I’ve always been a little bit confused about what is considered “good” cross training for runners.  I love to do yoga, but I’ve always wondered if that is really considered cross training.  Sadly, according to the article below it doesn’t really qualify unless it is a more aerobic form.  That doesn’t mean that yoga isn’t awesome in other ways (keeping me injury free, helping me learn how to breathe while running, stress relief), but it does mean that I should be looking at another form of aerobic exercise.

**1.** Choose workouts that are closest to running in terms of muscles used and aerobic systems taxed. Good options include elliptical trainers, cross-country ski machines, stationary bikes, and water running.

**2.** When cross-training, keep your heart rate at or above 70 percent of your maximum heart rate (220 minus your age) most of the time. In other words, you should be working hard and sweating a lot.

**3.** Check your morning heart rate regularly. An elevated morning heart rate is a sign of overtraining, which can occur if you add too much cross-training too soon.

**4.** Combine cross-training with running to maximize running fitness with lower actual mileage. You can substitute 25 to 30 percent of your weekly "mileage" with cross-training.