

Publikationen zur Planung, Organisation und Methodik des Crosslauf-Trainings **Publications with an emphasis on the planning, organisation and methods of cross-country training**

Abmayr, W.; Kosgei, M. (BISp; SIRC 274687)

Kenya cross country training

(Crosslauf in Kenia)

Track & Field quart. Rev., Kalamazoo (Mich.) 91 (Summer 1991), 2, pp. 45-47

Usually Kenyan athletes begin their specific preparation for cross country in October and the first races of the season begin in December. After 10-12 weeks of this training including 60-100 km per week the best runners go to training centers at the beginning of January where they will train with other runners for 3-4 weeks.

Training at the centers is more intense and the weekly mileage increases to 150 km, and sometimes more.

After the Armed Forces Championships, which are held in mid-February, the runners go back to their training centers for another week or two in order to prepare for the National Championships. The top twelve are selected to represent Kenya at the World Championships. They go to the training center at a high altitude for training two weeks preceding the World Championships. During preparation, the athletes are asked to train daily usually two times per day. And they are warned that training must be a continuous process without interruption. The athletes train for at least six to eight weeks before their first competition of the season. They are advised to take a light jog before and after competition rather than taking a day off. However, if an athlete feels tired or sluggish during a training session, he will be allowed a day off during the week (usually Sunday). When they are at the training centers they train up to three times a day. Training is usually done in parks or forests. The runners do gymnastics exercises before and after regular training and in addition to the usual jog and exercises the athletes do warm-up circuits (out of season without weight equipment and in season with weights).

Alev, M.L. (SIRC 133960)

(Intensive coaching with the purpose of developing a special endurance in young cross-country competitors)

(Intensives Training mit dem Ziel des Aufbaus der speziellen Ausdauer bei jungen Crossläufern)

Teor. i Prakt. fiz. Kul't., Moscow 11 (November 1978), pp. 33-37

Andrew, G. (BISp; SIRC 172938)

Cross-country

(Crosslauf)

Track & Field quart. Rev., Kalamazoo (Mich.) 85 (Fall 1985), 3, p. 44

Cross country and track are viewed as complimentary sports, each emphasizing different training aspects.

Cross country is more distance-oriented while track is more speed-interval based. Distance base training is preferred for younger athletes and interval work should be used sparingly.

Armstrong, L. (SIRC 094466; IAT: Microfiche 604776)

Cross-country racing: plan ahead

(Crosslauf: Planen Sie voraus)

Athletic J., Evanston (Ill.) 61 (February 1981), 6, pp. 52-53

Baeta, Al (BISp 9305065169)

Cross country - a deserving sport

(Crosslauf - ein wertvoller Sport)

Track & Field quart. Rev., Kalamazoo (Mich.) 79 (1979), 3, pp. 27-29

Das Crosslauf-Trainingsprogramm sollte beinhalten: kurze, intensive Läufe gegen einen Widerstand (z.B. Hügel oder Sand); Dauerläufe gegen einen Widerstand (z.B. Hügelläufe); Lange Dauerläufe in flachem Gelände; Dauerläufe über Strecken von anderthalbfacher Länge der Wettkampfstrecke; Tempoläufe in flachem Gelände; Tempoläufe auf der Heimstrecke; Schnelligkeitsarbeit über verschiedene Kurzstrecken; Erholungsläufe von mittlerer Länge (10 bis 13 km). Verschiedene Lauf-Trainingsformen werden vorgestellt. Auf folgende wichtige Faktoren eines effizienten Crosslauf-Trainingsprogramms wird hingewiesen: 1. Ausbildung einer allgemeinen Körperkraft durch gezieltes Krafttraining gegen das eigene Körpergewicht); 2. eine sinnvolle, auf drei Mahlzeiten pro Tag basierende Ernährung; 3. mindestens acht Stunden Schlaf pro Tag. Schiffer

A cross-country training programme should include: 1. Short intense resistive running. 2. Sustained resistive running. 3. Sustained long runs over flat terrain. 4. Sustained running covering a distance of one and one half times the distance the runner will be racing. 5. Tempo or pace work over flat terrain. 6. Pace work over one's home course. 7. Speed work over various short distances. 8. Medium distance recovery runs (6 to 8 miles).

In addition to the running phase of training, three other areas should be stressed in the development of cross-country runners: 1. The development of general body strength through weight training, and or resistive

exercises such as push-ups, bar dips, sit-ups and ankle flips. 2. The coach should check and insure that his runners are eating three meals per day. 3. The coach should require and explain the body's need for a minimum of eight hours sleep.

Banks, Ted (SIRC 033135)

***Preparing for the big meets in cross country
(Vorbereitung großer Crossrennen)***

Coaching: Men's Athletics 1 (September/October 1977), 4, pp. 18-21

Banks, Ted (BISp 840700870)

***The importance of pace and tactics in distance racing
(Die Bedeutung von Tempo und Taktik im Mittelstreckenlauf)***

Track & Field quart. Rev., Kalamazoo (Mich.) 81 (1981), 3, p. 30

Verf. stellt die Bedeutung der Entwicklung von Taktik, bzw. Tempogefühl im Mittelstreckenlauf dar. Im Anschluß folgen Trainingspläne für Cross- und Bahnläufe. -rö-

This short article includes a sample cross-country and track workout.

Banks, Ted (BISp 9305065170; SIRC 069652)

***Techniques of cross country/distance running
(Techniken des Cross- und Langstreckenlaufs)***

Track & Field quart. Rev., Kalamazoo (Mich.) 79 (1979), 3, p. 34-35

Verf. gibt einen Überblick über Planung, Inhalte und Methoden des Crosslauf-Trainings an der Universität von Texas, El Paso. Grundlage der Trainingsgestaltung ist das Hart-Leicht-Prinzip. Beispielhafte Trainingswochen aus verschiedenen Trainingsetappen werden vorgestellt. -schi-

Cross-country training at the University of Texas, El Paso, is based strongly on the hard day/easy day training philosophy. The training surface is alternated from roads (asphalt) to dirt paths or grass every other day.

During the first month of the season volume or bulk in training is emphasized. After about 2-3 weeks of organized practice hill training is started on Mondays. The time on the intervals is dropped every 4 weeks. A typical week's training during the first and second month of the cross-country season is presented.

Bardy, Emile (BISp 891039894; SIRC 230447)

***Cross-country: Le depart ultra-rapide et ses consequences nefastes
(Cross-country running: the ultra-fast start and its negative consequences / Crosslauf: Der ultraschnelle Start und seine negativen Konsequenzen)***

Rev. Amic. Entraîn. franc. Athlet., Paris (1988), 107, pp. 17-18

Verf. geht den Ursachen für extrem schnelle Starts beim Crosslauf nach. Eine Trainingsmethode für den gezielten Abbau der Schnellstarts wird vorgestellt.

The author examined the reasons for very fast startouts in cross-country running. A training method for the reducing the athlete's urge to start out fast is developed.

Bell, S. (BISp; SIRC 376558)

***Training the middle distance runner for cross country
(Training des Mittelstrecklers für den Crosslauf)***

Track & Field quart. Rev., Kalamazoo (Mich.) 92 (Summer 1992), 2, pp. 30-32

The key to any successful cross-country season revolves around running in the summer months to build an aerobic base. Without this background work it is very difficult to prepare a runner for high-level performance in mid to late October or early November.

Benham, J. (SIRC 197453)

***Cross country programs in small schools
(Crosslauf-Programme in kleinen Schulen)***

Texas Coach, Austin (Tex.) 30 (January 1986), 5, p. 53

Benson, Roy (BISp)

***High school cross country
(High-School-Crosslauf)***

Track & Field Coaches Rev., Kalamazoo 97 (Fall 1997), 3, p. 25

The author has developed what he calls the "golden rules of high school cross country". His teams never, ever, race tired by "training through" meets. Competition is the time to be at one's best, not handicapped with leg fatigue from hard workouts the day before meets. Young runners need to build ego strength and confidence from their racing experiences. Racing them tired makes them learn to dread racing because they are hurting from the gun - and not just from over the last one-third of the race. The runners are usually "dynamically" undertrained. They are kept fresh by hard workouts only twice a week - Tuesdays and

Thursdays. The easy days always include four plyometric drills (high knees, fanny flickers, skip bounding and toe walks - two sets over 20 yards) and lots of gentle strides on the grass. That's the "dynamic" part. Hard days usually cover three miles of repeats. Outstanding runners occasionally will do as much as four miles worth. Most of the interval workouts emphasize longer repeats (880 yards to mile) run at just anaerobic threshold (80 percent to 85 percent effort). Most of the workouts are run "water-fall" style, with the pace picking up the closer the runner gets to the end of the workout. This helps the younger runners learn to avoid going out too fast and teaches them to expect to go faster the closer they get to the end. The most important thing the runners are taught is the wisdom of running slowly on the easy days. Recovery days are for getting in shape after the hard days tear their runners down. However, the best way to learn to really run is to compete in races. This is the learn-by-doing method.

Beyer, W. (SIRC 075366)

***Individualizing the cross-country runner's workout program
(Individualisierung des Trainingsprogramms des Crossläufers)***

Coaching Clinic, Princeton (N.J.) 18 (March 1980), 3, pp. 28-29

Bloom, M. (SIRC 037149)

***Cross-country running
(Crosslauf)***

Mountain View (Calif.): World Publications, 1978, 193 p.

Boehm, Jack (BISp)

***Variety in cross-country training
(Vielfältiges Crosslauf-Training)***

Athletic J. 50 (October, 1969), 2, pp. 23, 76

There are two reasons why variety in training is important. The first reason is that variation in training keeps boredom to a minimum. The second reason is injury prevention. The following variables can be varied: the distances run, the interval of rest given after each repeat, the number of repeats done in a workout, the speed of the run or the amount of effort put into each run.

Boogdanov, G.P. (IAT: Microfiche 405643)

***Razdel "Krossovaja Podgotovka" V IV-VI Klassach
(A phase of cross-country preparation in forms 4 to 6 / Ein Abschnitt der "Crossvorbereitung" in den 4.-6. Klassen)***

Fiz. Kul't. v Skole, Moskau (1979) 2, pp. 17-22

Bowers, C.J.; Sparrow, G. (SIRC 188237)

***Summer cross country training
(Crosslauf im Sommer)***

Athletic J., Evanston (Ill.) 66 (May 1986), 9, pp. 38-40, 71

Bozzone, D. (SIRC 255200; IAT: Microfiche 151848)

***Cross-country as a major sport
(Crosslauf als eigenständige Sportart)***

Scholast. Coach, New York (N.Y.) 59 (April 1990), 9, pp. 48-49, 82

Bratton, B. (SIRC 451562)

***Cross country in Calgary
(Crosslauf in Calgary)***

J. of the Can. Assoc. for Health, Phys. Educ. & Recreat., Vanier (Ont.) 33 (April/May 1967), 4, pp. 29-30

Buehler, L. (SIRC 084933)

***Coaching cross-country
(Crosslauf-Coaching)***

Women's Coaching Clinic 4 (December 1980), 4, pp. 9-10

Burfoot, A. (IAT: Microfiche 405034)

***10 steps to successful cross-country running
(10 Schritte zum erfolgreichen Crosslauf)***

Runner's World, Mountain View 13 (1978), 9, pp. 52-55

Burger, David (BISp 840700878)

**Early season sand training for cross-country
(Vorbereitungstraining für Crossläufer im Sand)**

Track & Field quart. Rev., Kalamazoo (Mich.) 81 (1981), 3, pp. 22; also in: Harrier 7 (18 September 1980), 1, p. 6 (SIRC 090706)

There are three physical factors to be considered in sand training. They are as follows: 1. Wet, firm sand running, just next to the shoreline. 2. Dry, soft sand running, further up on the beach. 3. Water running; in six inches of water, just off shore. All workouts are begun in the firm sand. Normally, this run is 30 to 60 minutes (nothing on time) From here the runners go further up on the beach to soft, dry sand running. A fifteen minute run is used with pace being up to the group. Although this phase of the workout is the "killer" it is a tremendous developer for the calf muscles, feet, and ankles. Next, a fifteen minute high knee run in six inches of water next to the shoreline is taken. A five minute rest interval is used between each phase of this workout.

Canham, D.; Crump, J. (SIRC 063610)

**Cross country running
(Crosslauf)**

London: Jenkins, 1954, 112 p.

Canova, Renato (BISp 9501075120)

**La preparazione per il cross a livello assoluto
(Die Vorbereitung auf einen Crosslauf im höchsten Leistungsbereich)**

Atleticastudi, Rome 24 (1993), 6, pp. 350-352

Die Anforderungen im Crosslauf sind durch wechselnde Bedingungen - Streckenprofil, Untergrund, Wetterverhältnisse - ständigen Schwankungen unterworfen. Daher benötigen Athleten, die erfolgreich an Crossrennen teilnehmen wollen, eine vielseitige Laufausbildung, in der weitgehend alle motorischen Fähigkeiten geschult werden sollten. -schmi-

The demands of cross-country running are characterized by changing course profile, running surfaces, weather conditions. Therefore, athletes who want to be successful in cross-country races need a mansided running training including education in all motor skills and abilities.

Cherrier, A.; Vives, J. (SIRC 006677)

Athlétisme. 1. Demi-fond, fond, cross-country, steeple. 6e ed. rev. & compl.

(Athletics. 1. Middle and long distance, cross-country, steeple. 6th ed. / Leichtathletik. 1. Mittel- und Langstrecke, Crosslauf, Hindernislauf. 6. Aufl.)

Paris: Ed. Bornemann, 1963, 46 p.

Cherrier, A.; Vives, J. (SIRC 006678)

Athlétisme. 1. Demi-fond, fond, cross-country, steeple. 11e ed. rev. & compl.

(Athletics. 1. Middle and long distance, cross-country, steeple. 11th ed. / Leichtathletik. 1. Mittel- und Langstrecke, Crosslauf, Hindernislauf. 11. Aufl.)

Paris: Ed. Bornemann, 1971, 51 p.

Cherrier, A.; Vives, J. (SIRC 006679)

Athlétisme. 1. Demi-fond, fond, cross-country, steeple

(Athletics. 1. Middle and long distance, cross-country, steeple / Leichtathletik. 1. Mittel- und Langstrecke, Crosslauf, Hindernislauf)

Paris: Ed. Bornemann, 1972, 51 p.

Cleaves, M.L. (SIRC 114922)

Co-ed cross-country and the single coach

Scholast. Coach, New York (N.Y.) 52 (October 1982), 3, pp. 50, 52

Clohessy, P. (SIRC 262382)

Preparing for cross country running and fun runs

(Vorbereitung für Cross- und Volksläufe)

Aussie Sports News, Canberra (Aust.) 5 (July/August 1990), 3, pp. 6-7

Clohessy, P. (SIRC 326024)

Cross country running

(Crosslauf)

Aussie Sport Action, Canberra (Aust.) 4 (Winter 1993), 3, pp. 12-13

Coffman, W. (BISp; SIRC 376705)

Cross country: theory and training schedule

(Crosslauf: Theorie und Trainingsplan)

Track & Field quart. Rev., Kalamazoo (Mich.) 94 (Summer 1994), 2, pp. 11-12

At Clemson University they have moved from a mileage intensive programme to a lower mileage and cross-country training programme. Principles of training: 1. Establish a wide base. 2. Transfer to hills, Fartlek, conditioning circuits. 3. Speed work - high intensity and circuits. 4. Taper and peak. 5. Concentrate on recovery (heart rate). 6. Individualize training programmes. 7. Develop team spirit. 8. Have fun.

Colfer, G.R. (SIRC 023756)

Handbook for coaching cross-country and running events

(Handbuch für das Coaching im Crosslauf und anderen Laufdisziplinen)

West Nyack (N.Y.): Parker Pub. Co., 1977, 239 p.

Colfer, G.R. (SIRC 050796)

Coaching the female athlete in track and cross-country

(Das Coaching von Sportlerinnen für den Bahn- und Crosslauf)

Athletic J., Evanston (Ill.) 57 (January 1977), 5, pp. 14, 88-89, 91-92

Crist, R.W. (SIRC 402787)

Life in the middle of the pack. You don't run cross-country, you race it

(Das Leben in der Mitte des Feldes. Man läuft keinen Crosslauf, man rennt ihn)

Coach & Athletic Director, Jefferson City (Mo.) 66 (September 1996), 2, pp. 30, 32, 34

Davis, E. (SIRC 109799)

Cross-country training: unusual circumstances have provided a valuable learning experience for all involved - and have helped this program win ten state titles

(Crosslauf-Training: ungewöhnliche Umstände haben allen Beteiligten eine wertvolle Lernerfahrung vermittelt - und haben diesem Programm zu zehn Staatenmeisterschaften verholfen)

Athletic J., Evanston (Ill.) 63 (August 1982), 1, pp. 46-47, 73

Davis, L. (SIRC 055219)

Making elementary X-country running interesting: make it a club sport

(Wie man den elementaren Crosslauf interessant macht: man mache ihn zu einem Vereinssport)

Ontario physic. & Health Educat. Assoc. J. 4 (Spring 1978), 2, pp. 51-54

Dawson, D. (SIRC 115054)

In quest of a cross-country champion: a cross-country coach must also be a recruiter, promoter, reporter, and statistician

(Auf der Suche nach einem Crosslauf-Meister: Ein Crosslauf-Trainer muß auch Rekrutierer, Promoter, Reporter und Statistiker sein)

Athletic J., Evanston (Ill.) 63 (October 1982), 3, pp. 44-45, 57-58

De Castella, R. (SIRC 359895)

Cross country building champions

(Der Crosslauf hilft Meister aufzubauen)

Austral. Triathlete, Melbourne (Aust.) 2 (1994), 1, pp. 12-14

Dellinger, B.; Wischnia, B. (SIRC 095044)

Cross-country running for the runner who thinks he has everything

(Crosslauf für den Läufer, der glaubt, er hätte alles)

Runner's World 16 (September 1981), 9, pp. 44-49, 74, 76

DeSchraver, D. (SIRC 060834)

Summer training for cross country

(Sommer-Training für den Crosslauf)

Coaching Clinic, Princeton (N.J.) 16 (January 1978), 1, pp. 15-17

Edwards, J. (SIRC 241643)

Planning the cross-country program

(Planung des Crosslauf-Programms)

Scholast. Coach, New York (N.Y.) 59 (August 1989), 1, pp. 42-43

Edwards, J.; Krob, J. (SIRC 247541)

Cross-country meet pointers

(Punkte, auf die man bei Cross-Wettkämpfen achten muß)

Scholast. Coach, New York (N.Y.) 59 (December 1989), 5, pp. 26-28

Estes, Gene Estes (BISp)

A pre-season cross-country training camp

(Ein Crosslauf-Trainingslager in der Vorsaison)

Athletic J. (May 1968), 5, pp. 14, 82-83

The reasons for holding a training camp are logical when consideration is given to what makes a good cross-country team. Although not the precision sport that football and basketball are, teamwork can be the vital key to success in cross-country just as it is in the other two. This is the main goal of the pre-season training camp worked out as Fresno State University, morale and team spirit, often the difference between just a bunch of distance runners and a topnotch team.

Estes, Estes (BISp)

Fartlek variations for cross country training

(Fahrtspiel-Variationen für das Crosslauf-Training)

Track Tech., Los Altos (Calif.) 43 (March 1971), pp. 1356-1357

The fartlek variations presented in this article are not by any means original or unique. They are modifications of the main theme of fartlek training - to alternate pace and stride length over a variety of changing and challenging terrain without the straight jackets of stopwatch, measured track and specified recovery. Some of the fartlek variations allow complete freedom of the individual runner, some allow freedom to the group leaders only and some have varying degrees of control by the coach. The variations are: whistle fartlek, indian file fartlek, terrain fartlek, Lydiard or "lite" fartlek, handicap fartlek, fox and hound fartlek, ins and outs fartlek.

Farrell, Tony (BISp)

Cross country training for national-class races

(Crosslauf-Training für Rennen der nationalen Klasse)

Track Tech., Los Altos (Calif.) 41 (September 1970), pp. 1319-1320

This is a detailed buildup plan for cross-country runners who intend to compete in national-class races. The fast pace of national and international class races demands strenuous preparation. If a runner has been training with daily runs at a pace of approximately 90 seconds per 400 yards (i.e. six-minute miles) amounting to about 100 miles per week, he must increase his training in order to adequately prepare for such fast races. The pace in such races may average about 75 seconds per 440 yards and may in the early stages be as fast as 60 seconds per 440. Thus training must be devised which will allow the athlete to adjust to such a pace and run at this pace when required. The idea is to gradually reduce the training speeds, aiming at the end of the preparation period to have come from 90 second pace to about 56 seconds per 440 pace.

Foreman, K. (SIRC 057500)

Cross-country: shape up for autumn

(Crosslauf: Bringen Sie sich für den Herbst in Form)

Young Athlete 2 (July/August 1978), 6, pp. 32-33

Forney, K. (SIRC 240384)

The "rest" is up to you: rest-recovery in cross-country training

(Es liegt an Ihnen, sich auszuruhen: Regeneration durch Ruhe im Crosslauf)

Scholast. Coach, New York (N.Y.) 58 (May/June 1989), 10, pp. 50-52

Foster, C.; Daniels, J. (SIRC 002554)

Winning cross country

(Siegen im Crosslauf)

Runner's World 10 (September 1975), 9, pp. 22-24

Foy, D. (SIRC 413874)

Recruiting and retaining athletes in cross country running

(Wie man Athleten für den Crosslauf rekrutiert und hält)

Spotlight on Youth Sports, East Lansing (Mich.) 19 (Fall 1996), 3, p. 6

Freeman, L. (SIRC 113685)

Developing a cross-country training program

(Entwicklung eines Crosslauf-Trainingsprogramms)

Women's Coaching Clinic, Great Neck (N.Y.) 5 (February 1982), 6, pp. 24-26

Freeman, L. (SIRC 186922)

***Developing a cross-country training program
(Entwicklung eines Crosslauf-Trainingsprogramms)***

Women's Coaching Clinic, Great Neck (N.Y.) 9 (April 1986), 8, pp. 1-5

Freeman, William H. (BISp)

***Training for cross-country
(Crosslauf-Training)***

Scholast. Coach 37 (April 1968), 8, pp. 34, 36, 93

As with any strenuous running event, cross-country requires a solid background of conditioning, eschewing shortcuts and emphasizing mental as well as physical preparedness. Variety is the spice of the cross-country runner's life. Many distance men admittedly prefer cross-country because it furnishes greater variety. The track should be largely avoided, as it is of little consequence to the runners, and the workouts themselves should possess as much variety as possible. The runners should not be able to predict their workout simply because "we always run 10 x 440's on Monday." This kind of approach is deadly.

Galloway, J. (SIRC 204704)

The rewards of cross country: it's not only great sport in its own right; it's also a means of gaining an important edge for racing on the track or roads

(Die Vorteile des Crosslaufs: der Crosslauf ist nicht nur eine großartige eigenständige Sportart, sondern er verhilft auch zu einem wichtigen Vorteil im Bahn- und Straßenlauf)

Running Times, Los Angeles (September 1987), 128, pp. 24-26

Gartland, J. (BISp; SIRC 224266)

***Developing leg speed in cross country runners
(Zur Entwicklung der Schnelligkeit von Crossläufern)***

Track & Field quart. Rev., Kalamazoo (Mich.) 88 (Summer 1988), 2, pp. 29-30

A problem faced by many cross-country coaches is how can one develop leg speed in distance-oriented cross-country runners? The system of distance training at Western Michigan University is based on four principles: (1) The hard-easy principle, (2) moderation of the more is not better principle, (3) training specificity, (4) even pace is the best way to race. The speed workouts presented in this article are in the framework formed by these principles. The workouts are: (1) group/controlled fartlek (during each kilometer of a hard 5k run a different member of the group pushes the pace for the segment), (2) long repetitions with a kicker, (3) 45/35's (the runner runs a total distance of 1200 meters alternating 200's of 45 seconds and 35 seconds), (4) simulation runs (a portion of a distance is run at a controlled pace, and then speed is changed to run fast for the last part of the distance), (5) 150's (at the end of workouts), (6) chase (this game is basically fartlek at its truest form).

Garvey, P. (BISp; SIRC 383507)

***Additional forms of training joint strength and mobility in cross country running
(Zusätzliche Formen des Trainings der Gelenkkraft und -beweglichkeit im Crosslauf)***

Track Coach, Mountain View (Calif.) (Fall 1995), 133, pp. 4248-4250

The purpose of this article is not to suggest that cross-country athletes should not run. Athletes need to put in the miles in order to develop. The purpose of this article is to suggest essential additional forms of training. Running time should not be sacrificed in order to perform drills which will improve mobility and flexibility, but the athlete's warmup and cooldown can be utilized to perform these drills. Coordination, mobility and flexibility are often overlooked, yet are necessary components of cross-country running.

Gigliotti, L. (SIRC 409466)

Cross e maratona

(Cross-country running and marathon / Crosslauf und Marathon)

Atleticastudi, Rome (Italy) 24 (November/December 1993), 6, pp. 355-356

Glad, Bill (BISp)

***Emphasis shift suggested for U.S. X-country runners
(Vorschlag einer Schwerpunktverlagerung für amerikanische Crossläufer)***

Track & Field quart. Rev., Kalamazoo (Mich.) 82 (Fall 1982), 3, pp. 17-18

The traditional focus of U.S. cross country has been on the TAC or AAU national championship races in the last part of November each year. In Europe, however, runners are just getting started with serious cross-country running while US runners head indoors. European runners continue through the winter building toward their national meets and the international championships held just before Easter. American races, on golf courses, park land, and even asphalt are called cross country, and fields of 300 are considered large.

Europeans meanwhile are used to running in muddy pastures, over fences and streams and even on horse tracks in groups as large as road races in the USA. Interest in cross country among the public and press is much keener in Europe. In fact, this interest is the reason the international championship is often run on a horse track - there are stands for large crowds and the multi-lap races are perfect for television coverage. Another factor for the lack of success of American cross-country runners is that interest in road racing has just about smothered competitive opportunities for runners interested in cross country. There is no longer a cross-country season for the out-of-school runner, but rather just a few races sandwiched into the road and marathon schedule in the fall. Against this background the author suggests the following: 1. There should be a change of emphasis from the TAC meet to the international trials. 2. In order to be ready for the international trials races should be provided on a regular basis after the present season ends in November. 3. The cross-country relay should be created as a new type of competition. 4. In order to point more towards international-style cross country a different type of course should be run more often. Mud, a major component of most international races, should be plentiful if American runners race through the winter. 5. Finally, as an incentive for those people who really do get into cross country, a legitimate championship race over a 12 kilometer international-style course for masters and juniors, as well as open men and women would be good. This meet could be a couple of weeks before the trials and could be the club selection race.

Gjerset, A. (SIRC 187188)

Treningsprogram for mosjonslop

(Training program for cross-country running / Trainingsprogramm für den Crosslauf)

Trim & Trening, Bergen 6 (1985), 2, pp. 4-12

Gunn, R. (BISp; SIRC 203923)

Roadrunner cross country anaerobic drills fun fartlek

(Anaerobe Trainingsformen, Spiele und Fartlek für Straßen- und Crossläufer)

Track & Field quart. Rev., Kalamazoo (Mich.) 87 (Summer 1987), 2, pp. 28-30

A number of exercises and games for cross-country and road runners runners are described.

Hamburger, John (BISp)

Lydiard's training system

(Das Trainingssystem von Lydiard)

In: Editors of Runner's World: New guide to distance running, Mountain View (Calif.), 1978, pp. 52-60

Before Lydiard's influence was felt on training techniques, most distance runners trained using interval work. Lydiard changed all this with his radical departure from earlier training methods. Lydiard's training system involves a balanced combination of aerobic and anaerobic running. The training program is organized into several phases: marathon training, anaerobic training, track training, and cross-country training. According to Lydiard, the more often you train, the better. If time allows, it is advisable to train two or three times a day. This improves cardiac efficiency and assists in recovery from low blood pH. The terrains one trains on should be varied, as changes in scenery will stimulate one to train more consistently. For conditioning training, it is best to choose terrain that offers good traction. Then one can run at a high aerobic effort without tiring one's leg muscles too rapidly. If one trains in extremely low temperatures, it is vital that the humidity be low. Otherwise one's lungs may ice up. If, on the other hand, one is training in high temperatures, the humidity should be high. High humidity will keep one's skin wet with perspiration and help cool one's body temperature. After the competitive season ends, one should do light jogging for at least fifteen minutes a day. One should continue to train as much as possible, preferably daily.

Harlow, J.S. (SIRC 255659)

Creative, varied quality cross-country workouts

(Kreative Crosslauf-Trainingseinheiten unterschiedlicher Qualität)

Scholast. Coach, New York (N.Y.) 59 (May/June 1990), 10, pp. 73-74

Harter, L. (BISp; IAT: Microfiche 205476)

Survey of 37 championship high school cross-country programs

(Eine Übersicht über 37 Crosslauf-Programme an amerikanischen High Schools)

Scholast. Coach, New York 46 (1976/77) 1, pp. 10-11, 44

Just as the proof of a pudding lies in the eating, so does the success of a programme lie in its ultimate results. It was with this in mind that the writer sought out the 37 top high-school cross-country coaches in 31 states and asked them to detail their organization, training, and meet philosophy.

Harter, L. (BISp; SIRC 032803)

Prep cross country organization

(Vorbereitende Crosslauf-Organisation)

Track Tech., Los Altos (Calif.) 69 (September 1977), pp. 2197-2198

The author notes that a survey of cross-country programmes used by colleges around the country taken by John Kernan provided helpful information. With a similar goal, he questioned 37 successful prep coaches around the country to see how they organized their programmes. In summary the average high school cross-country programme would adhere to the following guidelines according to the results received: The schedule would include 12 meets on their season's schedule including district and state competition. The distance to be run would be most likely either 2.5 or 3.0 miles, or their metric equivalent, on a course located in an available park or golf course. The team would definitely be independent of all other sports, but would be open to anyone interested in participating including in specific instances sprinters, hurdlers, and field event men. The workout programme would maintain 65 to 70 miles per week, while prior to state or district competition the training mileage would drop between 30 and 35 miles. During these workouts 45% to 50% would be overdistance, 25% strength interval, 15% to 20% fartlek, and 10% refined speed work. The majority of these workouts would take place on grassy areas, asphalt roads, and the track.

Hassard, J. (BISp; SIRC 224261; IAT: Microfiche 143829)

***Training considerations for coaching the cross country and distance runner
(Trainingsüberlegungen für das Coaching von Cross- und Langstreckenläufern)***

Track & Field quart. Rev., Kalamazoo (Mich.) 88 (Summer 1988), 2, pp. 24-25

Training for cross-country and distance running has become a science. Anyone well read and experienced in endurance running is acquainted with the approaches, techniques and terms used to describe the make-up of a myriad of training systems. The fact remains, however, that the same scientific and physiological theory governs each of these training plans. An effective training system (1) adheres to general principles, (2) follows directions for implementation, (3) incorporates a comprehensive repertoire of training elements, (4) presents workouts in an interesting and varied manner. Coach and athlete alike can observe certain common tenets in the best training programmes in the United States and around the world. Some of these are so simple that they are often taken for granted and not practiced in the training process: 1. Common sense should prevail over a cookbook approach. 2. Workouts should be individualized. 3. Specificity is the name of the game. 4. Slow, gradual change is best. 5. Variety in workouts makes running enjoyable. 6. Proper rest is as important as work and is an individual matter. 7. Relaxation in running is preferable to fast running. 8. Training is fine tuning. It requires a delicate balance of work and rest. 9. Mental toughness needs to be developed at practice. 10. Confidence building is a must. 11. Realistic goals must be set. 12. Runners should stay flexible. 13. Training is only one factor of preparation for competition. Psychological, social, environmental and other factors play important roles, too. 14. Enjoyment of running is the single, most important factor for success in the sport. Directions for implementation: 1. A totally fit, well-rounded athlete is the wave of the future. Off-season aerobics, gymnastics, biking, swimming, and circuits can contribute to this fitness which will serve as a springboard for more specific in-season track training. 2. A broad mile base will produce a higher peak later. 3. Excessive mileage should be avoided. 100 miles a week mean that athletes are losing out on other important components of their training. 4. Weekly mileage totals/patterns can and should vary. 5. Pulse should be checked regularly. 6. Practice interval for a particular race distance is generally 1/4 the length of that race distance. 7. Speeds should be changed. 8. Coordination and power development complement endurance and other types of running. 9. Stride length should be developed. 10. The rule of thumb for the final 1 to 2 weeks of preparation prior to a major competition is to do about 80% of the normal volume and intensity of weekly work.

Heaton, J. (SIRC 008456)

***Better athletics - field (with cross country and race walking)
(Bessere Leichtathletik - einschließlich Crosslauf und Gehen)***

London: Kaye & Ward, 1973, 96 p.

Heaton, J. (SIRC 126113)

***Better athletics-field (with cross country and race walking). Rev. ed.
(Bessere Leichtathletik - einschließlich Crosslauf und Gehen, Überarb. Aufl.)***

London: Kaye & Ward, 1980, 95 p.

Heinonen, Tom (BISp)

***Track training during the cross country season
(Bahntraining während der Cross-Saison)***

Track & Field quart. Rev., Kalamazoo (Mich.) 84 (Fall 1984), 3, p. 12

Although it is clearly best to do most repetition and interval training on surfaces like those one will race on, an occasional track session during fall can show athletes how fit they really are during cross country. Because it is so difficult to compare times from course to course in cross country, athletes often finish the season not realizing how good they really are. The week after the last cross-country meet athletes should therefore have a timed run on the track. This run should be low key but the athletes should see what they can do in what is essentially a time trial.

Helsler, R. (SIRC 376574)

**Strength training: cross country - distance runners
(Krafttraining für Cross- und Langstreckenläufer)**

Track & Field quart. Rev., Kalamazoo (Mich.) 92 (Summer 1992), 2, p. 53

The author presents a lifting schedule for 3 month blocks (cross country: August/September/October; track and field: March/April/May).

Hidgon, H. (SIRC 199508)

**Off-the-road runs
(Querfeldeinläufe)**

Triathlete, Allentown (Pa.) (January 1987), 41, pp. 18-19

Higdon, H. (SIRC 012814)

**Taking the fall sport seriously
(Die Herbstsaison sollte ernstgenommen werden)**

Runner's World, 11 (September 1976), 9, pp. 46-51

Horn, W.T.B. (SIRC 056213)

**Problems encountered in developing and organizing a cross-country program
(Probleme im Zusammenhang mit der Entwicklung und Organisation eines Crosslauf-Programms)**

Texas Coach, Austin (Tex.) 22 (January 1979), 5, pp. 35-36

Horwill, F. (SIRC 269359)

**Cross country racing. Some fallacies and some truths
(Crosslauf. Einige Irrtümer und einige Wahrheiten)**

Athletics, Willowdale (Ont.) (November/December 1990), p. 34

Horwill, F. (SIRC 385229)

**Why are we miles behind? It doesn't have to take high mileage to win over the country
(Warum liegen wir meilenweit zurück? Man braucht kein ausgesprochen umfangorientiertes Training, um im Crosslauf zu siegen)**

Athletics Weekly, Peterborough (Eng.) 48 (4 October 1995), 40, pp. 42-43

Howard, R. (SIRC 299752)

**The complete guide to off-road running
(Eine komplette Anleitung für den Querfeldeinlauf)**

Running Mag., London (June 1991), 122, pp. 40-42, 45-47

Howard, R. (SIRC 299735)

**The complete guide to off-road running. Part II
(Eine komplette Anleitung für den Querfeldeinlauf. Teil II)**

Running Mag., London (July 1991), 123, pp. 52-54, 56, 80

Jackson, H.C. (SIRC 115028)

**Cross country coaching tips
(Crosslauf-Coaching-Tips)**

Washington Coach (Fall 1982), p. 24

Jakalski, K. (SIRC 036249)

**Cross country training systems for the all-around athlete
(Crosslauf-Trainingssysteme für den Allround-Sportler)**

Athletic J., Evanston (Ill.) 58 (June 1978), 10, pp. 14, 16, 42

Jeansonne, C. (SIRC 084934)

**Cross-country tips: sell your program
(Crosslauf-Tips: Verkaufen Sie Ihr Programm)**

Women's Coaching Clinic, Great Neck (N.Y.) 4 (December 1980), 4, pp. 30-31

Jones, D. (SIRC 203084)

**Building a small-college cross-country program
(Aufbau eines Crosslauf-Programms für kleine Colleges)**

Coaching Clinic, Great Neck (N.Y.) 25 (April 1987), 8, pp. 1-4

Jones, R. (SIRC 136973)

***Building a cross-country program
(Aufbau eines Crosslauf-Programms)***

Coaching Clinic, Princeton (N.J.) 22 (September 1983), 1, pp. 8-10

Kemp, K. (SIRC 049067)

***Training and coaching of the cross country athlete
(Training und Coaching des Crossläufers)***

Coaching Clinic, Princeton (N.J.) 17 (March 1979), 3, pp. 16-17

Kernan, John N. (BISp; SIRC 117758)

***Cross country training from the best in the N.A.I.A.
(Crosslauf-Training der Besten in der N.A.I.A.)***

Track & Field quart. Rev., Kalamazoo (Mich.) 82 (Fall 1982), 3, pp. 4-6

The purpose of this article is to present a few of the long time excellent NAIA cross-country programmes and coaches, and to take a look at the training regimens that have made them successful. (Fort Hays State Training Regimen - Coach Alex Francis; Adams State Training Regimen - Coach Joe Vigil; Oklahoma Christian Training Regimen - Coach Randy Heath; Malone College Training Regimen - Coach Jack Hazen; Pembroke State Training Regimen - Coach Ed Chain; Hillsdale College Training Regimen - Coach Joe Rogers).

Kernan, J.K. (BISp; SIRC 224264)

***Charting the cross country microcycles
(Planung von Crosslauf-Mikrozyklen mit Hilfe eines Schemas)***

Track & Field quart. Rev., Kalamazoo (Mich.) 88 (Summer 1988), 2, pp. 27-28

The author presents a chart for planning cross-country microcycles. The information retained in this chart are: 1. daily sleep patterns, 2. daily mileage, 3. morning resting pulse rate, 4. pre-work weight, perceived exertion to different workloads and intensities, 5. actual exertion to different workloads and intensities.

Kiessling, R.G. (SIRC 110984)

***Summer training for cross-country runners
(Sommertraining für Crossläufer)***

Women's Coaching Clinic, Great Neck (N.Y.) 5 (June 1982), 10, pp. 5-7

King, L. (SIRC 071645)

***Cross country running - a great experience
(Crosslauf - eine großartige Erfahrung)***

Runner 17 (Summer 1979), 2, pp. 10-12; also in: Can. Assoc. for Health, Phys. Educ. & Recreat. J., 48 (January/February 1982), 3, pp. 24-25 (SIRC 111545)

Kleyman, Rick (BISp; SIRC 172937)

***Cross-country
(Crosslauf)***

Track & Field quart. Rev., Kalamazoo (Mich.) 85 (Fall 1985), 3, p. 44

Year after year Armstrong High School in west suburban Minneapolis is one of the best cross-country programmes in Minnesota. Head Coach Rick Kleyman modestly describes the success of his programme by stating, "Our program survives not because we train harder than others but because we get more kids out than any other school in the state. We get a lot of talent out."

Knudson, Lyle (BISp)

***The dilemma - cross country, track, or the roads
(Das Dilemma - Crosslauf, Bahn oder Straße)***

Track & Field J., Ottawa (Ont.) (August 1984), pp. 4-5

A development problem in many training/competition programmes goes beyond the diversity of real, or perceived, emphasis placed on cross-country, track or road racing. Lack of development occurs as a result of the diversity of emphasis on training/competition from season to season throughout the entire year. Many coaches and athletes believe that they must sacrifice performance during one season to maximize performances during another season. The principles of sports science do not support this belief, and in fact, demand the contrary, that a consistency of emphasis from season to season is required for maximum development. The cross-country runner doesn't have to sacrifice performance in track. The track runner can run well in cross country and on the roads. The road racer can make room for a few cross-country and track meets. In fact the distance runner should emphasize road racing, cross country, indoor track and outdoor

track; and train accordingly. The benefits are improved performances within each season, and consistent improvement from season to season, year to year. However, at least two conditions are necessary in order for these improvements to occur: 1. Training must be consistent and progressive. 2. The training/competition stresses must be optimized, high enough to motivate desired adaptation but controlled to prevent injury/illness.

Kosgei, Mike; Abmayr, Walter (BISp 891035920; SIRC 234915; IAT: Microfiche 144154)

***Cross country training in Kenya
(Crosslauf-Training in Kenia)***

New Stud. in Athletics, Rome 3 (1988), 4, pp. 53-59

The success of Kenyan cross-country runners has been steadily increasing since the 1970s and has been further confirmed by the outstanding results obtained at the World Cross-Country Championships. In this article, the authors illustrate the training programme followed by Kenyan athletes, in particular pre-season training for an important competition.

Kosgei, Mike; Abmayr, Walter (BISp 9005042052; IAT: Microfiche 145344)

***Crosslauf-Training in Kenia
(Cross-country training in Kenya)***

Lehre d. Leichtathletik, Berlin 28 (1989), 44, pp. 1597-1600

Im Langstreckenlauf auf der Bahn sowie im Crosslauf sind die Kenianer überaus erfolgreich. Verf. verdeutlicht den Stellenwert des Crosslaufs in Kenia und befaßt sich mit dem Nachwuchstraining in Kenia. Vorgestellt wird ein allgemeines Vorbereitungsprogramm sowie das Trainingsprogramm für die letzten beiden Wochen vor den IAAF-Crosslauf-Weltmeisterschaften in Gateshead 1983, das in einem Höhentrainingslager durchgeführt wurde. Darüber hinaus absolvieren die kenianischen Läufer regelmäßig ein spezielles Circuittraining in Form gymnastischer Übungen mit und ohne Geräten, das ebenfalls vorgestellt wird. Schiffer Kenyan runners are extremely successful both on the track and in cross-country races. The author shows the importance of cross-country running in Kenya and deals with the training of young athletes in Kenya. A general preparation programme as well as the training programme for the two last weeks before the IAAF Cross-country World Championships in Gateshead in 1983, during which the Kenyans stayed at a high-altitude training camp, are described. A special circuit training programme including gymnastic exercises with and without apparatus, which the Kenyan runner carry out on a regular basis, is also presented.

Kosgei, M.; Abmayr, W. (SIRC 246480)

***L'entraînement de cross-country au Kenya
(Cross-country training in Kenya / Crosslauf-Training in Kenia)***

Rev. de l'AEFA, Paris (July/August/September 1989), 111, pp. 27-31

Kramer, S. (SIRC 079434)

***Cross-country running at Harpeth Hall
(Crosslauf in Harpeth Hall)***

Women's Coaching Clinic, Great Neck (N.Y.) 4 (September 1980), 1, pp. 23-25

Krause, S. (SIRC 137909)

***Distance running - track and cross country
(Langstreckenlauf - Bahn und Cross)***

Coaching Clinic, Princeton (N.J.) 22 (October 1983), 2, pp. 7-9

Laird, N.L. (SIRC 081755)

***Work-outs for a college cross-country team
(Traiuningseinheiten für eine College-Crosslauf-Mannschaft)***

Athletic J., Evanston (Ill.) 60 (June 1980), 10, p. 5

Lawrence, A.; Scheid, M.; Wilt, F. (BISp; SIRC 201008)

***The self-coached runner II: cross country and the shorter distances
(Der selbsttrainierte Läufer II: Crosslauf und die kürzeren Strecken)***

Boston: Little, Brown and Co., 1986, xiii, 265 p.

This book includes a short chapter on cross-country training and racing (pp. 237-246) focussing on training for hills and cross-country psychology.

Leduc, B. (SIRC 078563)

**Entrainement de "cross-country" dans une programmation generale
(Cross-country training within a general programme / Crosslauf-Training im Rahmen eines
allgemeinen Programms)**

Track & Field J., Ottawa (Ont.) 4 (August 1980), pp. 5-7

Lenzi, Giampaolo (BISp 9503075119; SIRC 409467)

**Il cross nella preparazione dei giovani mezzofondisti
(Cross-country running as preparation of juvenile middle-distance runners / Crosslauf als
Vorbereitung jugendlicher Mittelstreckenläufer)**

Atleticastudi, Rome 24 (November/December 1993), 6, pp. 357-360

Der Crosslauf stellt für jeden Mittelstreckenläufer eine Trainingsvariante dar, mit der sowohl physische, als auch psychische Qualitäten verbessert werden können. Besonders im Trainingsaufbau des Nachwuchses kann er durch seine vielseitigen Anforderungen eine bedeutsame Rolle spielen. -schmi-
Cross-country running is an efficient training contents for middle distance runners because it leads to the improvement of both physical and psychological characteristics. Especially young athletes can benefit from cross-country running because of the manifold demands it makes on the athlete.

Levine, N. (BISp; SIRC 193431)

**Basic cross country
(Crosslauf-Grundlagen)**

Track & Field quart. Rev., Kalamazoo (Mich.) 86 (Fall 1986), 3, pp. 10-11

High school cross-country runners have a most difficult task in trying to train during the season. Once the schedule begins, usually mid-September, most high schools will run two meets per week, a lot will even run three ... two league meets and an invitational. With league titles highly sought after and few teams able to afford the luxury of resting part of the squad without losing, not much time is left for training. A solid background of strength and endurance must, therefore, be achieved before the season begins ... summer training, hence, is a necessity. A summer workout chart is presented.

Lewis, Robert W. (BISp)

**30 cross-country training variations
(30 Crosslauf-Trainingsvariationen)**

Scholast. Coach, New York (N.Y.) 45 (January 1975), pp. 56, 78-79

One of the biggest problems in cross-country training is monotony. Some degree of it is almost inevitable, of course, and it may even prove beneficial in developing self-discipline and perseverance. Generally, however, it should be averted. Dull sessions often lead to negative attitudes, lethargy, and a dislike of practice, especially among young athletes. The coach must, hence, plan with imagination, inculcating variety and challenge. A number of ways to add variety to cross-country workouts are presented in this article.

Long, D.; King, L.; Loeffelhardt, B. (SIRC 196559)

**Cross-country for coaches and runners
(Crosslauf für Trainer und Läufer)**

Ames (Iowa): Championship Books, 1981, v, 86 p.

Lydiard, Arthur L. (BISp)

**Das systematische Mittel- und Langstreckentraining
(Systematic middle and long-distance training)**

Berlin/München/Frankfurt: Bartels & Wernitz, 2nd ed., 1977, 64 p.

Dieses Buch enthält ein Kapitel zum Crosstraining (S. 35-36). Verf. stellt hierin fest, daß Bahnläufer ihre Gesamtkondition durch Crossläufe verbessern können. Durch die wechselnde Beschaffenheit des Bodens, besonders wenn dieser naß und weich ist, werden die Beinmuskeln manchmal bis zum äußersten gedehnt, was die Kraft- und Gelenkigkeitsentwicklung fördert. In hügeligem Gelände erwirbt man zusätzlich Kraft und Schnellkraft, indem man beim Bergauflaufen Widerstand überwindet. Will ein Läufer sich ganz dem Crosslauf verschreiben, dann trainiert er am besten nach einem Plan, der in den ersten sechs Wochen auch mit anaerober Arbeit durchsetzt ist und im übrigen Tempoläufe, wiederholte längere Trainingsläufe, Läufe mit Zeitprüfung und schließlich Rennen über die ganze oder über annähernd die ganze angestrebte Distanz enthält. Der Bahnläufer sollte die Cross-Saison als Gelegenheit zur Verbesserung seiner allgemeinen Kondition betrachten. Er sollte beliebig oft an Rennen teilnehmen, aber dabei bewußt auf angestrengtes Laufen verzichten.

This book includes a chapter about cross-country training (pp. 35-36). The author herein states that cross-country running is of great benefit to track runners and other athletes as a general conditioner. The ground one runs over is usually uneven and undulating and leg muscles and tendons are subjected to various resistances not encountered on even surfaces and are often stretched to greater extremes. This adds extra suppleness and strength. The hilly terrains of cross-country courses have another value. Hill running adds

resistance and thus assists in the acquisition of additional strength and power. If a runner intends to train seriously for cross-country events he needs to work to a schedule which is a mixture of anaerobic running, tempo runs, longer repetitions, time trials and races over and near to the distance he is training for. Track athletes should look on the cross-country season as an opportunity to build up general condition, to race as often as advisable, always concentrating on a relaxed running action.

Lydiard, Arthur L.; Gilmour, Garth (BISp)

***Run the Lydiard way
(Laufen Sie nach der Lydiard-Methode)***

Auckland: Hodder and Stoughton, 1978, 249 p.

This book includes a chapter about cross-country training and racing (pp. 84-87). The author herein states that cross-country running is of great benefit to track runners and other athletes as a general conditioner. The ground one runs over is usually uneven and undulating and leg muscles and tendons are subjected to various resistances not encountered on even surfaces and are often stretched to greater extremes. This adds extra suppleness and strength. The hilly terrains of cross-country courses have another value. Hill running adds resistance and adds a further dimension to the encouragement of ankle flexibility. Running uphill develops power and ankle suppleness which emerges later in a more driving, natural stride. Racing cross-country is also psychologically good. These races don't have the same nervous tensions as track and road races, where the athlete is continually under the critical eyes and urgings of the spectators. There isn't the sustained speed running, so that the overload tends to be placed on the muscular system and eases the pressure on the cardiac system. This reduces the oxygen debt and allows for reasonable states of fatigue, rather than excessive ones. If a runner intends to train seriously for cross-country events he needs to work to a schedule which is a mixture of anaerobic running, tempo runs, longer repetitions, time trials and races over and near to the distance he is training for. Track athletes should look on the cross-country season as an opportunity to build up general condition, to race as often as advisable, always concentrating on a relaxed running action.

Mann, R. (BISp; SIRC 098969)

***Distance and cross country training for men and women
(Langstrecken- und Crosslauf-Training für Männer und Frauen)***

Track & Field quart. Rev., Kalamazoo (Mich.) 81 (Fall 1981), 3, pp. 23-25; also in: Scholast. Coach, New York (N.Y.) 51 (August 1981), 1, pp. 58, 60 (SIRC 094482)

At Northern Arizona University the hard-day easy-day approach in cross-country training is used. This means that if, the runners train extremely hard on Monday, they train with less intensity on Tuesday, and so on. In addition to the hard-day easy-day pattern, the athletes train on a 14-day work cycle so that the athlete will not have the same workout every Monday, but rather varied workouts through the 14-day cycle. This removes the staleness that athletes may encounter if each week's workouts are the same. Five methods of training are used in working with distance and middle distance runners: 1. Distance training, 2. fartlek, 3. repetition runs, 4. interval training, 5. speed training. The year is broken into seven phases: early cross country, late cross country, winter, pre-season, early competitive season, late competitive season, and active rest. Examples of training phases and typical weeks of training are presented.

Manners, John (BISp)

***A world of their own
(Eine eigene Welt)***

Runner's World, Emmaus (Pa.) 33 (June 1998), 6, pp. 92-99

This article is about the Kenyan runners' appearance in the 1998 World Cross-Country Championship in Marrakech, Morocco, and their preparation for this event. The article also includes useful information about the origins of Kenyan cross-country running and the runners' social environment.

Marks, T.A. (SIRC 088603)

***Additional cross-country techniques. A comprehensive training program
(Zusätzliche Crosslauf-Techniken. Ein umfassendes Trainingsprogramm)***

Women's Coaching Clinic, Great Neck (N.Y.) 4 (May 1981), 9, pp. 9-19

Marsh, Richard L. (BISp)

***An eclectic training program for cross-country
(Ein eklektisches Trainingsprogramm für den Crosslauf)***

Athletic J., Evanston (Ill.) 46 (September 1965), 1, pp. 52-53, 101-102

The most outstanding value of an eclectic system of cross-country training is that it affords variety. Providing a variety of training distances, techniques, terrains, etc., is better calculated to retain the interest of the average American high school or college runner than the continual boredom of interval running alone. A second factor, and probably more important than the first, is that an eclectic system allows for meeting the individual demands of a variety of different runners. Speed training alone is of dubious value when one has a

runner who possesses the prime attribute of speed. It is the endurance training which is of more value, with speed work later in the training cycle to sharpen performances for the big meets. A third factor is the efficacy of an eclectic programme in conditioning the organism to react to a variety of stimuli efficiently such as fast pace, slow pace, hill running, flat running, sand running, steady running with occasional bursts for passing, and strenuous workouts alternated with days of recuperation running.

Martin, J. (SIRC 095190)

***Year-round cross-country training guide
(Anleitung zum ganzjährigen Crosslauf-Training)***

Women's Coaching Clinic, Great Neck (N.Y.) 5 (November 1981), 3, pp. 2-4

Martin, J. (SIRC 110154)

***Philosophy plays a big role in...a year-round cross-country training guide
(Philosophie spielt eine große Rolle in ... eine Anleitung zum ganzjährigen Crosslauf-Training)***

Women's Coaching Clinic, Great Neck (N.Y.) 5 (November 1981), 3, pp. 2-4

Martinez, H. (SIRC 204147)

***Cross country
(Crosslauf)***

Texas Coach, Austin (Tex.) 30 (April 1986), 8, pp. 44-45

Maxwell, B. (SIRC 067230)

***Cross-country: using the fall sport to best advantage
(Crosslauf: Einsatz des Herbstsports zum größtmöglichen Vorteil)***

Runner 2 (October 1979), 1, pp. 16, 20

McFarlane, Brent (BISp 9305065055)

Hills - a variety of uses

(Hügel - eine Vielfalt von Anwendungsmöglichkeiten)

Track & Field quart. Rev., Kalamazoo (Mich.) 80 (1980), 3, pp. 35

Hügeläufe können drei Zwecken dienen: 1. Ausbildung der aeroben Kapazität, 2. Ausbildung der anaeroben Kapazität, 3. Entwicklung von Wettkampfhärte. Gleichgültig welcher Effekt erzielt werden soll, die entscheidenden Faktoren sind die Streckenlänge, die Pausenlänge und -art, die Anzahl der Wiederholungen und die Dauer der Belastungsintervalle. Verf. stellt verschiedene Trainingsformen am Hügel vor. -schi- Hill running can serve three purposes: 1. development of aerobic capacity - the oxygen demand of the muscles equals the supply; 2. anaerobic capacity - the oxygen intake is inadequate to meet the requirements of the running muscles and therefore an oxygen debt is created; 3. creation of the competitive "animal" for the competitive season. Whatever effect one wishes to accomplish on hills is dictated by the distance run, interval, number of repetitions, time of the repetitions and recovery. The author presents workouts which have proven to be extremely successful for developing all of the above. Hills can be sand, grass, snow, mud or gravel. The incline varies from 3-5 % to 25-35% at distances of 20-600 metres.

McGuire, M. (BISp; SIRC 376706)

***Collegiate women's cross country training
(Crosslauf-Training für College-Läuferinnen)***

Track & Field quart. Rev., Kalamazoo (Mich.) 94 (Summer 1994), 2, pp. 13-14

This is a description of the summer (volume) training and the in-season training (September-October) of women cross-country runners at the University of Michigan.

McLaughlin, Joseph D. (BISp 870706223; SIRC 153857)

***High schools cross country
(Crosslauf an High Schools)***

Los Altos (Cal.): Tafnews Pr., 1983, 96 S., ISBN 0-911521-12-7

Verf. liefert die Grundinformationen für ein Crosslauf-Programm an High Schools unter Berücksichtigung folgender Aspekte: Saison, Regeln, Mannschaften, Kleidung und Ausrüstung, Training, Aufwärmarbeit, Lauftechnik, Lauftaktik, Ernährung und Gesundheit sowie Erste Hilfe. -di-

The following aspects of a cross-country programme for high schools are dealt with in this book: cross-country basics (the season, rules, teams, the course, scoring); clothing and equipment; training (endurance base, race conditioning, the hard-easy principle, training during the competitive season); calisthenics and stretching; running form (stride, foot action, arm carriage, carriage of the head and torso, breathing); racing tactics; diet and health; first aid; the young athlete; planning and racing an international meet.

McNamee, J. (SIRC 194009; IAT: Microfiche 120736)

**Cross country camp
(Crosslauf-Trainingslager)**

Athletic J., Evanston (Ill.) 67 (August 1986), 1, pp. 32-33

Miller, D.R. (SIRC 084932)

**Eight cross-country workouts
(Acht Crosslauf-Trainingseinheiten)**

Coaching: Women's Athletics 7 (January/February 1981), 1, pp. 45-47

Miller, Jeff (BISp 9102046834; SIRC 175147)

**USIU conditioning program for cross country
(USIU Konditionstrainingsprogramm für den Crosslauf)**

Nat. Strength Condit. Assoc. J., Lincoln (Nebr.) 7 (1985), 4, pp. 52

Many factors contribute to the making of a cross-country champion. The most predominant are endurance, flexibility, strength, and motivation. Most young runners do not realize the importance of strength and flexibility but rely only on marathon running workouts to increase their endurance. As the runner matures he or she realizes that in order to improve, they must supplement their endurance training with strength and flexibility training. The most valuable strength developer is progressive resistance exercise (weight training). If done correctly with running and flexibility, weight training can greatly increase strength of stride, stamina, and overall endurance. Weight training should be done three days a week for the first five weeks of the season. This phase of training will be classified as General Physical Preparation. The following weeks of the season, the athlete will limit training to two days a week. This phase of training will be classified as specific physical preparation.

Mills, Don (BISp 800701166; SIRC 078562)

**Training for cross-country racing
(Training für Crossläufer)**

Track Field J., Vanier (1980), 4, pp. 4-5

It is wise to take most of August (at least three weeks) to acclimatize cross-country runners to a pattern of road and trail running, some resistance type training and the tempo pacing needed for later in the season - all completely different from their track orientation. August should therefore introduce athletes racing 5-8 km to interval work of between 1/2 and 1 km over rugged terrain. The emphasis is on a relaxed, competitive pace and confidence that as the intervals become longer and more difficult, they are still manageable. Skill in hill ascents and descents, along with handling rolling golf course terrain play an important part in the athlete's physical and mental conditioning. Athletes start September 1 with some proficiency in their circuit work, hill ascents and descents, and knowledge of pacing over terrain previous unfamiliar to them. The next three weeks should introduce two-tier hill repeats, done with increasing skill and aggression, as well as lengthening the circuit work. The September 1-21 period should have two circuit days and two hill ascent days a week, as well as a brisk mileage day retained from August. Following September 21, it is wise to personalize some features of the athletes' programme, depending on what they are aiming at and the degree of competence they already possess. It is the ability to start confidently, to have a good position early, to flow through mid race knowing that the final km will be strongly paced, loose, but very competitive. Cutting back to one hill session a week, lengthening the twice-a-week circuits and having them run at faster paces, and emphasizing good running form over poor terrain, are important features of the final phase of the program.

Mirkin, G. (BISp; SIRC 376555)

**Practicing for the hills of cross country running
(Hügeltraining für den Crosslauf)**

Track & Field quart. Rev., Kalamazoo (Mich.) 92 (Summer 1992), 2, p. 28

The author presents some new research data on racing up and down hills: 1. Runners require far less oxygen when they run down hills, even though they may be running much faster than when they run on level ground. 2. A runner should practice running down hills as fast as possible. In races, a runner should be able to run down hills with almost complete abandon. 3. Running hard up and down hills early in a race will slow a runner's times more than running hard up and down hills late in a race.

Moss, Donald W. (BISp)

**X-country techniques
(Crosslauf-Techniken)**

Athletic J., Evanston (Ill.) 51 (June 1971), 10, pp. 18, 60

A cross-country runner's schedule should be based on: 1. Some overdistance at slower than race pace to build confidence and strength. 2. Some underdistance at faster than race pace to build strength and leg speed. 3. Pace work at various distances under the meet distance for pace knowledge and feel. The basic running philosophy in cross-country is teamwork. Many successful teams attempt to run in a group with the

runners giving each other encouragement. Running with a group of teammates will often help the slower man to better performance.

Moss, D. (BISp; SIRC 376554)

**X-C running
(Crosslauf)**

Track & Field quart. Rev., Kalamazoo (Mich.) 92 (Summer 1992), 2, p. 27

Many cross-country teams perform fast running on the track, and paarlaufs-continuous relays are an excellent way to inject variety into these interval sessions. Most paarlaufs are performed using two or three runners over a 200 or 400 metre distance. However, another option is to perform a two-person paarlauf over 300 metres. The author shows how it works.

Mouser, J. (SIRC 138805)

Girls cross country training
(Crosslauf für Mädchen)

Texas Coach, Austin (Tex.) 27 (October 1983), 2, pp. 60-61

Murray, D.; Murray, C. (SIRC 276222)

**Coaching cross country
(Crosslauf-Coaching)**

Alamo (Calif.): Truckee River Studios, 1990, videocassette: sd., col.; 72 min

Coaches Dave Murray and Chris Murray present an instructional videotape covering all aspects of coaching men's and women's cross country. Subjects covered include: selecting potential runners, biomechanics, training (including fartlek, hill training, intervals and steady state), strength power and drill training, mental training, motivational techniques, peaking, designing a daily training guide, pre-meet preparation, individual and team strategy, and administration and promotion of the sport. The programme concludes with footage of the 1986 NCAA National Championships in Tucson, Arizona.

Myers, Lee E. (BISp 9308065917)

**Accepting the challenge
(Annahme der Herausforderung)**

Track & Field quart. Rev., Kalamazoo (Mich.) 93 (1993), 2, p. 3

Verf. unterteilt den Trainingsaufbau des Crossläufers in folgende Phasen: Phase 1: Schaffen einer umfangsorientierten Ausdauergrundlage. Straßenläufer sollten zunehmend auf Gras und Wegen laufen. Phase 2: Ein- oder zweimal in der Woche sollten Hügelläufe absolviert werden. Phase 3: In dieser Phase erfolgt die Ausprägung der Schnelligkeit und Wettkampfhärte durch kurze Sprints und Wettkämpfe. Phase 4: In dieser Phase wird zunehmend auch die mentale Vorbereitung berücksichtigt. Hierzu gehört auch die Planung der Wettkampfperiode und psychische Einstellung auf maximale Einsätze. Schiffer
The training build-up of cross-country runners is divided into the following phases: Phase 1 - There should be a distance build-up where there is a slow but steady increase in the amount of time spent running or conditioning. Road runners should gradually increase their use of grassy fields and trails. Phase 2 - Hill running is added to the workout pattern once or twice a week. Phase 3 - This phase involves fine-tuning with short sprints and competitions. Phase 4 - Last, but not least, all competition involves mental preparation. This preparation should start in cross country as soon as the challenge has been accepted by setting goals for the season and determining where peak efforts are to be run.

Nagel, J. (SIRC 094502)

**Building a cross-country team into a winner
(Wie man einer Crosslauf-Mannschaft zum Sieg verhilft)**

Women's Coaching Clinic, Great Neck (N.Y.) 5 (September 1981), 1, pp. 27-29

Newton, Joe (BISp 9302061285; SIRC 069650)

Organization of a high school championship cross country program
(Organisation eines High-School-Meisterschafts-Crosslauf-Programms)

Track & Field quart. Rev., Kalamazoo (Mich.) 79 (1979), 3, pp. 30-31

Darstellung eines Trainingsprogramms für High-School-Crossläufer unter Berücksichtigung folgender Aspekte: Grundprinzipien des Programms; fünf Punkte, die den Coaching-Erfolg garantieren; zehn charakteristische Merkmale guter Trainer; Rekrutierung von High-School-Läufern; Trainingsziele für jugendliche Crossläufer; Einbindung der ganzen Schule in das Trainingsprogramm; Maßnahmen zur Auflockerung der Trainingsmonotonie. Inhalte aus dem Sommer- und Herbst-Trainingsprogramm werden vorgestellt. -schi-

This is the presentation of a training programme for high school cross-country runners taking into account the following aspects: Basic tenants on which the programme is built; five points that will bring success in coaching; ten traits for great coaches; recruitment of junior high school runners; how to have a total school

involvement in the programme; gimmicks to make fun and to break monotony. The contents of the summer and autumn training programme are presented.

Newton, J. (BISp; SIRC 224263)

Organization of a high school championship cross country program. Including pre-season and in-season training

(Organisation eines High-School-Crosslauf-Meisterschaftsprogramms. Einschließlich des Trainings in der Vor- und Hauptsaison)

Track & Field quart. Rev., Kalamazoo (Mich.) 88 (Summer 1988), 2, pp. 25-27

The following aspects are dealt with: 1. Basic tenants on which the programme is built. 2. Points that will bring success in coaching. 3. Ten traits for great coaches. 4. Summer programme (June 1 to September 1). 5. Make-up and issuing of a pre-season booklet with everything an athlete needs to know about cross country (recruitment of junior high runners; organization of work-outs; special tips on what to teach cross country boys; how to have a total school involvement in the programme; gimmicks to make fun and to break monotony; rewards for time and work).

Newton, Joe (BISp)

**Coaching cross country successfully
(Erfolgreiches Crosslauf-Coaching)**

Champaign (Il.): Human Kinetics, 1998, 128 p.

In this book coach Joe Newton explains how he built and runs his cross-country dynasty and how to apply his principles of teaching discipline, dedication, and teamwork to develop and improve one's own program. Combining insightful instruction with dozens of personal anecdotes, Newton explains how to (1) motivate a team and individual athletes, (2) teach the basics of distance-running technique, (3) improve performance with carefully planned workouts, (4) develop race strategies, (5) prepare a team for meets, and (6) evaluate runners and an entire program. Coach Newton also shares the 12-week practice schedule he's used to train 19 of his teams to title-winning performances.

Nitcholas, B. (SIRC 125659)

**Cross country as a sport
(Crosslauf als eigenständige Sportart)**

Texas Coach, Austin (Tex.) 26 (April 1983), 8, pp. 24-25, 62

No author (BISp 9305065056)

**Georgetown University track cross country weight training program
(Gewichtstrainingsprogramm für Bahn- und Crossläufer der Georgetown University)**

Track & Field quart. Rev., Kalamazoo (Mich.) 80 (1980), 3, p. 18

Vorstellung eines auf Verletzungsprophylaxe ausgerichteten speziellen Krafttrainingsprogramms mit leichten Gewichten für Bahn- und Crossläufer. -schi-

This is the presentation of a very basic and simple weight training programme using light weights for track and cross-country runners. The programme is based on the principle that weight training and stretching combined with running will prevent injuries.

No author (SIRC 311897)

**A guide to cross-country
(Anleitung für den Crosslauf)**

Running Mag., London (November 1992), 139, pp. 22-24, 26, 28, 30, 32

Nonella, Luigi (BISp 880433442)

**Warum nicht ab und zu einen Crosswettkampf? Herausforderung für Körper und Kopf
(Why not a cross-country run now and then? A challenge for body and mind)**

Läufer, Aarau 5 (1988), 3, pp. 36-38

Das Crosslaufen ist eine gute Vorbereitung für Bahn und Straße, da es Körper und Geist sehr vielfältig fordert. Verlangt und geschult werden Kraft (in schwerem Gelände), Geschicklichkeit (Laufstil entsprechend der Bodenqualität), Taktik (optimales Einteilen der Kräfte), Wille (schwierige Strecken, harte Konkurrenz), Kopf (richtige innere Einstellung) und Ausdauer (Verbesserung der aeroben Kapazität). Da Anfang April die Straßenlauf-Saison beginnt, sind Crossläufe im Februar und März als Wettkampfvorbereitung gut geeignet. Das Laufen im Gelände gefährdet empfindliche Sehnen und Muskeln, trägt andererseits aber auch dazu bei, daß der Bewegungsapparat gestärkt wird. Jeder Läufer muß das persönliche Risiko selber abschätzen. Nach einer kompletten Cross-Saison sollten gegen Ende März eine Regenerationsphase von 10 bis 15 Tagen sowie medizinische Untersuchungen erfolgen. Schiffer

Cross-country running is a good preparation for track and road running because it makes manifold demands on body and mind. Cross-country running leads to the improvement of strength, skillfulness, tactics, will

power, and endurance. Since the road-racing season starts at the beginning of April runners should take part in cross-country races during February and March to prepare for racing on the road.

Nurmekivi, Ants (BISp)

All about hill running

(Alles über das Hügellaufen)

In: Jarver, Jess (ed.): Middle distances. Contemporary theory, technique and training. Los Altos (Calif.): Tafnews Press, 1979, pp. 80-85

Observations indicate that many middle and long distance runners employ additional stresses in their running training in certain phases or sometimes throughout the year. The additional demands are created by including hill running, running in the sand, snow or other difficult surfaces in one's training programme. Lydiard's method, which has made a great impact on the world distance running scene, incorporates uphill running into the training programme straight after a period of extensive endurance work (marathon training). The load in the endurance phase is approximately 100 miles a week and doesn't consist of long stretches at jogging speed. On the contrary, it varies between 5 to 5:20 min/mile in faster, and 6 to 6:10 min/mile, in slower training runs. Less experienced athletes work out at 5:30 to 6:10 and 6:20 to 6:40 min/mile speed. During this phase all runners participate in cross-country competitions and attempt to develop a background for the next training phase, hill running. Hill running, considered by Lydiard as one of the most important aspects in the training programme, is designed to develop power for distance running and to learn how to use it economically. "The hill running phase is one of the hardest and, although the shortest, the most important phase in my training system," claims Lydiard. Because the hill running combines aerobic and anaerobic work, with emphasis on the latter, Lydiard believes that it makes athletes capable of racing with reasonable success immediately at the conclusion of this training phase.

Nygaard, Niels (BISp 9305065051)

European distance & cross country training

(Europäisches Langstrecken- und Crosslauf-Training)

Track & Field quart. Rev., Kalamazoo (Mich.) 80 (1980), 3, pp. 25-26

Today most coaches in Europe agree that middle- and long-distance runners must do considerable mileage as a "base". Disagreement does exist concerning the amount and intensity of mileage, and use of diet supplements. The cleavage of opinion does not run between countries, but rather between individual coaches in each country. You will find some runners in, for example, West Germany and Great Britain, doing repetition work all year around, while other runners will be doing extensive distance running with no repetitions at all. Generally, most runners do a mixture of both distance running and repetitions, with the main stress on distance running in the winter, and mostly repetitions in the months before the outdoor track season. In this article a frame basic schedule for athletes who have been running for at least 2-3 years is presented. This schedule is in many ways influenced by Arthur Lydiard.

Olcott, S. (BISp; SIRC 032013; IAT: Microfiche 304234)

"Graduated-stress" cross-country training program

(Crosslauf-Trainingsprogramm mit "abgestufter Belastung")

Scholast. Coach, New York (N.Y.) 47 (October 1977), 3, pp. 58-59, 116-117

The key factor of a cross-country training programme is variety. A variety of workouts is necessary to meet the needs of all runners in a team. This article contains brief descriptions of specific workouts for the girls' state championship team at Conard High School West Hartford, Conn. (State Champions 1975, 1976).

Orshoski, P. (SIRC 089659)

Training tidbits for success in cross-country

(Trainings-Leckerbissen für Erfolg im Crosslauf)

Coaching Clinic, Princeton (N.J.) 19 (May 1981), 5, pp. 19-21

Parks, Bob (BISp)

Summer training for cross-country

(Sommer-Crosslauf-Training)

Athletic J., Evanston (Ill.) 52 (May 1972), 9, pp. 43, 52-53

One of the biggest mistakes that American distance runners on the high school and college level make is in not training as they should during the summer vacation months. In adapting Lydiard's training system to the American competitive season (cross country, indoor and outdoor track) the summer is the perfect time to put in large amounts of long distance type training in preparation for the competitive seasons ahead. Just about the only time that distance runners in the United States have time completely free from meets is the summer. So the experienced runner with a fair amount of talent should be able to put in 100 to 150 miles per week during the summer.

Pecor, B. (BISp; SIRC 005013)

***Interesting cross-country practice
(Interessante Übungen für den Crosslauf)***

Athletic J., Evanston (Ill.) 54 (June 1974), 10, pp. 26, 45

The author presents a fun method for occasional use at cross-country practice sessions. This particular type of practice, which is referred to as the St. Michael's Cross-Country Games, proved to be motivational, competitive, and exciting for the cross-country runners. In spite of the fun connotation, it is a rigorous practice, which leaves the competitors quite exhausted.

Peloquin, D.J. (SIRC 097163)

***Coaching cross-country in a small school
(Crosslauf-Coaching in einer kleinen Schule)***

Coaching Clinic, Princeton (N.J.) 19 (November 1981), 11, pp. 25-27

Pigg, Jeff (BISp)

***Women's cross country - Speed as the main ingredient
(Frauen-Crosslauf - Schnelligkeit als Hauptelement)***

Track & Field Coaches Rev., Kalamazoo 96 (Summer 1996), 2, pp. 40-44

Die Ausgangsfrage dieses aus der University of Missouri, Columbia, stammenden Beitrags lautet: Kann der Erfolg im Crosslauf nur über ein Dauerlaufprogramm mit hohem Kilometerumfang erreicht werden? Die Antwort von Verf. lautet nein. Vielmehr ist ein Crosslauf nur dann befriedigend zu laufen, wenn die Läuferin über ein hohes Schnelligkeitsniveau verfügt. Für schnelligkeitsorientierte Läuferinnen gelten fünf Leitprinzipien: 1. Schnelligkeit ist am ehesten bei Mittelstrecklerinnen zu erwarten. Hierzu zählen die Distanzen von 400 bis 3000 m. Diese Läuferinnen sind daher bevorzugt auf den Crosslauf vorzubereiten und in entsprechende Teams zu integrieren. 2. Bei der Heranführung schnelligkeitsorientierter jugendlicher Läuferinnen an den Crosslauf ist sehr vorsichtig vorzugehen. Der Plan sollte langfristig (auf 4 bis 5 Jahre hin) angelegt sein. Planungskomponenten sind der wöchentliche Kilometerumfang, die Trainingsintensität, der Laufuntergrund im Training und die eingesetzten Trainingsmethoden. Es ist darauf zu achten, daß der Kilometerumfang und seine progressive Steigerung nicht einen dominierenden Stellenwert einnehmen. Dies könnte zu Übertraining führen. Die meisten schnelligkeitsorientierten Crossläuferinnen beginnen an der University of Missouri, Columbia, im Alter von 17/18 Jahren mit einem wöchentlichen Kilometerumfang von 32 bis 38 Kilometern und erreichen ein bis zwei Jahre später einen Umfang von 56 bis 64 Kilometern. Das Prinzip lautet, daß die wöchentliche Steigerung nie mehr als 10 % und die Jahressteigerung nie mehr als 16 km betragen sollte. Das Training sollte auf schonendem Untergrund durchgeführt werden. So werden 95 % des Trainings an der University of Missouri auf nichtasphaltiertem bzw. -betonierten Boden absolviert. Erholungstage sind besonders für schnelligkeitsorientierte Crossläuferinnen von entscheidender Bedeutung. An diesen Tagen sollte nur leichtes Jogging oder Cross-Training durchgeführt werden. 3. An der University of Missouri herrscht die Anschauung vor, daß ein übermäßiges Ausdauertraining negative Auswirkungen auf die Schnelligkeit hat. Demnach ist die Schnelligkeit nie zugunsten eines einseitigen Ausdauertrainings zu vernachlässigen. Beweglichkeitsübungen, dynamische Belastungen und Hügelläufe lassen sich nahtlos in ein Crosslauf-Programm integrieren und erhalten nicht nur, sondern fördern sogar die Schnelligkeit der Läuferinnen. Wichtig ist, daß in jeder Woche ein kompletter Ruhetag eingelegt wird. 4. Das Lauftraining wird durch ergänzende Trainingsinhalte erweitert. In diesem Zusammenhang kommen Schwimmen, Aquajogging, Skilanglauf, Radfahren und Krafttraining ohne (z.B. Pull-ups und Dips) und mit Krafttrainingsmaschinen zum Einsatz. Grundsätzlich gilt für das Krafttraining, daß die Wiederholungszahl hoch, die Widerstände jedoch gering sind. 5. An der University of Missouri wird im Trainingsprogramm der Crossläuferinnen auch dem mentalen Training große Bedeutung beigemessen. Es wird daran gearbeitet, daß die Läuferinnen ein hohes Maß an Selbstvertrauen und -sicherheit entwickeln und daß ihnen das, was sie tun, Freude bereitet.

The starting question of this article coming from the University of Missouri, Columbia, is: Can success in cross country be found only through high mileage distance training programmes? The author's answer to this question is "no". Rather can a cross-country race only be run satisfactorily if the runner has a high level of speed. There are five guiding principles that define the approach to leading the speed-oriented runner to a successful cross-country experience: 1. Middle distance runners provide a very versatile and valuable asset to the cross-country team because they have both speed and endurance. 2. When introducing speed-oriented athletes to cross country, it is important to progress very slowly. With each athlete a long-term (4-5 year) plan should be developed to guide their training progression. Some athletes may eventually evolve into the normal high mileage training programme for a distance runner. But if so, this will occur much later in their career. Most speed-oriented runners begin with a total of about 20 to 25 miles per week as freshmen and increase gradually to 35 to 40 miles per week as seniors. The weekly increase never exceeds 10%, and with a maximum increase of 10 miles annually. 3. Flexibility, dynamics and hill work can be combined in cross-country training to not only maintain, but actually further develop the athlete's speed. A daily routine of quickness drills, including technical aspects of the athlete's stride and performing a series of dynamics, is very beneficial. In an effort to maintain both speed and health, each week should contain a complete day of

rest. 4. While running is the obvious principle training method, several other means of training and development should also be utilized. Swimming and pool running, stair master, Nordic Track and bicycling are the types of cross-country training which should be utilized. These workouts are performed two to three times weekly at a duration of 30 to 50 minutes. Although the offseasons of summer and winter are best for building strength, cross-country runners should be found in the weight room year-round. The relatively low weight, high repetition workouts are done to develop muscular endurance. 5. A lot of emphasis should be placed on mental training, where the focus is on athletes feeling affirmed, secured and enjoying who they are, who they are with and what they are doing together.

Pithon, A. (SIRC 081720)

***Demi-fond cross-country au college de la Grand-Combe
(Middle distance and cross country at the Grand-Combe College / Mittelstrecken- und Crosslauf am Grand-Combe College)***

Educat. phys. et Sport, Paris 30 (September/October 1980), 165, pp. 13-17

Pradet, Michel; Vives, Jean (BISp 9011043114)

***L'athlétisme I. Demi-fond, fond, cross-country, steeple
(Athletics I. Middle and long distance, cross-country, steeple / Leichtathletik I. Mittel- und Langstrecke, Crosslauf, Hindernislauf)***

Paris: Bornemann, 1988, 79 p., ISBN 2-85182-361-2 = Decouvrir et pratiquer

Dieses Buch enthält auch ein kurzes Kapitel über Technik, Taktik, Training und Regeln des Crosslaufs.

This book includes a short chapter about the technique, tactics, training and rules of cross-country running.

Pretty, P (SIRC 233578)

***The cross-country season 'beyond just coaching'
(Die Crosslauf-Saison 'mehr als reines Coaching')***

Scholast. Coach, New York (N.Y.) 58 (April 1989), 9, pp. 82-84, 86

Raffin, Duane (BISp 9305065039; SIRC 081763)

***Cross country-factors affecting time improvement
(Crosslauf-Faktoren, die eine Zeitverbesserung bewirken)***

Track & Field quart. Rev., Kalamazoo (Mich.) 80 (1980), 3, pp. 9-11

Verf. gibt dem High-School-Coach folgende Hinweise zur effektiven Gestaltung eines Crosslauf-Trainingsprogramms: 1. Der Trainer muß den Athleten sein Programm so verkaufen, daß sie daran glauben. 2. Die Läufer sollten das maximale aerobe Tempo ihrer Läufe langsam und stetig steigern. 3. Gleichzeitig muß die Fähigkeit der Läufer, kürzere Distanzen schneller zu laufen, ausgebildet werden. 4. Hügeläufe sollten erst auf Basis einer guten Gesamtkondition in das Training aufgenommen werden. 5. Die Läufer sollten zweimal täglich trainieren. 6. Auf Vielfalt des Trainings ist zu achten. 7. Die Trainingszeit sollte sinnvoll verbracht werden. Dazu gehört eine klare Einteilung in ein Aufwärmen, die grundlegende Trainingsarbeit, die Sprintarbeit und das Auslaufen. 8. Es muß sichergestellt sein, daß die Läufer ihre besten Rennen dann laufen, wenn es darauf ankommt. 9. Auf die Ausbildung der Muskelkraft ist zu achten. 10. Auf Verletzungen sollte geachtet werden, und sie sollten bereits im Vorfeld antizipiert werden. 11. Vermeintlich untalentierte Läufer sind nicht voreilig abzuschreiben. 12. Ein Trainingsbuch ist bereitzustellen und sollte sorgsam geführt werden. 13. Ein spezielles Crosslauf-Trainingslager sollte eingeplant werden. Schiffer

The author specifically addresses his remarks to the beginning high school coach who is trying to find a programme of his own. The following factors should be considered: 1. Through education and trial and error the programme should be developed and sold to the runners so that they believe in the programme. 2. The runners must increase slowly and steadily the maximum aerobic pace of their running. 3. Along with increasing the ability of the runners to run with oxygen, their ability to run at shorter distances at a faster pace must also be improved. 4. The coach should know when and how to incorporate hill running into the programme. The runners must be in good condition before they tackle the hills. Hills should never be run until the 3rd week in September, then at least two days a week for three weeks should be devoted to hill running. 5. The runners should be encouraged to run twice a day. 6. Variety must be put into the training programme. The same workouts should not be used the entire season. 7. Practice time should be divided into four separate areas: warm-up, basic workout, sprinting, cool-down. 8. The coach must make sure that his runners are ready to run their best race a specific times. The runners should be at their best during the last ten days of the season. 9. Cross-country runners should develop their strength by doing sit-ups and push-ups after sets of sprints on the cross-country course. 10. The coach must watch for injuries and anticipate them. Injuries can be avoided by not increasing quality when the runners are going good. 11. Coaches cannot afford to neglect anyone as a potential champion. Even the average athlete through hard work, dedication, enthusiasm, positive goals, can become a star.

Randolph, J. (SIRC 013836)

**Cross country training
(Crosslauf-Training)**

Track Tech., Los Altos (Calif.) 57 (September 1974), pp. 1804-1805

Ratcliffe, T. (SIRC 344294)

**Camp Kenya. The author trained for a week with the Kenyans at their national cross-country camp
(Camp Kenia. Der Autor trainierte eine Woche lang mit den Kenianern in ihrem nationalen Crosslauf-
Trainingslager)**

Runner's World, Emmaus (Pa.) 29 (March 1994), 3, pp. 64-71

The author describes his stay at St. Mark's College, the training camp of the Kenyan national cross-country team. The training of the Kenyan cross-country runners is described in detail, and an attempt is made at explaining the causes of the Kenyan running revolution. According to the author the motivation and success of Kenyan runners may be best understood in terms of Kenya's economic situation, where poverty and desperation are common. Athletic success represents the possibility of a prosperous future. Without their earnings from running, many Kenyan distance stars would be relegated to the growing ranks of their country's poor.

Razimbaud, D.; Brossier, A.; Ducroux, S.; Vignes, E. (SIRC 138846)

**Un programme de cross au college: pour un travail progressif en cross dans un college
(A college cross-country programme: progressive cross-country training at a college / Ein College-
Crosslauf-Programm: progressives Crosslauf-Training an einem College)**

Educat. phys. et Sport, Paris 33 (September/October 1983), 183, pp. 66-68

Reall, B. (SIRC 088581)

**Cross-country running. Set high goals
(Crosslauf: Setzen Sie sich hohe Ziele)**

Coaching Clinic, Princeton (N.J.) 19 (February 1981), 2, pp. 6-9

Robinson, C. (SIRC 195879)

**Cross-country running is unique
(Crosslauf ist einzigartig)**

Women's Coaching Clinic, Great Neck (N.Y.) 10 (October 1986), pp. 1-4

Rose, Van (BISp)

**Cross country training profile
(Crosslauf-Trainingsprofil)**

Track & Field quart. Rev., Kalamazoo (Mich.) 84 (Fall 1984), 3, p. 11

The cross-country season at Shawnee Mission Northwest High School, Kansas, is eleven weeks long and is broken into four phases: Phase one: Week one is overdistance at a steady pace. Phase two: Weeks 2-3 are overdistance with one hill workout per week. Phase three: Weeks 4-9 are overdistance, one hill workout per week and one interval session per week. Phase four: Same ingredients as phase three but quality and quantity are lessened.

Schaffer, Ray (BISp 9203053026; SIRC 380638)

**Periodization of cross country training for high school women
(Periodisierung des Crosslauf-Training für High-School-Läuferinnen)**

Track Tech., Mountain View (Calif.) (Fall 1991), 117, pp. 3725-3727

Verf. differenziert das Training von High-School-Crossläuferinnen in fünf Phasen: 1. Übergangsphase, 2. allgemeine Vorbereitungsphase, 3. spezielle Vorbereitungsphase, 4. Wettkampfphase, 5. Phase der Topform. Das diesen Phasen zugeordnete Training wird beschrieben. Beispielhafte Mikrozyklen werden vorgestellt.

-schi-
In this original article, prep coach Schaffer outlines a programme for high school cross country, combining modern training theory with considerations too often ignored by successful coaches at the prep level. Schaffer divides his programme for high school cross-country runners into five phases: 1. transition phase (two to six microcycles), 2. general preparation phase (six microcycles), 3. special preparation phase (six microcycles), 4. competitive phase (six microcycles), 5. peaking phase (two microcycles). The training done during these phases is described, and model microcycles (one week each) are presented.

Schmidt, P. (BISp; IAT: Microfiche 201631)

**Gedanken zum Crosslauf
(Thoughts on cross-country running)**

Leichtathletik, Berlin (W) 27 (1976) 10, Beilage Die Lehre der Leichtathletik 27 (1976), 10, p. 341
Verf. gibt folgende Richtlinien, um den größten Nutzen aus der Teilnahme an Crossläufen für die

Vervollkommnung der Leistungsfähigkeit zu ziehen: 1. Wer sich an Crossläufen beteiligen will, sollte bereits eine längere Trainingsphase absolviert haben. Wer kurz nach der Übergangsperiode (November) an schweren Crossläufen teilnimmt, handelt unklug. 2. Bei der Planung der Cross-Starts sollte man sich um Informationen bemühen, um die Geländeschwierigkeiten einschätzen zu können. 3. Da der Cross mehr als Trainingselement anzusehen ist, ist er methodisch und didaktisch sinnvoll in die Trainingsplanung einzubetten. 4. Die Anzahl der zu planenden Cross-Wettkämpfe ist abhängig vom Niveau der konditionellen Grundlagen, also vom Trainingszustand, von der psychischen Belastbarkeit, vom Schwierigkeitsgrad der Strecke und davon, ob Hallenstarts absolviert werden sollen. Unter Beachtung dieser Faktoren bestehen keine Bedenken, wenn in Abständen von zwei bis drei Wochen Crossläufe absolviert werden. 5. Die Widerstandsfähigkeit und somit die Belastbarkeit des Bewegungsapparates kann durch regelmäßige Crossläufe positiv beeinflusst werden mit der Folge einer Reduzierung des Verletzungsrisikos. 6. Mit dem Cross hat der Trainer eine gute Kontrollfunktion zur Bewertung des Leistungsstandes des Athleten zum Zeitpunkt des Starts zur Verfügung. Verf. schlägt vor, die wichtigsten Bedingungen, die an Cross-Strecken zu stellen sind, präzise zu beschreiben. Eine solche Beschreibung könnte dazu führen, daß eine dreistufige Schwierigkeitsskala der Einordnung der Cross-Strecken ermöglicht wird.

The author presents the following tips for achieving better cross-country results:

1. Participation in cross-country runs should be preceded by a longer period of training.
2. When planning cross-country races information about the degree of difficulty of the course should be collected beforehand.
3. Since cross-country running should be first of all regarded as a training element, it should be integrated into the training plan in a sensible way.
4. The number of cross-country races to be planned depends on the athlete's training state and psychological stress tolerance, the degree of difficulty of the course and on whether indoor meetings are planned. If these factors are taken into account, there are no objections against participation in cross-country races every two or three weeks.
5. Regular cross-country races can have a positive effect on the athlete's robustness and the loading capacity of his or her movement apparatus. A result of this can be the reduction of the injury rate.
6. The coach can use cross-country races to control the athlete's state of performance at the time of the respective competition. It is suggested to describe the demands of cross-country courses very precisely. This could lead to a classification of cross-country courses into three categories according to difficulty.

Schommer, J. (SIRC 094465)

**Running cross-country
(Crosslauf)**

Coaching Clinic, Princeton (N.J.) 19 (August 1981), 8, pp. 5-7

Smith, M. (BISp; SIRC 376553)

**Cross country training
(Crosslauf-Training)**

Track & Field quart. Rev., Kalamazoo (Mich.) 92 (Summer 1992), 2, pp. 25-27

Includes examples from summer preparation, in-season training and championship season. Some quality workouts (progression run, Holmer Fartlek, hill training) are described in detail.

Smyers, Karen (BISp 9401069585)

**Run on the wild side. Cross-training with cross-country
(Laufen "auf der wilden Seite". Crossläufe als Variante des Cross-Trainings)**

Triathlete, Allentown (Penn.) (1993), 114, pp. 26, 28

Verf. betont die Bedeutung von Crossläufen für Triathleten. Diese Läufe sind nicht nur reines Ausdauer- sondern auch stets Kraftausdauertraining. Selbst der Oberkörper - und dies ist gerade für Triathleten wichtig- wird hierbei mehr belastet als beim Bahn- oder Straßenlauf. Verf. stellt eine typische Crosslauf- Trainingseinheit vor. Wichtig ist, bergan mit hohem Einsatz zu laufen und bergab, ohne Tempoverlust, zu entspannen. -schi-

Cross-country running is a perfect way to build strength for the track or roads and at the same time one of the most aerobically-taxing sports. The combination of having to start out hard to get a good position as one begins to enter the woods or having a hilly, uneven terrain that makes it hard to find a smooth, efficient stride puts the runner in oxygen debt from the gun to the tape. Cross-country running is perfect for runners who also have a bit of upper-body strength; the nature of the race courses with their short, steep hills necessitates some pretty hard arm-pumping to power one up and over them, and the uneven footing means that one is constantly using one's upper body for balance. Cross-country is easy on the skeletal structure because it is a much softer landing than concrete. When doing hill training as a preparation for cross-country races the idea is to work the uphill and recover on the downhill while keeping a decent pace.

Smythe, S. (SIRC 370823)

***Your cross-country needs you
(Ihr Crosslauf braucht Sie)***

Runner's World, London 1 (December 1993), 4, pp. 58-59, 61-62, 64

Spaulding, J. (SIRC 138702)

Training for cross country: a joint interview with Mark Scrutton and Pat Porter - winners of America's two most prestigious cross country races last fall

(Crosslauf-Training: ein gemeinsames Interview mit Mark Scrutton und Pat Porter - Sieger der bedeutungsvollsten Cross-Rennen Amerikas im vergangenen Herbst)

Running Times, Boston 80 (September 1983), pp. 20, 22-23, 25-27

Steffens, Thomas (BISp 9012035453)

Abwechslung im Wintertraining. Crossläufe haben Saison

(Variation in winter training. It's cross-country season)

Läufer, Aarau 6 (1989), 1, pp. 30-31

Verf. vergegenwärtigt die Vorteile von Crossläufen innerhalb des Wintertrainings von Langstreckenläufern. -schi-

The author describes the advantages of cross-country runs during winter training of long distance runners.

Stern, M. (SIRC 376566)

Speedwork for cross country training: the Villanova system

(Schnelligkeitsarbeit im Rahmen des Crosslauf-Trainings: das Villanova-System)

Track & Field quart. Rev., Kalamazoo (Mich.) 92 (Summer 1992), 2, p. 43

At Villanova University speedwork for cross country is focused on quality, not quantity. It is more effective to run 3 x 1000 very fast than 20 x 400 at moderate speed. The reps are kept long, usually 1000m and up. Rest is jog/walk for 3 to 5 min. Instead of pulse rate instinct is used as a guide. Total mileage rarely exceeds 45 a week.

Stevens, H.K. (SIRC 114834)

Guide to a winning program: an attention to details is an important part of winning a cross-country state championship

(Anleitung für ein siegreiches Programm: die Konzentration auf Details ist ein wichtiger Faktor, wenn man eine Staaten-Crosslauf-Meisterschaft gewinnen will)

Athletic J., Evanston (Ill.) 63 (September 1982), 2, pp. 52-53

Stevenson, C. (BISp; SIRC 203918)

Cross country training for women

(Crosslauf-Training für Frauen)

Track & Field quart. Rev., Kalamazoo (Mich.) 87 (Summer 1987), 2, pp. 19-21

Includes (1) a summer basic conditioning workout in preparation for cross country, (2) workout examples from early season and competition season training, (3) a list of distance running terms and stretches.

Swardt, A. de (BISp; SIRC 376707)

Track training methods for cross country speed and speed endurance

(Bahntrainingsmethoden zur Entwicklung der Schnelligkeit und Schnelligkeitsausdauer im Crosslauf)

Track & Field quart. Rev., Kalamazoo (Mich.) 94 (Summer 1994), 2, pp. 15-16

The cross-country coach can make track training part of his programme, especially during the last part of the season. Track training will play a major role in preparing the athlete for peak performances, to make the athlete sharper, faster and more used to anaerobic situations. Track training for cross country can be done in the form of interval running and tempo or repetition running. The speed and speed-endurance of the cross-country athlete can be developed and improved by the following methods: Fartlek (esp. shorter Fartlek), 100m jog/100m sprint laps on the track, all sorts of relays on the track, fun and games such as soccer.

Swardt, Abrie de (BISp 960316636; SIRC 351772; IAT: Microfiche 163900)

Training methods for cross-country running: endurance and strength

(Trainingsmethoden für den Crosslauf: Ausdauer und Kraft)

Mod. Athlete & Coach, Adelaide, 32 (1994), 2, pp. 11-14

Die Trainingsmethoden für den Crosslauf unterscheiden sich nicht grundsätzlich von den Trainingsmethoden für den Bahn- oder Straßenlauf. Die Trainingsmethoden lassen sich in folgende fünf Kategorien unterteilen:

1. Ausdauertraining (langer, langsamer Dauerlauf, Dauerlauf in mittlerem Tempo, Tempowechsellauf, Tempodauerlauf, Zeitkontrolläufe), 2. Kraftausdauertraining (Hügelläufe, Circuittraining, Polnisches

Fahrtspiel, Widerstandstraining, Sprungübungen und Gewichtstraining), 3. Schnelligkeits- und Schnelligkeitsausdauertraining, 4. Technik- und Taktiktraining und 5. Beweglichkeitstraining. Schiffer Training methods for cross-country are basically the same as for any other type of distance running, whether it is on the track or on the road. However, the cross-country runner needs to cope with a variety of surfaces and situations, uphill and downhill stretches, heavy, clingy mud, long grass, sometimes even obstacles, such as gates, fences and ditches, and the tactical problems of a massed start. Therefore the training programmes or schedules must make provision for all these needs and as such the event differs from the other disciplines of endurance running. Cross-country running training methods can be basically divided into the following five categories: 1. Training for endurance (long slow continuous running, medium pace continuous running, alternating fast and slow continuous running, fast continuous running, time trials), 2. training for strength (hill running, circuit training, Polish fartlek, resistance work, jumping exercises, training with weights), 3. training for speed/speed-endurance, 4. training for skill-tactics, 5. training for suppleness.

Swardt, A. de (SIRC 409440)

***Metodi di allenamento per la corsa campestre
(Training methods for cross-country racing)***

Nuova Atletica, Udine (Italy) 23 (January/February 1995), 130, pp. 22-25

Training methods, which are almost universally accepted for cross-country running training, are presented, pointing out specific skills for high level performances. Training methods for endurance and strength are analyzed in details, indicating the various kind of work and loads.

Swardt, A. de (BISp; SIRC 402120)

***Suppleness (flexibility) for cross country
(Beweglichkeit für den Crosslauf)***

Track & Field Coaches Rev., Gainesville (Fla.) 95 (Summer 1995), 2, p. 21

Cross-country races often take place in very cold weather and they generally start fast. An adequate warm-up is essential to allow the runner to get away sufficiently fast to gain a good position, without having to expend too much energy. Easy running is just about the best way to get the circulation and respiratory system functioning satisfactorily and to provide warmth to the muscles, tendons and ligaments. This alone will go a long way towards ensuring good mobility in the joints and a responsive locomotive system, but it is strongly urged that, in addition, ten minutes or so should be spent on exercises to stretch gently the muscles of the calf (Achilles tendon), 2. the front and back of the upper leg, 3. the hips, 4. the back and 5. the shoulders.

Sweeny, H.; Richards, W.; Tarnawsky, P.; Burkhardt, P.; Foster, J. (SIRC 063566)

***Varied world of cross-country
(Vielfältige Crosslauf-Welt)***

Runner's World Magazine, Mountain View (Calif.) (1971), 48 p.

Symons, R.D. (SIRC 231449)

***Weight-training your cross-country runners
(Gewichtstraining für Crossläufer)***

Scholast. Coach, New York (N.Y.) 58 (February 1989), 7, pp. 36, 38, 77

Symons, Robert (BISp 9102047897; SIRC 374198)

***Weight training conditioning for cross-country runners
(Gewichtstraining zur Verbesserung der Kondition von Crossläufern)***

Nat. Strength Condit. Assoc. J., Lincoln (Nebr.) 11 (October/November 1989), 5, pp. 57-59

Cross-country running is a demanding sport. Unlike track, the athlete must be prepared to adapt to a wide range of terrain while competing in a race. Steep uphill, sharp downhill, uneven footing, hurdling various barriers and adjusting to speed changes such as tight turns or long straightaways are just some examples of the challenges faced in cross-country running. These conditions warrant a well-rounded training programme in the areas of aerobic, anaerobic and muscular strength endurance. Muscular strength endurance is a vital point of training for a cross-country athlete and one which is often overlooked or less emphasized in a training program. Cross-country/distance runners are not known for using weight training as a means of improving their performance. In order to overcome this resistance to strength training, a coach needs to design a programme which will enable the athlete to get the most benefit out of a short period of time and incorporate it into his/her daily workout schedule. The weight training programme presented in this article is divided into three phases. Phase one is strength development, which runs July through August (preseason). Phase two begins the first week in September and runs through October. In this phase the athlete will decrease the weight and number of sets and increase the reps. The final phase in November takes the athlete through to the national championship meet. They will decrease to one day a week of weight training and one day of circuit training. This will help them to fine tune and progress to their peak. The exercises utilized in this programme are designed to enhance the strength and endurance of those muscles used predominantly

during the activity of distance running.

Tanser, Toby (BISp)

Train hard, win easy. The Kenyan way
(Trainiere hart, siege leicht. Die kenianische Methode)

Mountain View: Tafnews Press, 1997, 196 p.

The last chapter of this book is dedicated to Kenyan cross-country running. To say that the Kenyans have dominated world cross-country running is something of an understatement. During the last decade, beginning with the Mike Kosgei era, Kenyans have annihilated the opposition with their depth of talent. With just three individuals (Ngugi, Sigei and Tergat), the senior men have taken ten individual titles in twelve years. What is the secret of Kenyan success? The answer is that the Kenyans take cross-country running seriously, equal in importance to track and field. Kenyan runners fight tooth and nail for a place on the national squad and believe that victory is secured before the race is even run. This chapter focuses on the training of the world-class cross-country runners John Ngugi, Paul Tergat and Rose Cheruiyot.

Temple, C. (BISp; SIRC 150327)

Getting the X-C bug
(Wie man die Leidenschaft für den Crosslauf entwickelt)

Track & Field quart. Rev., Kalamazoo (Mich.) 84 (Fall 1984), 3, pp. 9-11

This article deals with three aspects of cross-country running: 1. Club membership, 2. right footwear, and 3. hill training.

Temple, C. (SIRC 262475)

Marathon, cross country and road running
(Marathon-, Cross- und Straßenlauf)

London: Stanley Paul, 1990, xiii, 224 p.

Terriquez, B. (IAT: Microfiche 151863)

Cross Training for Middle Distance Runners
(Crosslauf als Trainingsmittel fuer Mittelstreckenläufer)

Athlet. Coach, London 24 (1990), 2, pp. 8-9

Tulloh, Bruce (BISp)

The complete distance runner
(Umfassende Darstellung des Langstreckenlaufs)

London: Panther, 1983,

This book includes a chapter entitled "The Cross-Country Runner" (pp. 135-147). Apart from a short overview of the history of cross-country running in Great Britain this chapter also contains useful information about cross-country training, including sample schedules, and racing tactics.

Tuttle, Gary (BISp 9305065057)

Preparing for hill and dale
(Vorbereitung für Berg und Tal)

Track & Field quart. Rev., Kalamazoo (Mich.) 80 (1980), 3, p. 8

Verf. gibt einen Überblick über die Grundsätze der Trainingsplanung für Crossläufer. Eine typische Trainingswoche für dem Crosslauf wird vorgestellt. Auf die Renntaktik wird eingegangen (wichtigste taktische Maßnahme in Cross-Rennen: Nicht zu schnell beginnen, aber den Platz behaupten). -schi-
Cross-country runners begin training and preparing for cross country at the end of the track season in June. Summer is the time to run lots of miles and build up a background of distance. The miles in the summer should be long, pleasant, pressure free runs, over varying terrain. The smart runner will run easy in the hills twice a week. Several times during the summer, the runner runs a race. The race serves as speed work and keeps the summer running from becoming too stagnant. During any week that the runner doesn't race, he will run a relaxed, race pace run at least once a week. As the summer fades, and cross-country approaches, the runner will get in the hills around three times a week. During the three weeks before the first cross-country race, the runner usually will not enter a race, preferring to rest his competitive juices for the long cross-country season. Once the season starts, the unstructured runs end, the runners head for the parks and their training becomes carefully controlled. At the beginning of the season, the runner trains right through his races, sacrificing them for success in the later, more important races. The early races are used as competitive speed work. The runner still goes in the races to win, but seldom rests the day before the race. A typical early cross-country week would be something like this: Sunday - long, easy run; Monday - easy, medium length run; Tuesday - race often in high school; if no race, then quick, short repeats on grass or flat trails; Wednesday - medium length run; Thursday - race or train; mixture of repeat up hills and long (880-mile) repeats; Friday - medium length run; Saturday - run in hills. Two weeks before the "big" race, the runner

begins tapering off in the quantity of his running while slightly increasing the quality. All the runs become a little shorter and faster, Tuesday and Thursday repeats become easier, but quicker. The last three days before the "big" race consist of easy jogging and thinking of the coming effort.

Vigil, J.I. (SIRC 091513)

**Championship cross-country training program
(Meisterschafts-Cross-Trainingsprogramm)**

Coaching Clinic, Princeton (N.J.) 19 (June 1981), 6, pp. 8-12

Virgin, C. (SIRC 067208)

The American cross-country experience. The sport captures running in its purest form, a communion of hard effort and natural terrain

(Amerikanische Crosslauf-Erfahrungen. Die Sportart ist Laufen in reinster Form, eine Verbindung von harter Belastung und natürlichem Terrain)

Runner's World, 14 (September 1979), 9, pp. 62-65

In the United States there are only a handful of cross-country meets held in any large area, and most are limited to high school or college teams. Rarely does any cross-country race have over 200 entrants. The sport of cross-country has always been regarded as track and field's poor cousin in the United States. It has the reputation of the sport you went out for if you couldn't make the football or golf team. In its worst form, it is utilized as a mandatory fall conditioning programme for high school basketball teams. In its best form, it is the running sport in which the team concept is best illustrated. The author describes the demands cross-country races make on runners and shows how to prepare for a cross-country meet.

Vollmer, J.C. (SIRC 213568)

**Le travail en cotes dans l'entraînement du coureur de demi-fond: comment? pourquoi? quand?
(Uphill training for the cross-country runner - the how, why and when? / Hugeltraining fur Crosslufer - wie, warum und wann?)**

Rev. Amic. Entraîn. franç. Athlét., Paris (November/December 1987), 103, pp. 49-56

Walsh, C.; O'Brien, E. (BISp; SIRC 402115)

**Perspective: training high school female cross country runners
(Perspektive: das Training von High-School-Crossluferinnen)**

Track & Field Coaches Rev., Gainesville (Fla.) 95 (Summer 1995), 2, pp. 7-13

The following aspects of women's cross-country running are dealt with: 1. Diet (taking into account the anorexia issue), 2. resistance (weight) training, 3. summer and winter training, 4. modeling of race situations in training. Examples of training carried out at Campolindo High School in Moraga, California, during the summer of 1992 are presented.

Watts, D.J. (SIRC 079432)

**Long distance training for cross-country...its about time women "hit the road"
(Langstreckentraining fur Crosslufer ... es wird Zeit, da die Frauen "sich auf den Weg machen")**

Women's Coaching Clinic, Great Neck (N.Y.) 4 (September 1980), 1, pp. 2-5

Cross-country running for women is discussed from the training and coaching perspective. Summer and fall training programmes are discussed and outlined.

Weis, D.; Larkins, P. (BISp; SIRC 224260; IAT: Microfiche 143828)

**Planning training and racing for the middle distance runner in cross country and track
(Trainings- und Wettkampfplanung fur Mittelstrecken- Bahn- und Crosslufer)**

Track & Field quart. Rev., Kalamazoo (Mich.) 88 (Summer 1988), 2, pp. 21-23

At Oklahoma State University middle distance runners concentrate heavily on mileage without forgetting, however, that races, more often than not, go to the runner with the best combination of speed and strength. With this in mind the year is separated into four distinct phases: 1. summer training, 2. cross-country training, 3. winter training and 4. spring training. The author describes training during these different phases in detail and presents examples of training schedules as well as typical weeks in fall, winter and spring.

Wilson, Roseann (BISp; SIRC 376560)

**Summer and fall training for cross country
(Sommer- und Herbst-Crosslauf-Training)**

Track & Field quart. Rev., Kalamazoo (Mich.) 92 (Summer 1992), 2, pp. 33-36

To run good cross country a good summer of training is a must to build the endurance base. The base must be laid down before the season because in high school seasons the number of meets limits training. A properly planned summer training programme should also decrease injuries during the season. Cross country expands the base, thus allowing an athlete to run faster, not only in cross country but also track.

Endurance, strength and mental toughness are all by-products of proper cross-country training. For the person who prefers cross country over track, running track will help in cross country because of the gains in speed and strength. The author describes the planning of summer training and presents typical summer workouts for both men and women cross-country runners.

Wright, AI (BISp)

***Quality + relaxation = successful X-country
(Qualität + Entspannung = Erfolg im Crosslauf)***

Athletic J., Evanston (Ill.) 55 (May 1975), 9, pp.97-98

This article includes a schedule providing an example of one week of mid-season work for an average small college cross-country runner: Monday - 5 x 1 mile at 4:40 to 4:45 with a 4-minute interval. Tuesday - 8 to 10 miles of easy Fartlek. Wednesday - 2 x 4 minute mile. Each athlete is given 20 minutes to cover 1 mile of running at 4 minute pace over any interval distance from 220 to 880 yards four x 150 yards uphill. Thursday - 8 miles easy - soft surfaces. Friday - easy mileage of individual choice. Saturday - race. Sunday - 10 to 20 miles.

Wright, AI (BISp)

***Details make cross-country winners
(Details machen Crosslauf-Sieger)***

Scholast. Coach, New York (N.Y.) 44 (September 1974), pp. 119-120

The cross-country coach must cope with so many details that he could overlook essentials that could impair his program. A few of the less obvious yet important components of a successful cross-country programme are the following: General: 1. Know the courses on which you will compete. 2. Mark your course properly. 3. A careful warm-up is essential. 4. Provide recognition for the athletes (extra newspaper coverage). 5. Experience is important. 6. Use your team leaders. Establish a training programme that allows the athletes to see their improvement and to taste some form of success regularly. Training hints: 1. Consider a variety of training programmes. 2. Be sure to provide a balance of quality and relaxation in your training. 3. Be cautious in grouping the athletes. 4. Variety is important. 5. Finish the main portion of each workout with a few short sprints to simulate a finishing kick. 6. Provide the time for a strength development program. Racing techniques: 1. Develop an efficient start - fast and strong. 2. Use the course to advantage. 3. The use of one or two opponents as a windbreak can be helpful. 4. Stay alert so you can adjust to racing situations. 5. Run as a team.

Wright, R. (SIRC 079448)

***Cross-country running: training and racing advice
(Crosslauf-Training- und Wettkampftips)***

Can. Runner (September 1980), pp. 16-20