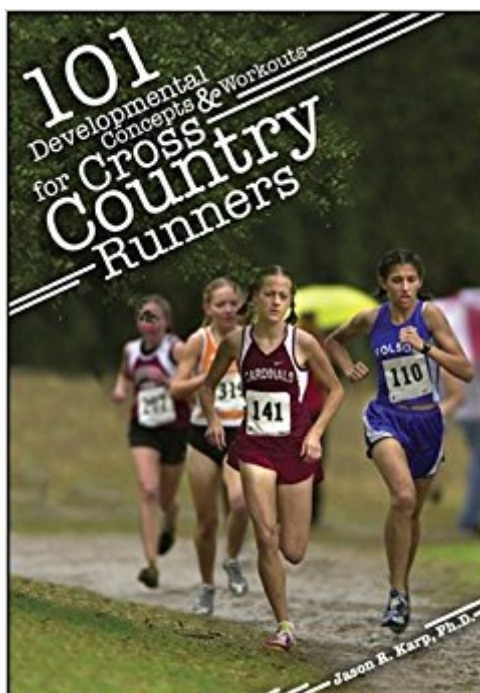


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# 101 Developmental Concepts & Workouts For Cross Country Runners



## Synopsis

101 Developmental Concepts & Workouts for Cross Country Runners provides sound training advice for runners of all levels. Divided into two parts; Part 1 presents 30 training concepts to help guide the cross country runner and coach. These concepts lay the groundwork for the 71 workouts included in Part 2, which include variations and coaching points where appropriate. In this book, Dr. Karp has done a fantastic job of connecting the research with the practical application for cross country runners, explaining the basics of the science of distance running in a language that everyone can understand.

## Book Information

Paperback: 128 pages

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Average Customer Review: 4.7 out of 5 stars 15 customer reviews

Best Sellers Rank: #361,149 in Books (See Top 100 in Books) #126 in [Books > Sports & Outdoors > Other Team Sports > Track & Field](#)

## Customer Reviews

Jason Karp, Ph.D. is owner of a coaching, personal training, and consulting company, offering science-based coaching to runners of all levels, fitness training to the public, and consulting to coaches and runners. He is a frequent presenter at national fitness, coaching, and academic conferences. He has taught USA Track & Field's highest level coaching certification and was an instructor at the USATF/U.S. Olympic Committee's Emerging Elite Coaching Camp at the U.S. Olympic Training Center. He is also the founder and host of the VO2max Distance Running Clinic for runners, coaches, and fitness professionals; the San Diego Personal Training Summit for personal trainers; and Running Clinics & Workouts in the Park™, a series of running clinics and workouts for runners of all abilities. He is a prolific writer, with over 100 articles published in numerous international coaching, running, and fitness trade and consumer magazines, including Track Coach, Techniques for Track & Field and Cross Country, New Studies in Athletics, Running Times, Runner's World, Trail Runner, Marathon & Beyond, IDEA Fitness Journal, Shape, Oxygen,

SELF, Ultra-Fit, and Maximum Fitness, among others. He is also author of How to Survive Your PhD. (Sourcebooks, 2009)

Cross Country training is more than just running your event. This is a systematic and fun way to improve strength, stamina, and speed while having fun. It also includes team exercises and games.

this is a great little book for helping distance running coaches regardless of the level at which they are coaching, to set up a long range training for their runners. ... especially useful for working with young ( high school freshmen and sophomores ) runners.

Great book for coaches. This isn't a how-to on coaching. It's just a list of all sorts of different workouts you can put the troops through. Sometimes, mixing in a new type of practice is needed to move some runners up to the next level. Get a copy and get some ideas for your next practice.

good ideas, thoughts on training

This is a collection of training methods, most of which I was already familiar with. Nothing really new in there but a comprehensive, easy to read collection of methods for improving your or your athletes runs.

I this book to a grandnephew, who is more than capable of self learning. His next two cross country races were personal best times!

This is a great book about running, and coaching runners. It was well organized and provided useful information. The book arrived on time and in good shape. I have already loaned it out three times.

Very nice overview for a new xc coach.

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