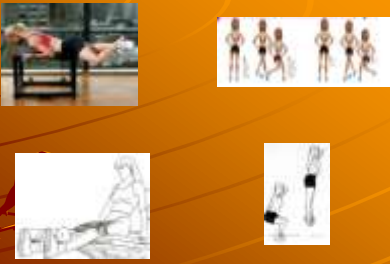
# LEG EXERCISES



### LEG EXERCISES

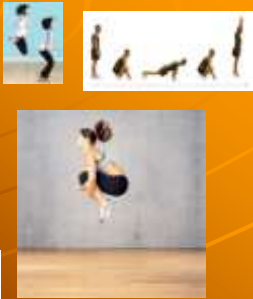


### LEG EXERCISES



### ENDURANCE

- Jumping jacks
- Jump rope
- Uphill walk on treadmill
- High knee jog in place
- Mountain climbers



### CROSS TRAINING

- ♦ Run 3-4 days
- ♦ Cross train 2-3 days
- ♦ Soreness rule
  - If you are sore...
    - ♦ You can exercise if it subsides after about 10 minutes
    - ♦ You should quit if it doesn't
    - ♦ You should take a day off if it gets worse

### QUESTIONS!

