



The Cross Training Conundrum

Ideas When an Athlete Needs to Supplement Training

Travis Floeck

Assistant Cross Country/Track & Field Coach

Oregon State University

travis.floeck@oregonstate.edu

*This is just an outline of the presentation. There will be a more in depth power point presentation. There will be additional handouts and if there are any changes to this outline I will provide more copies. Thank you.

- Injury Strikes

- An already devastating event for an athlete
- What can a coach do?
- Assess the situation through communication with medical resources
- Develop a plan
- Goal should be to put athlete in position to be better prepared for the rigors of training than they were before becoming injured

- Considerations when creating a plan that gives an athlete the best possible shot

- Time frame

-Map out a progression that returns athlete to full training and competition

- Limitations

- What can the athlete do given their injury?
- How to cautiously work around limitations

- Resources

- What cross training tools are at your disposal?
 - Pool
 - Stationary Bicycle
 - Elliptical
 - Underwater treadmill/Alter-G?

- Opportunity to address weaknesses?

- Ideas when creating a cross training plan

- Stimulating the metabolic system in different ways

- Athletes will incorporate different efforts using “perceived efforts”.

*Will hand out specific workouts to show examples of different workouts that stimulate the athlete’s metabolic system in different ways.

- Variety is good

- Do as much variety of different cross training type of workouts as you can, specifically if athlete can be in the pool, on the bike, on the elliptical, etc. Do as much as athlete can do given the limitations.

- Maintain Strength through an ancillary plan that is incorporated with cross training plan

- How much cross training?

-Common thought is it takes more cross training to simulate running training, but have to remember athletes are use to the type of training they are being prescribed.

- Circuit Workouts - My Favorite Form of Cross Training

- A combination of cross training exercises with general strength work and core exercises incorporated throughout, alternating back and forth between the different kind of work

- Different type of work and stimulation that helps break up the monotony of most cross training exercises.

- Hope is helps better prepare athlete for more traditional running work when they return to running through introduction of lactate into system. They get athletes FIT.

* Will go over specific examples of this type of work in much detail and discuss in depth, because this is an area I've had a ton of success with and athletes love these workouts.

*Again I'll have hand outs that go over more of the X's and O's with specific examples of workouts, if any changes are made to the outline I will also have additional copies to hand out. Thanks.