

12 CROSS TRAINING SESSIONS TO KEEP YOU FIT WHEN YOU CAN'T RUN

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WHY USE CROSS TRAINING SESSIONS

So you're out from running for 2 weeks, 2 months or even longer?

Cross training is a fantastic way to maintain and build fitness during a period of time away from running. Cross training can also supplement your running schedule when you're not nursing an injury or niggle. It's a great way to offload the legs, complete some lower intensity and lower impact cardio, and improve your conditioning to reduce your risk of injury in the first place!

These 10 sessions vary in length, so if you're new to cross training or you've just got the green light to start cross training after a period of complete rest, start with the shorter volume sessions before building into the longer ones. You can add these into your week to replace your running workouts during time off with an injury, and space them out with plenty of easy to steady cross training days (i.e. not structured workouts like these), and plenty of rest days too. .

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BEFORE YOU START

Before choosing to complete any of these sessions, you should be cleared to do the cross training activity (e.g. aqua jogging, cycling, elliptical), by your physio and or coach. If you've been completely resting for an injury for several weeks and now feel able to add in cross training, do it gradually rather than jumping straight into 3 sessions per week. Equally, if you experience a minor injury or some tightness that puts you out for a few days, switching from running to cross training can be really helpful to shorten the time you need to take off.

If you get sick or you pick up a new injury, or your recovering injury worsens don't train through it and carry on blindly.

Illness can be made much worse by further stressing the body out by training through it, not to mention how difficult running can be when you're unwell. Niggles and smaller injuries can soon turn into serious ones, so make sure you see a physio to get any level of injury checked out and follow their advice.

Disclaimer: Always consult your doctor before starting a new exercise routine. These sessions is appropriate for individuals with some experience of cross training. Any loss or injury incurred through the use of this guide will be the sole responsibility of the individual completing it, and not Phily Bowden Coaching. Any replication of the content within this document without the permission of Phily Bowden Coaching will be considered as a breach of copyright. In using the information within this document, you agree to the above terms.

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PLAN KEY

- **"WU" and "CD"** : These are there on session days to ensure you do a decent **warm up** and **cool down** spin/elliptical/aqua jog, before starting the intervals within the sessions. This helps increase circulation, get your heart rate and breathing gently raised before the session, and to prepare your body for recovery post-session.
- **HR:** If you have a **heart rate monitor**, it can be useful to use it as a guide to keep you in the prescribed zones, or to try and emulate a *similar** heart rate to your norm when doing running sessions e.g., tempo at 80-90% of predicated/estimated max HR, according to your watch. **Heart rate tends to be lower during cross training activities due to the reduced impact, so keep in mind that you are unlikely to hit quite the same maximum/average during these sessions.*
- **Interval session:** Broken up intervals or reps of differing length/effort, with timed recoveries. These sessions should take you into HR zones 4 - 5 or 85%+ of maximum at times. They're relatively short periods of time so its never long until you have a some recovery time, in which you can go as slow as you need to in order to recover.
- **Recovery:** The recoveries in-between intervals are there to allow you to recover from the rep you've just completed, and be ready to attack the next. They'll be in brackets after the intervals. Cross training recoveries are typically shorter than running recoveries because the lower impact exercises involved aren't as hard on the body, so you often find you'll recover quicker compared to when running intervals.
- **Tempo pace:** Some of these sessions will emulate running at tempo whilst cross training. As with tempo running, tempo cross training should feel hard, but you could still answer questions with short answers - this is a pace you could roughly sustain for 1 hour. **Aim to be at 80-90% of maximum HR or in zone 3-4.** Tempo is really great at improving lactate threshold - essentially, **helping you maintain a faster pace, for longer.**

AQUA JOGGING SESSIONS

What's it good for? Zero-impact running rehab, that mimics running form - it's the first type of cross training I'd recommend after weeks or months off running due to injury.

How do you do it? Find yourself a swimming pool and essentially run while treading water. You should get a floatation belt to do it properly, and only use the sections of a pool where you can't touch the floor.

For reps of 90 seconds or less attack them like sprints, at 95% effort. For longer reps treat these more like "tempo", at 85 - 90% effort.

Session 1:

10 min easy WU

2 sets of:

5 x 30 secs (30 secs)

5 x 60 secs (45 secs)

10 min easy CD

Session 2:

10 min easy WU

6 x 75 secs (45 secs)

10 sets of:

45 secs (30 secs)

30 secs (20 secs)

10 min easy CD

Session 3:

10 mins easy WU

4 sets of:

5 mins (30 secs)

30 secs (60 secs)

10 mins easy CD

Session 4:

10 mins easy WU

8 sets of:

90 secs (45 secs)

60 secs (30 secs)

30 secs (20 secs)

10 mins easy CD



BIKE SESSIONS

What's it good for? Low impact running rehab, at a moderate intensity aerobically. Helps strengthen your heart without putting your muscles under the 2.5 x body weight strain of running, also great for replacing some easy miles in a running plan to reduce load impact.

How do you do it? Find yourself a stationary bike, spin bikes and watt bikes are great. For these hard workouts, set the resistance at a rate that is hard whilst allowing you to maintain at least 80-100 RPM for reps, and turn all the way down for recoveries.

Session 1

10 mins easy WU

6 mins hard (90 secs)

6 x 75 secs hard (60 secs)

4 mins hard (90 secs)

6 x 45 secs hard (30 secs)

10 mins easy CD

Session 2

10 mins easy WU

2 sets of:

5 mins hard (90 secs)

3 mins hard (90 secs)

2 mins hard (90 secs)

90 secs hard (60 secs)

10 mins easy CD

Session 3

10 mins easy WU

1 min, 2, mins 3 mins, 4 mins,

5 mins, 5 mins, 4 mins, 3

mins, 2 mins, 1 min

(60 secs recovery between everything)

10 mins easy CD

Session 4

10 mins easy WU

7 mins hard (90 secs)

4 mins hard (90 secs)

4 x 90 secs hard (60 secs)

10 mins easy CD



ELLIPTICAL SESSIONS

What's it good for? Low impact running rehab that mimics running form. Helps strengthen your heart without putting your muscles under the 2.5 x body weight strain of running, also great for replacing some easy miles in a running plan to reduce load impact.

How do you do it? Find yourself an elliptical machine. For these hard workouts, set the resistance at a rate that is hard whilst allowing you to maintain at least 80-100 RPM for reps, and turn all the way down for recoveries.

Session 1

10 mins easy WU

2 sets of:

3 mins hard (75 secs)

2 mins hard (75 secs)

3 x 60 secs hard (60 secs)

4 x 30 secs (30 secs)

10 mins easy CD

Session 2

10 mins easy WU

2 sets of:

8 mins tempo (90 secs)

4 mins hard (90 secs)

90 secs hard (60 secs)

2 x 30 secs hard (30 secs)

(2 mins between sets)

10 mins easy CD

Session 3

10 mins easy WU

10 mins tempo (90 secs)

3 x 2.5 mins hard (90 secs)

5 mins hard (90 secs)

6 x 75 secs (45 secs)

10 mins easy CD

Session 4

10 mins easy WU

2 sets of:

7.5 mins hard (90)

2.5 mins hard (90)

5 mins hard (90)

6 x 30 secs (30)

(2 mins between sets)

10 mins easy CD

