

CROSS-TRAINING 101

What is Cross-Training?

Cross-Training refers to utilizing various training methods to promote balance, avoid overuse injuries, and strengthen muscles that may not be used in primary activity. In running, cross-training is used synonymously with non-impact or low-impact activity. Can be used as a substitute for run day, or addition to.

Benefits of Cross-Training:

- Reduce injury risk
- Increase overall training volume
- Increase fitness level
- Decrease body fat % and overall weight with greater calorie expenditure
- Maintain cardio fitness and leg strength while injury may cause you to stop running.

Methods of cross-training:

- Spin Class
- Boot camp
- Erg (rower)
- Elliptical trainer
- Stepper or step mill
- Stationary bike
- Swimming and pool or water running
- Boxing
- Snow-Shoeing or cross-country skiing

Sample Cross-Training Workout:

Since cross-training has minimal impact, workouts can be more intense and more frequent than running workouts. These workouts can be performed on any piece of equipment. Usually begin workout with 10-15 minutes and if time allows, easy 10-15 min.

Workout 1: "30-30"

30 sec. hard – 30 sec. easy 10-16 x

Workout 2: "Ladder"

1min hard- 1min easy

2min hard- 2min easy

3 min hard- 3 min easy

4 min hard- 4 min easy

Repeat 2x

Workout 3: "5 by 5"

5 minutes hard – rest 2:30 repeat 5x

Workout 4: "12 x 2"

2 min. hard – 90 sec. easy x10