

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 in addition to a run day.

Benefits:

- 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 an 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 warm up and if time allows, easy 10-15 minutes cool down.

You can do steady, moderate intensity 20 - 60+ minute cross-training workouts or “interval” workouts (AKA - HIIT)

Workout 1: “30 - 30”

30 seconds hard - 30 seconds easy. 10-16 times

Workout 2: “Ladder”

1 min hard, 1 min easy

2 min hard, 2 min easy

3 min hard, 3 min easy

4 min hard, 4 min easy

Repeat twice

Workout 3: “5 by 5”

5 minutes hard, rest 2:30.

Repeat 5 times

Workout 4: “12 x 2”

2 minutes hard, 90 seconds easy

10 times