



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

Coach Bentley & Coach Hutchinson
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STANDARD IN-SEASON PRACTICES

Practice is essential time we use to develop our fitness and skills as runners. It's also an important time for us to bond as a team. As a result, ***attendance at practice is mandatory, absent extraordinary circumstances.***

It's also important to arrive on time. Starting practice on time allows us to make and execute a plan for improvement each day. ***We will start practice 5 minutes after the time designated to arrive. If you are late, we will start without you.*** I will not be upset that you are late – *please still come and participate, even if you can't be on time that day* – but depending on reasons, you may be asked to help clean up for a short time after practice. Please realize however, that your failure to show up on time impacts the effectiveness of our team practice.

During the season we will have three different types of practices: (i) standard day practices (easy/recovery runs); (ii) workout day practices; and (iii) meet preparation day practices (the days prior to meets). Each type of practice will have a slightly different schedule. The schedules for each day are shown on the next page.

Freshman Runners

Freshman runners are not required to attend practice, with one exception. ***A freshman who wishes to run on the varsity team must attend the workout and meet preparation day practices.*** While I encourage all freshman to come to the workouts and meet preparation day practices, they may do the workouts and runs on their own and still run in the meets. I know that schools have different times when they get out. Freshman runners should arrive for practice when they are able, and we will accommodate them. I encourage parents to set up a carpool from the various schools.

A Note to Parents

As coaches, we will try our very best to adhere closely to the designated practice schedule, especially the start and end times. The goal is that parents will know when to plan to pick up their kids (or when their kids should be finished and heading home). It may take some time for us to get this down, so please be patient with us initially!

STANDARD DAY PRACTICE SCHEDULE

Morning the Day of Practice

Eat breakfast!

Lunch the Day of Practice

Eat lunch!

2:20 – 2:40 PM

Runners finish school and dress for practice. Coaches prepare for practice.

2:40 – 2:45 PM

Meet at the northeast start line of the track. In bad weather meet inside D Building.

2:45 – 2:55 PM

Dynamic stretches and drills.

2:55 – 3:00 PM

Coaches' five minutes for announcements and instruction.

3:00 – 3:50 PM

Runners go on easy run. Coaches clean up.

3:50 – 4:00 PM

Meet at the track for strides.

4:00 – 4:30 PM

Coach's "Office Hours." Held at the track, or in rain or snow, inside D Building. Anyone is welcome to come with questions or concerns! Runners are free to leave after strides.

Coach will stay and be available until 4:30 PM.

Rest of PM:

Refuel, recover, homework, and family!

WORKOUT DAY PRACTICE SCHEDULE

Afternoon/Evening of *Day Prior* to Practice

Eat a dinner that won't compromise your workout performance!

Morning the Day of Practice

Eat a breakfast that will fuel and not sabotage your workout!

Lunchtime the Day of Practice

Eat a light lunch that will fuel and not sabotage your workout!

2:20 – 2:40 PM

Runners finish school and dress for practice. Coaches prepare for practice.

2:40 – 2:45 PM

Meet at the Northeast start line of the track. In bad weather meet in D Building.

2:45 – 3:00 PM

Dynamic stretches and drills.

3:00 – 3:10 PM

Coaches explain the day's workout.

3:10 – 3:30 PM

Warmup, preliminary strides, change equipment (if necessary), organize into groups for workout.

3:30 – 4:30 PM

Workout.

4:30 – 4:45 PM

Runners cool down and post-workout relaxed strides. Coaches clean up.

4:45 – 5:00 PM

Coach's "Office Hours." Held at the track, or in rain or snow, inside D Building. All are welcome to come with questions or concerns! Runners are free to leave after cool down.

Rest of Evening

*Refuel, recover, homework, and family! **Refueling is CRITICAL!***

MEET PREPARATION DAY PRACTICE SCHEDULE

Morning the Day of Practice

Eat breakfast!

Lunchtime the Day of Practice

Eat lunch!

2:20 – 2:40 PM

Runners finish school and dress for practice. Coaches prepare for practice.

2:40 – 2:45 PM

Meet at the northeast start line of the track. If it's raining or snowing meet inside D Building.

2:45 – 3:00 PM

Dynamic stretches and drills.

3:00 – 3:45 PM

Runners go on easy run. Coaches clean up.

3:45 – 4:00 PM

Meet at the track for strides.

4:00 – 4:15 PM

Coaches' 15 minutes for announcements, instruction, and visualization.

4:15 – 4:30 PM

Coach's "Office Hours." Held at the track, or in rain or snow, inside D Building. Anyone is welcome to come and with questions or concerns! Runners are free to leave after instruction.

Rest of PM

Refuel, recover, homework, and family! Usually a team pasta dinner for evening meal.