

Benefits Of Cross Training

Cross-training is athletic training in sports or activities other than the athlete's usual sport. In other words, it is an exercise protocol that uses several modes of training aside from the athlete's main sport to develop a specific diversification of fitness.

In the past, cross-training was popular among runners. Now, a lot of athletes have embraced cross-training. It is now popular among football players, swimmers, and other athletes.

Most times, athletes incorporate cross-training during their off-season., when sport-specific training volume is down.

Also, weather conditions can be another reason for implementing cross-training. When the weather condition does not favor outdoor sports, athletes opt for indoor variations to stay fit.

Some examples of cross-training include:

- a. Runners using cycling to build and maintain endurance.
- b. Football players running or lifting weights to increase size and strength.
- c. Volleyball players practicing yoga to hasten recovery from injury.
- d. Basketball players doing high-intensity spinning classes to build power in sprints.

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1. **Cross Training Helps to Prevent Injury:** Research shows that participating in a variety of exercises can help prevent injury. By participating in a variety of sports and working on a variety of muscles and joints, the load is well spread across the body. What this means is that no area is overloaded and so you are much less likely to suffer an injury.
2. **Cross-Training Improves Fitness:** Improved fitness is probably the biggest benefit of cross-training. Doing different exercises ensures that a variety of muscles is worked upon which helps to improve both muscular and aerobic fitness. Recent research carried out in the United States of America showed that an individual's muscle fitness will improve more if they participate in a cross-training regime that includes resistance exercises than if they work more on strength training alone.

3. **Cross Training Can Help Reduce Weight:** If you have been battling with excess weight and you want to reduce your weight in a short time, cross-training might just be the solution. It is a great way to burn calories and excess fat in the body.

Pieces of research have shown that weight loss can best be achieved by exercising for long periods like 30 to 60 minutes at medium or high intensity. Engaging in two or more exercises between 30 to 60 minutes is a great way to burn calories and reduce excess fat in the body.

4. **Cross Training Helps in Rehabilitation:** No one wants to have an injury, but when it occurs, cross-training can help in fast rehabilitation. Rehabilitation through cross-training can be done in two ways.

- a. By helping runners maintain fitness despite being forced to run less or not at all
- b. By correcting the cause of the injury

If you have an injury, the best thing to do is to adopt a training program that allows you to maintain specific running-specific fitness without exacerbating your injury or prolonging the recovery process.

5. **Cross Training Improves Mental Strength:** Training for a single sport can cause burnout from time to time. It's only focus and determination that keep some athletes who train in a particular sport going.

Cross-training can keep athletes mentally engaged by providing them with a new activity. It keeps them mentally refreshed when they return to their main sport.