

**Varsity and UCAC  
Cross Country  
2020**

**Transition Phase**

**Starts after last competition of season**

**Take a break from the Physical and mental stress of organized training**

**Daily activity; preferably not running**

If necessary, maximum of 4 runs x 20' per week

Walking and hiking are excellent choices

Objectives

1. Endurance

Maintain endurance abilities through cross training means

2. Strength

a. Increase Intensity through circuits or weights

i. emphasis on core stability and allround body development

b. Injury prevention through lower leg exercises

3. Speed

**4.Flexibility/Mobility**

**a. Maintain abilities through daily stretching**