



Cross Country Running : Lesson 1 – Running technique

Big Question

What is the correct technique for cross country running?

Warm Up

It is really important to prepare your body for cross country running. To get ready for cross country running you must do a pulse raiser and stretches. This will help get the oxygen to your working muscles and warm up your muscles so that you don't strain them. You should include the following:

1. Pulse raiser. Do some light jogging and aerobic activities like jumping jacks and high knees. This should last for a minimum of 3 minutes.
2. Stretching. Try to use dynamic stretches such as lunges and squats to really warm up and stretch your leg muscles.

Running technique

Use the teaching points to analyse and check your own technique when completing this lesson.



Set yourself a course at your local park or in the area around your house (avoiding busy or dangerous roads). The course should take you between 5 and 10 minutes to run.

1. Run the course at a speed you feel comfortable at. While running the course check your technique against the pointers.
2. Rest for 5 to 10 minutes.
3. Run the course again. This time you should aim to run the course **your best**. You should feel when you finish the course that you gave it your best shot. Make sure you time yourself so that you have a time to beat in the future!

Cool Down

If you worked hard in activity 3 you should feel exhausted. To cool your body down you should take a gentle jog, stopping every 60 seconds to do some stretching. Make sure you have plenty of water too.