

AIC Cross Country – Mr Brian Pascoe, Cross Country Coordinator

Easter Training Program – Year 7-12

The cross-country training for the 'Running Wildcats' has had a very positive start for those runners who have been training. I strongly encourage each member of the squad to continue training through the Easter holidays to maintain the fitness developed through some outstanding training during the latter stages of Term 1.

The AIC Cross-Country Championships are scheduled for Wednesday the 1st of June, at St Patrick's College, Sandgate.

There have been many students who have uploaded the Strava app. I encourage further members of the cross-country squad to download the free app and join the club. Although, the Strava app works better on fitness trackers and smart watches it is also very effective with any smart phone. However, you will need to carry your phone (arm brace preferable) when running to get maximum benefit from the app.

This will be highly beneficial if the lockdown is extended to allow you to challenge and monitor your teammates training.

Strava is a free digital service accessible through both mobile applications and the web.

Many students have been uploading runs regularly, following other athletes, giving them kudos and comments, joining clubs and challenges.

It is a closed club so to join the squad on Strava please join Strava and request access to the:-

Running Wildcats Cross Country Squad.

- Or use the link <https://www.strava.com/clubs/893528>

Easter Training

The recommended Cross-Country training each week should incorporate (using the table below):

- 1 session from **Option 4**, with the Parkrun being the preferred option.
- 2 sessions from **Option 1, 2 or 3**.

Warm - up for all sessions 10min Jog + Drills/Run throughs (High knees, Butt flicks etc) à the usual warm-up completed before each Cross-Country session.

Villanova College Cross-Country Easter Holiday Training Program

Option	List 1 Speed Sessions	List 2 Fartlek Sessions	List 3 Hill Sessions/ Resistance	List 4 Long Run/ Park Run
1	4-5 x 800m Reps, 2min rest (Goal time 2.30)	3 x 9min Fartlek, 3min Rest (4min on, 1min off, 2min on, 1min off, 1min on)	2 sets (4 x 30sec Hills, 1.30min rest) 3min Rest b/sets (I.E 30sec uphill, 1.30min recovery downhill)	3 km Time Trial (Time a 3km run which should be completed at maximum capacity)
2	4- 5 x 3min Reps, 2min Rest	4 x 4min Fartlek, 3min Rest (4x (30sec easy, 20sec hard 10sec harder)	Beach/Park session 2 sets (4 x 15sec Sand Dune Hills, 1.30min rest) 3min Rest b/sets (I.E 15sec uphill, 1.30min recovery)	15min Threshold Run (15min non-stop at race pace)
3	2 sets (4x 200m Reps, 1.30 Rest) (3min Rest b/sets) (Goal time < 40sec)	20 min Fartlek (2 x 90 sec on/off) + (4 x 60 sec on/off) + (4 x 30 sec on/off) + (4 x 15 sec on/off)	Beach/Park session 2 sets (4x 150m Reps, 1.30 Rest) 3min Rest b/sets) (Goal time 30-40 sec)	5 km Park Run

Please email any of the coaches if you require further clarification about the Cross-Country holiday training program.

We look forward to having each runner in the team, become the best runner he can be. Dedication to training especially when no one is watching, is a key habit that enable a team, and an individual, to grow in character. Challenge yourself boys because we are confident of you becoming a 'winner'.

Please see former British athletics Coach Frank Dick describe what winning is:

<https://www.youtube.com/watch?v=wlrDZ9PWahc>