

# **I**LLINOIS CROSS COUNTRY CAMP

## Running Myths -

What is true and what you need to know to make informed decisions

# Myth #1

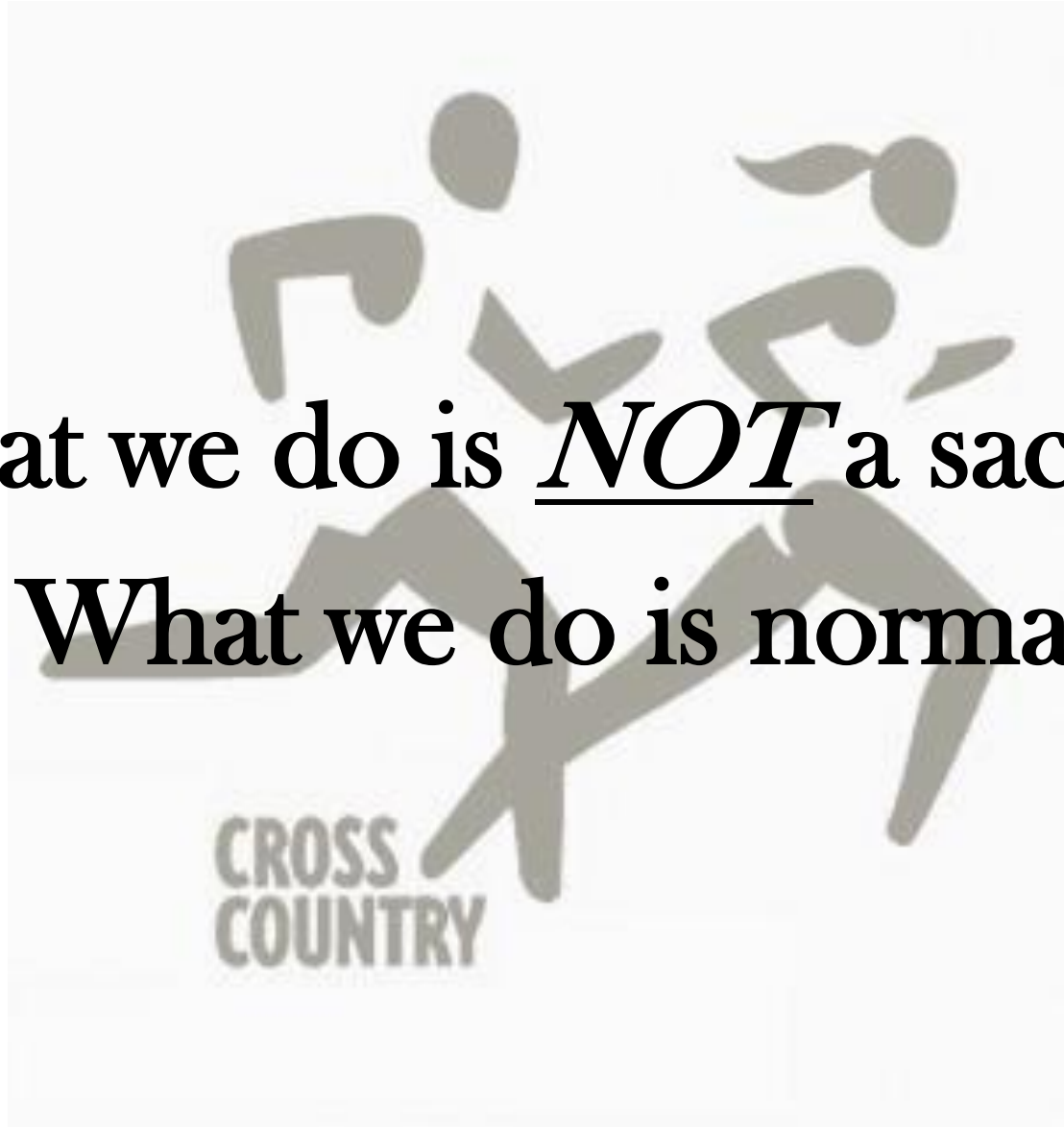
You need to eat something special the night before /morning of a race.



# Myth #2

To be a great runner (athlete), you  
have to make sacrifices



A faded background image showing two runners in motion, with the text 'CROSS COUNTRY' visible in the lower-left corner.

What we do is *NOT* a sacrifice.  
What we do is normal.

A faded background image featuring two stylized runners in motion. The runner in the foreground is larger and more prominent, while the one behind is smaller. At the bottom left of the image, the words "CROSS COUNTRY" are written in a bold, sans-serif font. The entire background is light gray and semi-transparent.

What do we have to do today.

vs.

What do we get to do today?

# Myth #3

You need to do the same superstitions/routine every time, every race in order to run fast that day.

# Superstitions



# Pre-Race Preparation

- Get a race plan (cross country and track)
- Develop confidence in race plan and training
- Superstitions are for individuals that are finding something to make them do better.
- Eat a good well rounded meal

# Myth #4

Static stretching should be  
done before you run

# Myth #5

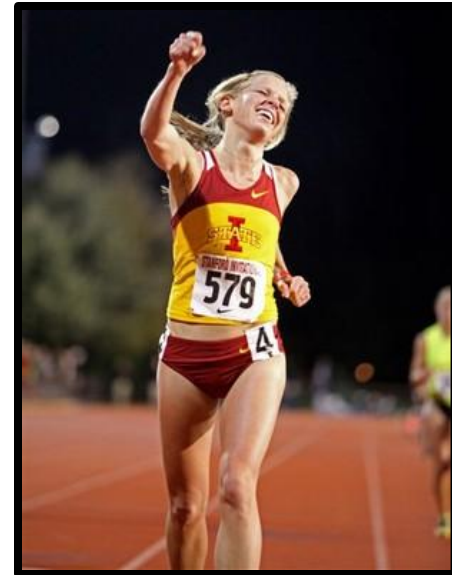
Higher mileage is always  
better

Angela Bizzarri



50 miles/wk

Lisa Koll



90 miles/wk

# Myth #6

Running Mechanics  
are not important

# Running Form

Proper running mechanics will make you a more efficient runner  
- it will allow you to run faster using less energy.

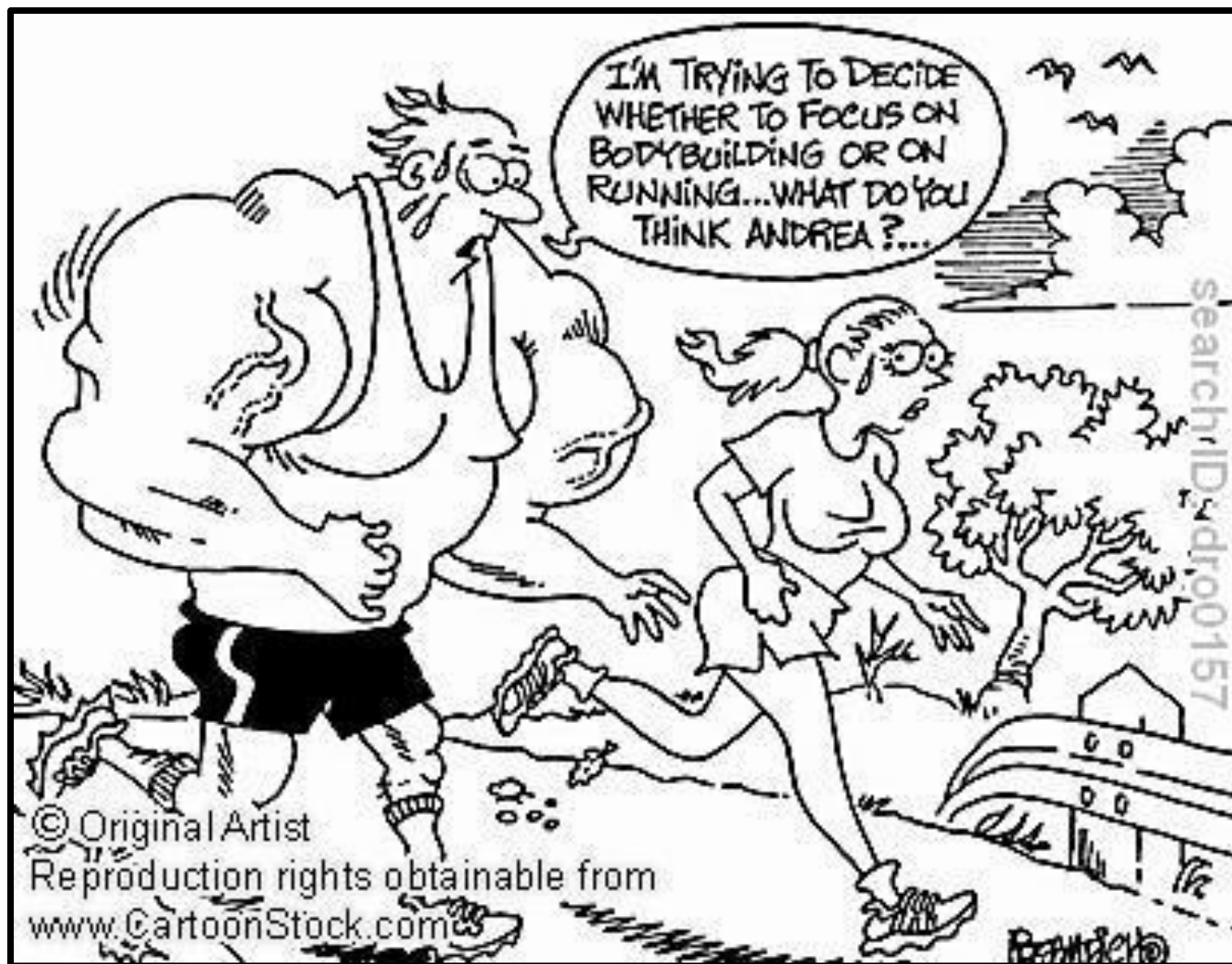


# Myth #7

Runners don't need to  
strength train

# Strengthening

- Of all training components, strength training can have the most profound effect on female athletes' improvement in sport.
- Injury prevention and performance enhancement are what is sought after.
- Females mature earlier than males; girls should start strength training earlier.



I'M TRYING TO DECIDE  
WHETHER TO FOCUS ON  
BODYBUILDING OR ON  
RUNNING...WHAT DO YOU  
THINK ANDREA?...

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Benoit

# Questions?

