



**Cross Country Running : Lesson 2 – Pacing yourself**

**Big Question**

How fast should I run in a cross country race?

**Warm Up**

Last lesson you set yourself a course a short cross country course at your local park or in the area around your house. For this lesson you should use the same course.

- Go to your location and do one lap of your course at a light jogging pace. This should be comfortable.
- While jogging around, stop 3 or 4 times to do some stretches.

**Think about your running technique and the points we learnt in our last lesson.**

**Pacing your running**

These activities can be done individually, but it may help motivate you to work with a friend or family member.

1. Run a lap of your course at about 75% of your maximum effort. Time yourself while you do this and check your watch at 3 different places on your route. These should be easy to remember places e.g. a lamppost or park bench. Record these 'split' times when you finish the run. This should give you a set of targets to beat and to check your progress against when you run this lap in the future.

	Checkpoint 1	Checkpoint 2	Checkpoint 3	Finish
Description				
Time (trial 1) 75% effort.				
Time (trial 2) Best effort.				

2. Rest for 5 to 10 minutes.
3. Run the course again. This time, it should be your **best effort**. Use your new checkpoints/split times to track your progress and pace as you complete the run.

**Plenary**

Did you improve your personal best?

Which section of the run was your best?

How will you change your pace in the future?

What did you learn from this run that you can do better?

**Cool Down**

A cool down is really important to help your body recover. It will make you feel better and it will reduce stiffness and aching in the days following exercise. Make sure you include some light jogging and stretching.

<https://www.parkrun.org.uk/>



**Get Inspired!**

Can you get better? Of course you can, but like all things it takes practice and effort. However, it is also about being clever about your practice and training so that it has the effect you want. Many people participate in a local 5km race known as 'Park Run' which takes place at Upton Country Park and a number of other venues in Northampton. The event takes place at 9am every Saturday (although temporarily cancelled at the moment due to Covid19).

The video clip below explains how to get better at running 5km, but it can be applied to shorter distances too. So whether you want to improve your time for your own course or if you fancy trying the Park Run, this video will help you improve.

<https://www.youtube.com/watch?v=OD4XdqiHVhs>

