

Practical and Scientific Aspects of Cross-Country Running

An annotated bibliography

Preface

As part of the service function of the Federal Institute of Sport Science, an important task involves providing bibliographical information about selected topics in sport science. In doing so, practical advice is offered to specialists, and information is provided about the state of research in specific fields. At the same time deficits in research are made known. In this respect an important source of information is the SPOLIT literature database which is operated by the Federal Institute of Sport Science and from which the majority of information in this bibliography has been taken.

This bibliography on cross-country running is the most comprehensive on a topic that has been rather neglected to date. Therefore, the majority of references in this bibliography are of a practical nature.

It is hoped that this bibliography will find widespread readership among athletics experts and perhaps stimulate more extensive research in one or the other aspects of cross-country running.

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