

Cross Country Running is a great sport for athletes of all ages and abilities to experience success and enjoy the benefits of healthy running. Below is an idea that Jim Daly, long time Cross Country Running Coach, has shared with us, which we would like to share with you in your attempt to promote Cross Country Running in your school.

SCRAMBLE X-COUNTRY RACES:

(If schools are interested in comparing their results (personal records) with other schools, either in their classification or with other schools in general. This can be done on the internet through the MHSAA.

(This can be arranged with Carey at the MHSAA at 925-5642)

What is required

- Make up your own schedule with teachers and coaches you know
- Compete with schools your size without travel costs
- Involve every student in your school, whatever their fitness level
- All students (male and female) and all grades run together to save time
- Suggested race distance – 2000 meters (or for high school – 3000m for girls and 5000m for boys)
- * These races should be considered an actual training day

1st week race

- Students can run, jog or walk to set their own Personal records (Your course could start and finish on your own school grounds)

2nd week race

- Arrange date and time for dual meet with another school
- Each individual on your team who sets a new Personal record scores one point
- Winning school reports score and number of participants for both schools
- Insert of office internet for questions or report success by phone to Jim Daly 832-4758 (Wpg)

Each week

- Pick a new school for each week or compete again with close competitors until the end of October.

Posting Results

- Post on hallway wall the names of all your walkers, joggers or runners with their times.
- List should be alphabetical, with space to add times for the fall season

Example	1 st	2 nd	3 rd	4 th
Adam Apple	10.05 min			
Barb Arthur	15.06 min			
Zeke Zulaf	11.17 min			

A Separate List for Squads

Use results to create competitive squads for on-campus competitions and to develop separate training groups with opportunity for leadership to assist teacher.

Sample Selection – 3 Teams

Co-Captains	1. Adam Apple	2. Barb Arthur	3. Bob Brown
Cheer in member of their teams	6. Joe Blow	5. Lisa Lith	4. Sally White
Pace Coaches	7	8	9
Bring in groups of runners	12	11	10
	13	14	15
	18	17	16
	19	20	21
	24	23	22
	25	26	27
	30	29	28
Jogging & walking coach	31	32	33
	36	35	34
	37	38	39
	42	41	40

Notes:

Since you are using the same race course each week, the improvement all participants will experience will encourage personal training activity during the season.

Example

Students who are not participants in other sport programs who have serious weight challenges should

1. Walk 100 meter repeats at their race speeds (to be calculates) concentrating on walking style (Posture, foot placement, straight ahead, relaxed arm swings)
2. Stroll at conversational speed with other walkers for a period of time (family members, friends or pet dog)

Start with a 30 minute stroll in September and work up to 60 minutes by the end of October. Do not strain to walk fast, just enjoy mother nature.

Training for Runners and Joggers

- Two times a week run repeats at race speed.
- Concentrate on developing a relaxed style
- Feet placement straight ahead
- Easy arm swing
- Good posture
- 8 x 300 meter runs, followed by 600 meter conversational jog to recover.
- Work up to 12 x 300 meter repeats
- 2 times a week go for continuous jog starting with thirty minutes running easy around a speed that allows the athlete to talk with a training partner.
- Work up to 1 hour runs by the end of October.

NOTE: Starting at the 2007 Provincial High School Cross Country Running Championships, there will be 2 Cross Country classifications (A, AA, & AAA) and (4A) in the Provincial Cross Country Championships, and that each classification will award winners in the categories of JV girls, JV boys, Varsity girls, & Varsity boys for the winner, runner up and third place team