Welcome To Daegu Cross Country (XC)

Please check <http://artanglim.weebly.com/xc.html> for any information about the team, schedules and announcements. This site will be our main venue of communication so please check it regularly and don’t forget to refresh your browser!

Please download the documents @ <http://artanglim.weebly.com/xc.html> and bring with you to practice.

Athletes: In order to have a successful season you will need the following.

Running shoes: <https://www.runnersworld.com/running-shoes-0>

A change of clothes: Socks, shorts, shirt. Avoid heavy cottons and sweatshirts they weigh you down!

Water Bottle

Optional: A wristwatch with a stopwatch, music listening device ( Provides motivation!)

Rules of the road:

Look out for traffic!

If you feel dizzy stop running and walk until you feel better or take a brief rest in the shade and return to school. Inform a coach that you did not feel well. Try to cool down by stretching or jogging.

Try to set a goal on a daily, weekly or monthly basis and listen to daily instructions if you do not understand them talk to a coach!

Keep headphones at a level that you can hear instructions or traffic.

Running Form:

Feet: Keep low to the ground, light touch, If you hear your feet “stomp” the ground you need to lift your feet faster!

Bounce: Try not to bounce more than 1 inch off the ground.

Legs: Run naturally but remember to lift your knees and make a gentle stride. Lift your knees!

Arms: Hold arms @45 degrees and pump them wrist to elbow @ your waist and try not to cross your chest.

Head and neck: Don’t stress! Look forward not down!

Body: Lean slightly forward

Terms and drills to familiarize yourself with:

An educated athlete is a successful athlete.

5,000=5K- (race distance)

5K=3.1 miles

1600meters=1mile, 400 meters=1/4 mile, 800 meters=1/2 mile

Cadence drill:

Warm up (3 to 5 min jog) ,2 to 5 min jog, during jog count how often/how many times your left or right foot touches the ground. Cool Down (2 min jog), 2 to 5 min jog increase amount of steps by 2 to 6

Do this 4 to 6 times or as instructed by coach.

Gliders

Warm up 800 meters

A glider is when you coast off your momentum

Jog for 15 to 20 steps, Jog faster for 15 steps,( no sprinting)

Next 25 steps increase speed. (no sprinting)

Slow down to a jog ,using your form for 10 to 20 steps – This is gliding!