



"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

BLOCK 1: REST AND RECOVERY

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 (May 19-25)	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Week 2 (May 26-June 1)	Rest	Rest	Rest	Rest	Rest	Rest	Rest

We've included this as our first official training block because we believe it is that important. Running track and cross-country over the course of a year is extremely demanding physically and mentally. Athletes need to take a break, especially before beginning summer cross-country training, which as it transitions into the fall competition season, means close to six months of continuous, hard training. Starting with the end of outdoor track (which concludes on Friday, May 10, 2024, for junior high athletes, and Saturday, May 18, 2024, for returning high school athletes), we want our athletes to take a full break from training until we begin running as a team again on Monday, June 3, 2024.

This means that, to some extent, our athletes will "de-train," or lose fitness. This is a normal part of the training cycle and is essential for long-term growth, especially for younger athletes. Our bodies and minds need a break from the grind of training to fully recover physically and avoid burnout. If athletes continuously train out of a fear of losing fitness, they will ultimately end up injured and/or stagnate in their progression.

During the rest and recovery block, we would prefer our athletes do no running and engage in no structured aerobic training of any kind (i.e., don't cross train because you can't run!). Moderate bodyweight strength work is OK to do, but certainly not expected or required. Hiking and walking are great. Unstructured biking is also awesome. Field sports with friends *for fun* are great as well. Athletes should not be overly worried about their diet or dramatically reduce calories to account for a lower activity level. Just enjoy the break, and we'll all find ourselves itching to get back to running and training by the time we're ready to start.



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BLOCK 2: Building Volume; Intro to Form and Strength

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 (June 2-8)	Rest	NHS Team Breakfast by Coaches	NHS Weights After Practice	OFF Breakfast and Games	Boys/Girls Run** Strength After Practice	WRT	LCP Team Long Run
Week 2 (June 9-15)	Rest	FW	NHS Weights After Practice	Nicholl's Hollow	Boys/Girls Run** Strength After Practice	WRT	OYO
Week 3 (June 16-22)	Rest	FW	NHS Weights After Practice	OFF Breakfast and Games	Boys/Girls Run** Strength After Practice	WRT***	Jeremy Ranch* Carpool from NHS @ 6:30 AM
Week 4 (June 23-29)	Rest	FW	NHS Weights After Practice	36th Street	NHS**** Strength After Practice	No Practice USHAA Moratorium	No Practice USHAA Moratorium
Week 5 (June 30-July 6)	Rest	No Practice USHAA Moratorium	No Practice USHAA Moratorium	No Practice USHAA Moratorium	No Practice USHAA Moratorium	WRT	RAC* Carpool from NHS @ 6:30 AM

Abbreviations:

FW (Fernwood Recreation Site)
LCP (Layton Commons Park)
NHS (Northridge High School)
OFF (Oak Forest Park)

OYO (On Your Own)
RAC (Regional Athletic Complex (SLC))
WRT (Weber River Trail)

Note: All runs start at 7:00 AM unless otherwise indicated

* Meet at NHS @ 6:30 AM to carpool to training location
** Boys and Girls teams run separately; location TBD by captains
*** Watchless run
**** Scavenger hunt

The goal for our first four weeks of summer training is simply to increase training volume, introduce form drills and some important basic training components (i.e., strides and hill sprints), and to get athletes used to strength work. As a general rule, returning runners will commence the season at a maximum of 60% of their prior year's peak mileage, while new runners will start very slowly, in some cases with structured running/walking. New runners will do aerobic running a maximum of four days a week during the 2-3 weeks (Monday, Wednesday, Friday, and Saturday, if they want to join the team long run). From the very first day, however, **all runners** will do form drills, strides, and hill sprints. These auxiliary training components help to build athleticism and mechanical efficiency, especially in new runners without a background in competitive field sports. We will spend a relatively significant amount of time teaching these training components to our athletes. Without the development of mechanical efficiency in their running, our athletes will be unable to fully express their aerobic fitness in a race.

We will also start meeting in the weight room once each week during this time. Our goal in the weight room is not to put on muscle mass, which, in any event, is hard to do when athletes are doing substantial aerobic training. We are trying to develop athletic coordination, injury resilience, and the strength in the lower limbs and core necessary to hold form over the course of a hard race. If athletes cannot join us in the weight room, we expect that they will do these sessions on their own. We will also do a bodyweight strength/plyometric workout one day a week, which will occur immediately after the conclusion of practice. Athletes are also expected to do core training three times a week. Neither the strength sessions nor the core training is a long, drawn-out workout. Our strength sessions are designed to be completed in 20-45 minutes; core training sessions can be completed in 5-8 minutes.

Other than the strength work, core work, and auxiliary training components discussed above, our training during this second block will be unstructured; run at an easy effort. Coaches will take time during this block to come to know each athlete, including his or her training background and strengths and weaknesses. As we slowly build our volume, become more mechanically efficient, and harden our bodies and minds against the rigors of training, we'll prepare for the next training block where we'll introduce our first workouts and begin more focused aerobic development in earnest.

NOTE: *During the USHAA Moratorium from June 28, 2024, through July 4, 2024, we are not allowed to hold official practices. Runners may continue to train on their own during this time and may self-organize group training runs if they wish. Optional training volumes will be provided.*



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BLOCK 3: Beginning Aerobic, Speed, and Strength Development

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 6 (July 7-13)	Rest	FW	NHS Weights After Practice	ANT* Carpool from NHS @ 6:30 AM	NHS Strength After Practice	WRT***	OYO
Week 7 (July 14-20)	Rest	FW	NHS Weights After Practice	OPF Breakfast and Games	Pineview Day	Relay Fundraiser	OYO Get some sleep!
Week 8 (July 21-27)	Rest	FW	NHS Weights After Practice	SNB (Optional)* Carpool from NHS @ 6:30 AM	NHS Strength After Practice	Boys/Girls Run**	ORC Team Long Run
Week 9 (July 28-Aug 3)	Rest	FW	OPF Weights After Practice	NH Coach Catch Breakfast/Games	NHS Strength After Practice	WRT***	CWC* Carpool from NHS @ 6:30 AM
Week 10 (Aug 4-10)	Rest	FW	NHS Weights After Practice	OPF Hull Valley Camp	XC Camp Hull Valley Camp	XC Camp Hull Valley Camp	XC Camp Hull Valley Camp

Abbreviations:

FW (Fernwood Recreation Site)
LCP (Layton Commons Park)
NH (Nicholl's Hollow)
NHS (Northridge High School)

OPF (Oak Forest Park)
OYO (On Your Own)
SHP (Sugarhouse Park (SLC))
WRT (Weber River Trail)

Note: All runs start at 7:00 AM unless otherwise indicated

* Meet at NHS @ 6:30 AM to carpool to training location
** Boys and Girls teams run separately; location TBD by captains
*** Watchless run
**** Scavenger hunt

The goals for the second half of our summer training are to maintain or slightly increase training volume, start focused aerobic development through moderate intensity workouts, and to begin more focused speed & strength development. At the start of this training block, runners will likely be at more than 80 percent of their anticipated peak volume for the year. The entire team will meet together 5 days a week (i.e., no different training for new runners). Organized Saturday runs will continue every other week. At this point, most runners (if uninjured) should be training 6 days a week.

We will continue strength training in the twice each week during this time. While the first weeks of strength training were primarily to get athletes familiar with the movement patterns and develop good form, during the second half of the summer the goal will be progression, whether in weight or number/quality of reps. We will also continue our core training.

Running workouts will involve principally aerobic workouts. The structure will generally be alternating between two to three workouts per week. One week we will have two weekday workouts, which will be moderate in intensity and aerobically-focused. The Saturday long run will be run at an easy effort. The alternating week will involve one weekday aerobically-focused workout, one short speed development session, and a long run with some aerobic quality component. Some weeks will require adjustment from this general schedule. We will continue to do strides and hill sprints. A main emphasis during this period will be on runners learning how to manage their effort correctly on the aerobic workouts.

We will conclude this training block with our team cross-country camp the first week of August. If we've managed our training correctly, athletes should be prepared to gradually add intensity as we start the season.

STANDARD NRXC TRAINING LOCATIONS

- A. Northridge High School ([Google Pin](#)). Meet outside of "D Building." (the southeasternmost building)
- B. Oak Forest Park ([Google Pin](#)). Meet at the picnic shelter in the small parking lot directly to the East of the park (*i.e.*, not the church parking lot to the south).
- C. Weber River Trail ([Google Pin](#)). Centennial Trailhead by the toll road in South Weber.
- D. Fernwood Recreation Site ([Google Pin](#)). Meet at the upper parking lot near the main trailhead.
- E. Nicholl's Hollow ([Google Pin](#)). Meet at the upper parking lot (the lot closest to the castle park).
- F. Layton Commons Park ([Google Pin](#)). Meet at the picnic shelter near the duck statues at the south end of the park.

Other Summer Meeting Locations

- A. Ogden Running Company ([Google Pin](#)). Meet at the north end of the parking lot for Ogden Running Company off Washington Blvd. in Ogden.
- B. Jeremy Ranch Road ([Google Pin](#)). We will meet at NHS to carpool. We will run on Jeremy Ranch Road starting from the Morgan side, which is just past East Canyon before you go up Big Mountain Pass towards Emigration Canyon.
- C. 36th Street Trailhead ([Google Pin](#)). Near Weber State University in Ogden.
- D. Regional Athletic Complex ([Google Pin](#)). We will meet at NHS to carpool. This is in Rose Park in Salt Lake City and is the location of the State Championship XC Meet. We will preview the course and run through along the adjacent Jordan River Parkway.
- E. Art Nord Trailhead ([Google Pin](#)). We will meet at NHS to carpool. Art Nord Trailhead is at the gate where Old Snowbasin Road is blocked off to traffic.

- F. **Coldwater Canyon** ([Google Pin](#)). We will meet at NHS to carpool. We will start running at the 2750 North Trailhead in North Ogden.
- G. **Snowbasin** ([Google Pin](#)). We will meet at NHS to carpool. We will meet in the parking lot near the Maples Trailhead at Snowbasin Resort.
- H. **Pineview** ([Google Pin](#)). We will meet at Windsurfer Beach.