



Actively King's

**Cross-Country Running Tips
for Student Athletes**



**KING'S
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Cross-Country Running Tips for Student Athletes

As Head of Cross Country and Athletics at King's Ely, Miss Bird shares her training tips for a successful cross country running season:

Get Ready for Your Best Race!

Cross-country running is a fun way to stay active, make friends, and challenge yourself. Follow these simple tips to be your best on race day!

1. Practice Running Regularly

- Run Consistently: Start with two -three 20-30 minute easy runs and slowly run a bit longer as you get stronger.
- Build up a Long Run Each Week: Once a week, go for a longer easy paced to help build your energy and endurance.

2. Add Some Fun Challenges

- Sprints: Run as fast as you can for 30 seconds, then walk or jog to catch your breath. Do this 4-8 times.
- Run Up Hills: Find a hill and practice running up it 3-6 times. This will make you super strong.
- Pick Up the Pace: Try running a little faster than normal for 1-3 minutes during your run, then slow down again for the same amount of time. Repeat 2-4 times.

3. Practice Good Running Form

- Relax Your Body: Keep your shoulders down and swing your arms. Don't clench your fists.
- Stand Tall: Keep your back straight and look ahead, not at your feet.
- Take Quick Steps: Try to take quick steps, to decrease ground contact time.

4. Get Ready for Mud!

- Shorter Steps: Take smaller, quicker steps to stop yourself from slipping in the mud.
- Stay Balanced: Keep your weight over your feet to avoid falling.
- Look for Grass: If the mud looks really deep, try stepping on patches of grass for more grip.
- Don't Panic: If you slip, keep going! Everyone is dealing with the mud too.

5. Take Care of Your Body

- Stretch After Running: Stretching helps your muscles stay loose and feel good.
- Rest Days: Take at least one day a week to relax and recover.
- Drink Water: Always drink water before and after you run to stay hydrated.

6. Eat Healthy Foods

- Fuel Up: Eat foods like fruits, veggies, rice, and pasta to give you energy for running.
- Snack Smart: After running, enjoy a snack like a banana to help your body recover.

7. Believe in Yourself

- Stay Positive: Even if the run feels hard, remind yourself, "I can do this!"
- Think Ahead: Imagine yourself crossing the finish line with a big smile.
- Work Together: Cheer on your friends and enjoy running as a team!

8. Have Fun!

Running is all about having fun and doing your best. Every step you take is an achievement, so be proud of yourself!

You've Got This!

With these tips, you'll be ready to enjoy cross-country running and do your very best. Remember, the most important thing is to try hard and have fun.

Good luck!





Meet Miss Michelle Bird, Head of Athletics and Cross Country at King's Ely

The Head of Athletics and Cross Country at King's Ely has a strong background in athletics and endurance sport, having competed at club and county level. Michelle has a BSc in Sport, Fitness and Coaching, and is also a licensed England Athletics coach. Michelle also specialises in Athletic Development and Strength & Conditioning bringing extensive expertise to the school's sports programme, guiding students in developing their skills and supporting their overall growth as athletes.

Athletics at King's Ely

King's Ely provides a well-rounded athletics programme with structured training sessions that focus on speed, endurance, strength, and technique. Students are trained in the fundamental elements of Run, Jump, and Throw, developing into versatile athletes capable of excelling in all areas of track and field.



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If you would like to find out more about sport at King's Ely, contact admissions@kingsely.org or telephone **01353 660707**.