



"NRXC is a group of friends that have fun running together and are excellent in our integrity, teamwork, and fitness."

Coach Bentley & Coach Hutchinson
coaches@northridgexc.com

NRXC SUMMER TRAINING: ATHLETE EXPECTATIONS

The best word I can think of to describe summer training is FUN. You get to spend time with your friends outside each day of the summer, travel to some interesting places, eat lots of good food, and focus on improving your running and physical health. *What's not to love??!* But summer training is also foundational to creating our team culture and laying the groundwork for in-season success. Summer training is not required to participate on the team in the fall, but we strongly encourage you to come out and run with us. If you decide to come out, here are our expectations:

1. *Arrive for the day's designated training on time.* We will leave **5 minutes** after the time set to arrive. If you are going to be late due to unavoidable circumstances, message on Slack and come anyway. One of the coaches will be there to direct you where the team is running. We're not joking about this. **We will not start late...**be on time!
2. *Run your assigned mileage.* Each runner will be assigned mileage and training targets for each week during the summer. Absent injury or other considerations, you should run the designated mileage, not more, and not less.
3. *Run and/or cross-train each day.* Unless you are sick or have a major physical injury, you should be running or cross-training every day of the week other than Sunday, which is a full rest day. Do not try to cram mileage into a handful of days each week. If you miss a day, start again on the next day. Don't try to "make up" miles. It is long-term consistency that makes standout performers in any field, not occasional bursts of effort.
4. *Attend your weekly coaches meeting.* Each runner is assigned a day of the week for a short meeting with a coach to discuss his or her training progress and to create a plan for the upcoming week. Attend these meetings; they are essential for optimal progress.
5. *Do your strength training.* Strength training is not optional; it is a part of our year-round training. It will help you avoid injury, be more athletic, and enhance your quality of life.
6. *Run your strides and hill sprints.* This is essential for maintaining speed and power while we build aerobic capacity with lots of easy running. No one wants to do strides and hill sprints after finishing a run, but it will make all the difference if you do.
7. *Be kind and positive in your interactions with teammates and coaches.* This has never been a problem for this team, and I want that tradition to continue. Treat each well.
8. *Have fun!* Above all, have fun. If summer training feels like a grind, we're doing it wrong, and please come and tell us you're not enjoying it. We'll make appropriate adjustments.