

Coach's Tips

#1 Transitional Phase: Training for Cross Country has several training phases.

These are: General Preparation, Specific Preparation, Early Competitive, Competitive, Peak Competitive and Transitional.

After the Track and Field season (or any Spring season sport) the first phase is the “Transitional Phase.” This phase begins after your last track competition. The phase lasts 2 – 3 weeks (ideally two). The famous University of Oregon coach Bill Bowerman describes it as follows:

“Transition is also called the recovery or regeneration (rebuilding) phase. It involves active recovery from the season, with other physical activities in low-key, relaxing situations. The activity level is high enough that the athlete will be physically ready to begin general training” when the General Preparation Phase (1) begins in June or July. “At the same time, the activity level is low enough for the athlete to be physically and psychologically rested and recovered, thus enthusiastic to return to Phase I.”

So, my first coaching advice to all of the 2017 Cross Country athletes is – if it is good enough for one of the most famous coaches in US history – who worked with thousands of runners and coaches around the world along with hundreds of Olympians – it's good advice for you. When you finish your Track and Field season take a couple of weeks off of running, but stay moderately active. Rest and rejuvenate your body AND mind and get excited for the upcoming 2017 Cross Country season. Plan on this season being your BEST!