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A Periodized Training Program for Collegiate Cross Country Runners

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A PERIODIZED TRAINING PROGRAM FOR COLLEGIATE
CROSS COUNTRY RUNNER'S

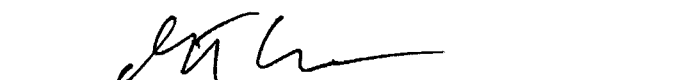
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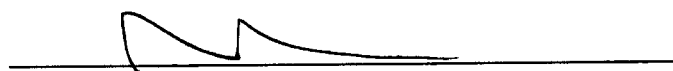
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A PERIODIZED TRAINING PROGRAM FOR COLLEGIATE
CROSS COUNTRY RUNNER'S

BY

PHILIP JOSHUA CAUDILL, B.S.

PROJECT

Presented to the Graduate Faculty of Kinesiology

The University of Texas of the Permian Basin

In Partial Fulfillment

Of Requirements

For the Degree of

MASTER OF SCIENCE

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ABSTRACT

Collegiate distance runners must always train year round to maintain shape respectively in the sport of cross country. Runners must train at high volumes to maximize their improvement in running long distances but they must also take notice of overtraining to avoid fatigue or possible injuries. It's impossible to train all the areas with one type of workout. That's where periodization from this manual will help. In simple terms, periodization is a one-word description of the pattern or division of the training program into "periods" that emphasize different training goals. A periodized running schedule is broken down into cycles that are a lot like setting short and long-term goals. The current project finds a balance between sharp sprints, repetition training, interval training, medium pace training and longer distance training. If the project gives positive results for a program it would a great asset for any collegiate cross country program.