



# Running Games for Track & Field and Cross Country

*Dr. Mark Stanbrough*

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Running Games for Track and Field & Cross Country is divided into eight categories of running: Icebreaker and Team Building, Warm-up and Cool-Down, Tag, Relay, Running, Fartlek, Distance, and Specific. Each of the eight categories describes 20 main games and numerous variations, making a total of more than 500 games presented in Running Games for Track and Field & Cross Country that will provide fun and fitness through running! The number one reason people participate in athletics is to have fun! The challenge lies in making running fun, and increasing the motivation levels and therefore the effort level so maximum benefits on the physiological and psychological levels can be achieved. Successful coaches are successful because they motivate participants to become enthusiastic about participating and therefore increase ability to perform at higher levels. It is the motivation and enthusiasm towards running that Running Games For Track & Field and Cross Country addresses. The many ideas and workouts are designed to increase motivation and develop a positive attitude towards running. Some of the running activities presented are old games that have been played for years. Other running activities are modified from games with a running component added. Still other running activities presented are new activities that specifically develop the training component, techniques and tactics involved in the development of a runner. Running Games for Track & Field and Cross Country is designed to use sound physiological and psychological principles that maximize running development. Coaches who want and need ideas to increase motivation will find many readily available to use activities. Many of the activities are team building activities that will increase team cohesiveness.

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