



Speed is the Key
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MIDDLE DISTANCE - CROSS COUNTRY GENERAL FITNESS

Middle Distance running is about “repeatable speed”

Warm Up: Jog – Stretches – Drills – Accelerations (3-4 x 50-70m @ proposed 1km. pace)

4 x 1 km.

Recovery: Aim – 60 seconds
 (Active / Passive)

Warm Down: Jog – Stretches

Time	Recovery	Comments

Every course is different. Select / plan a set course you can complete to measure your progression: in each case note and record time of day, weather and track conditions, how you felt before and after each run and the session. Try to budget your energy over the 4 runs; aim to complete the session. (On the first occasion you might try to complete 2 or 3 x 1 km., progressing to 4 x 1 km. as task awareness is established)
 Your Progression: if the same or similar course is used ... compare individual run times; aggregate time; duration of recovery; nature of recovery.

Be Your Best: No More, No Less, No Excuses

Check out the NWA web site: [RESOURCES](#) / [PRESENTATIONS](#) / [PROGRAMS](#)