

Pre-race Day for Cross Country

Jeff Boelé Warm-Up (Jeff Boelé video)

1. Low skips with arms swinging forward
2. Low skips with arms swinging back
3. Low skips with arms crossing
4. Skip with a twist (360°)
5. Backward walk with a reach
6. Backward skip
7. Butt kicks
8. Side shuffling - down and back
9. Side shuffle w/jumping jack - down and back
10. Carioca - down and back
11. Quick skip - single leg left
12. Quick skip - single leg right
13. Quick skip - alternating leg

Move to fence

1. Forward-backward x 10
2. Side to side x 10
3. Hurdle trail leg forward x 10
4. Hurdle trail leg backward x 10
5. Eagles x 10
6. Side bends x 10

Move to ground

1. Cat-cow (camel-old horse) x 5 cycles
2. Cat-cobra x 5 cycles
3. Reach through and reach up x 8 each side
4. Fire Hydrant x 8 each side
5. Donkey kick x 8 each side
6. Low whips x 8 each side

Go to track/parking lot/field for Sprint Mechanics

Sprint Mechanics

1. A-march
 2. A-skip
 3. B-march
 4. B-skip
 5. Dribbles (walk back)
 6. Dribbles a second time (walk back)
- (Note: if you can't do the dribbles, you can practice by walking them.)

Running the Course or Running 2-3 miles

Running the course the day before is a great plan for most teams, if you are at the site the day before. Some coaches will walk the course, then go through a warm-up, run 1-2 miles, then do strides, then do post-run work.

To keep it simple we can have kids run 2-3 miles today, with Jeff's WU prior, then changing into spikes for strides and the simulation repetitions. Then go into the post-run work.

Strides

2 x 100m (20 seconds) at 5k rhythm, just feeling good.

2 x 150m In-n-Out with the middle 50m at 800m rhythm. Remind the athlete that they'll start the race or workout likely slower than 800m pace. We want these strides as part of the warm-up to make sure race pace feels easy.

Simulations:

2 x 300m-500m start

For younger athletes who may start too fast, you can practice a start for 300m-500m, or any distance in between, to get them accustomed to how you want them to start the race. It's unrealistic to expect kids not to be excited in the first 10-20 seconds of the race, yet young kids are typically well served by settling into race pace past that point. This takes repetition and it's great to practice this the day before to increase the chance that they'll run a smart opening 400m-800m the next day.

For this group, that's all they'll do and they can move to the pre-race post-run work.

Simulation for everyone else

- a. 300m-500m simulating the start***
- b. 400m-600m at race-pace/race rhythm***
- c. 300m-500m starting at race-pace/race rhythm and then changing gears***

This is essentially practicing the three parts of any well run race: an intelligent first 300m-500m to start, some amount of running at race pace, then some running at the end where change gears once, or change gears twice.

A word of caution here is that they can't spring all out in the final repetition - they need to run controlled and "leave some in the tank" for the next day. We wouldn't want them to be sore on race day from being over-excited on the pre-race day.

Last set of Strides

2-3 x 100m (20 seconds) at the pace they'll want to run with 400m/800m to go. So not all out, but faster than their "middle of the race" pace.

They can jog very easy between these.

Cool down jogging?

I'm against a cool-down jog for the simple reason that we just simulated what we want them to do tomorrow, and we're about to both a metabolic cool-down and some mobility in our post run-work.

If you do choose to do a cool-down jog consider limiting it to 800m-1600m.

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Post-Run Work for Pre-race Day

1. Skips w/arms forward
2. Skips w/arms backward
3. Skips w/arms crossing
4. Skips w/twist
5. Backward skip
6. Carioca - L/R
7. Backward skip

Move to ground

1. Donkey kicks x 4
2. Donkey whips x 4
3. Iron cross (gently) x 4
4. Groiners x 4
5. Knee to chest (gently) x 4
6. Cat-cow (gently) x 4
7. Cat-cobra (gently) x 4
8. Reach through and reach up x 8

Leg Swings (just 5 of each)

1. Forward-backward x 5
2. Side to side x 5
3. Hurdle trail leg forward x 5
4. Hurdle trail leg backward x 5
5. Bent knee side to side x 5
6. Bent knee forward backward x 5 (not too fast)

Gentle self-therapy for 5 minutes if they need it. No core strength today.

Pre-race post-run work

Do Not Share - Thank You!

COACH JAY

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