

FISU

Season 2016



20th World University Championship **CROSS COUNTRY 2016**



Run toward campus

Italy – Cassino, March 12, 2016





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20th World University Championship CROSS COUNTRY 2016

20th FISU World University Championship 2016, for Cross Country, will take place in Cassino (Lazio), Italy, during 2016 spring season.



The World University Championships 2016 will be held at Cassino's University, a Italy top research intensive university with excellent sporting facilities.

It's a project designed by the University of Cassino, the CUS Cassino and the Municipality of Cassino at the National University Championships 2013. A work of synergy between academia, sports and institutional projects the University of the city and the city on the University of Cassino and the Southern Lazio. It will be another great opportunity for the city of Cassino. The hope is relapse and tourist infrastructure that will be the city with the World Championships in cross-country race of 2016, in addition to having the best college athletes in the world in Cassino, we are sure to leave a tangible sign of our activities on the territory.

The organizing committee is looking forward to take on this great challenge and to organize a magnificent celebration Cross Country in collaboration with the Italian Federation of Athletics.

The university's International Sports Village has superb pitches for training and competition as well as gym, studio, extensive further facilities.

Accommodation and catering will be provided on site to minimise travel and maintain a vibrant world championship's village atmosphere.

About Cross Country discipline. It's an Anglo-Saxon expression which can be translated as a "race through the countryside". So, Cross Country is a specialty certainly fascinating, but also very difficult to practice it so much so that the most needed is considerable athletic ability is a remarkable experience.

From a physiological point, it's unfolding is totally unpredictable to the enormous variability of the type of course; in fact, during a competition of cross country you may have to do with uneven terrain, muddy, snowy, hard or soft, stony, with climbs and with natural obstacles or less (holes, logs, rocks etc).

The cross-country race can be considered as the synthesis of athlete's power aerobic with his muscular endurance. These two features certainly fits the ability to vary rhythm, a capacity that is often not only physiological, but has a marked tendency psychological.

Another aspect not to be underestimated is that the competition doesn't run against the clock, but against opponents and therefore favors those who have a particular competitive spirit.

Together with great skills and an excellent seal organic muscle, it requires a certain attitude to the "suffering" and, consequently, a certain mental training. Who wants to run a good race must be able to adapt to all types of terrain and becomes essential to refine their running technique training on paths that can simulate the best ones that we may face in the race.

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