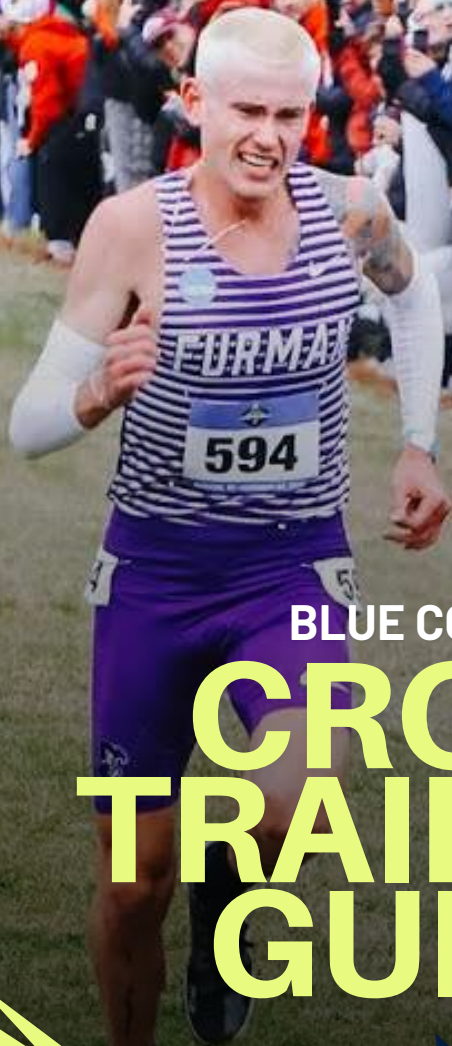


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BLUE COLLAR

CROSS TRAINING GUIDE



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GOAL OF CROSS TRAINING

Athletes can use **Cross Training (XT)** to increase training volume while simultaneously lowering the risk of overuse injuries. Cross Training can also help runners maintain fitness during periods of non-running.

Some examples of practical application of Cross Training (XT) in a training week might be:

- XT in place of a long run
- Afternoon XT doubles on a workout day
- XT days instead of having to take off days

Ways to practically apply XT should **not** be limited to only these bullets above. You can be creative with how you implement XT into your own training. The best coaches are able to pull XT out of their toolboxes for when the athletes may need it.



CROSS TRAINING METHODS



The most common ways to XT include:

- Stationary Bike
 - Easiest to learn and do correctly
- Swimming
 - Only if you are comfortable swimming hard workouts
- Arc Trainer, Elliptical, or Aqua Jogging
 - Best for mimicking running motion

The world of professional running showcases countless examples where athletes like Cole Hocker, Parker Valby, and **Andreas Almgren** demonstrate the untapped potential of XT. Coming off an injury, Almgren trained along the lines of a pro cyclist for **9 straight weeks**. Averaging 19 hours of training, and reaching some 25 hour training weeks on the bike.



VOLUME IS KEY



“Mileage” in running doesn’t fully translate to XT distances. We can use time/duration to track our sessions or weekly volume. Total volume in a week of training is the most important piece to compare when you’re including XT.

Remember, “mileage” doesn’t translate for different methods but time does:

- Volume = Total time in a week HR is elevated
 - 8 hours of running in a week
 - 8 hours of stationary biking
 - 16 hours of total volume that week



SESSION INTENSITY

Because of the reduced load on the body, XT can also have a much higher intensity than normal running.

For example:

- Elite swimmers will workout up to 3x a day
- Cyclists will perform 100 mile rides with hard segments
- Triathletes will do multiple workouts in a day touching on different disciplines.

It is nearly impossible to reproduce this volume of intensity in running due to the force from landing and pushing off the ground. Because of this, XT should have much more frequent workouts and more intensity in them as well.

The **Heart Rate needs to be elevated** for a training stimulus to occur.



HR ZONES

BPM = Beats per minute

120 BPM or lower:

- Very Low Training Effect
- NEEDS TO BE HIGHER

120-140 BPM:

- Low Training Effect
- Active Recovery

140-160 BPM:

- Good Training Effect
- Goal Zone for XT

160+ BPM:

- Workout Training Effect
- Equivalent to Threshold Work
- Okay to do some XT in this zone
- Should not be ALL XT



BCET XT WORKOUT TEMPLATE

Key:

- H = Hard
- E = Easy
- s = Seconds
- ' = Minutes

Warm up/Cool down:

- 5-10 min WU/CD on all workouts
- These count towards total volume

45 Min Workouts	60 Min Workouts	75 Min Workouts
15 x 1' H / 1' E	23 x 1' H / 1' E	7 x 8' H / 2' E
15 x 30s H / 90s E	23 x 30s H / 90s E	14 x 1' H / 1" E 5' E break 14 x 30s H / 90s E
10 x 2' H / 1' E	15 x 2' H / 1' E	12 x 4' H / 1' E
8 x 3' H / 1' E	11 x 3' H / 1' E	10 x (3' H / 1' E / 1' H / 1' E)
6 x 4' H / 1' E	9 x 4' H / 1' E	Progressive 20' Moderate->20' Harder ->20' HARD
5 x (3' H / 1' E / 1' H / 1' E)	8 x (3' H / 1' E / 1' H / 1' E)	1' H->7' H-> 25 x 1' H/1' E (Do Not Repeat 7' H)
Progressive 10' Moderate->10' Harder ->10' HARD	Progressive 15' Moderate->15' Harder ->15" HARD	6 x (3' H / 1' E / 2' H / 1' E / 1' H / 1' E / 30s H / 30s E)



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BCET XT WORKOUT TEMPLATE

Key:

- H = Hard
- E = Easy
- s = Seconds
- ' = Minutes

Warm up/Cool down:

- 5-10 min WU/CD on all workouts
- These count towards total volume

90 Min Workouts	105 Min Workouts	120 Min Workouts
6 x 9' "Build-ups" (3' Moderate->3'Harder ->3' HARD->3' E)	5 x 15' "Build-ups" (5' Moderate->5'Harder ->5' HARD->3' E)	6 x 15' "Build-ups" (5' Moderate->5'Harder ->5' HARD->3' E)
6 x (3' H / 1' E / 1' H / 1' E) 5' E break 6 x (3' H / 1' E / 1' H / 1' E)	5 x 9' "Build-ups" (3' Moderate->3' Harder ->3' HARD->3' E) 15 x 1' H / 1' E	14 x 1' H / 1' E 5' E break 14 x 30s H / 90s E
10 x 4' H / 1' E 5' E break 10 x 30s H / 90s E	4 x (5' H / 1' E / 3' H / 1' E / 1' H / 1' E) 5' E break 3 x (5' H / 1' E / 3' H / 1' E / 1' H / 1' E)	5 x 8' H / 2' E 5' E break 10 x 4' H / 1' E



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