"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

RUNNING TRAINING FOR WEEK OF JUNE 3-JUNE 9, 2024

I hope you're all excited for our first week of training! There is separate daily training for **experienced runners** (*those who have run on the team for at least a year and ran track this spring*), **newer runners** (*those who have not run on the team before but ran track in Junior High this spring or have substantial experience playing field sports such as a soccer*), and **new runners** (*those who have not run before and do not have a substantial field sports background*). If you have questions about the training, or which is your group, message me. Looking forward to a great summer!

Monday, June 3, 2024

Time: 7:00 AM **Location: Northridge High School**

Experienced Runners:	30-45 minute easy run. 4x strides, starting at 75% and progressing to 90%, kept nice and smooth. Finish with Core (A) as a team.
Newer Runners:	20-30 minute easy run. 4x strides, starting at 75% and progressing to 90%, kept nice and smooth. Finish with Core (A) as a team.
New Runners:	1 mile easy run. 2x strides, run fast and smooth. Finish with Core (A) as a team.

Tuesday, June 4, 2024

Time: 7:00 AM **Location: Northridge High School**

Experienced Runners:	Grass loop easy warm up. Dynamic drills and hurdle mobility. 4x wickets, 2x strides, fast and smooth. 30 minute easy run. Weights at the school.
Newer Runners:	Grass loop easy warm up. Dynamic drills and hurdle mobility. 4x wickets, then 2x strides, fast and smooth. 20-30 minute easy run. Weights at the school.
New Runners:	Dynamic drills and hurdle mobility. 4x wickets, 2x strides, fast and smooth. Weights at the school.

Wednesday, June 5, 2024

Time: 7:00 AM **Location: Oak Forest Park**

Experienced Runners:	45-60 minute easy run. 4x hill sprints, powerful with good form. Core (B) after practice with the team.
Newer Runners:	30 minute easy run. 4x hill sprints, powerful with good form. Core (B) after practice with the team.
New Runners:	10-15 minute easy run (can be run/walk intervals). 2x hill sprints, powerful with good form. Core (B) after practice with the team.

Thursday, June 6, 2024

Time: 7:00 AM **Location: TBD by Team Captains**

Experienced Runners:	30-45 minute easy run. 4x strides. Bodyweight strength and plyometric workout.
Newer Runners:	20-30 minute easy run. 4x strides. Bodyweight strength and plyometric workout.
New Runners:	10-20 minute easy run. 4x strides. Bodyweight strength and plyometric workout.

Friday, June 7, 2024

Time: 7:00 AM **Location: Weber River Trail**

Experienced Runners:	45 minute easy run.
Newer Runners:	30 minute easy run.
New Runners:	15-20 minute easy run (can be run/walk intervals).

Saturday, June 8, 2024 (Optional Team Long Run)[1]

Time: 7:00 AM **Location: Layton Commons Park**

Experienced Runners:	45-60 minute long run. Experienced boys will run together in groups and experienced girls will run together in groups. Standard long run pace. Team meeting after the run.
Newer Runners:	Up to 45 minute long run. Team meeting after the run.
New Runners:	Rest or field games. Team meeting after the run.

** Note: after the team long run, the coaches and team captains will give a presentation about team goals for the season.*

Sunday, June 9, 2024

All runners rest and recover.

[1] NOTE: Experienced runners who wish to be considered to run on the varsity team in the fall should attend the Saturday team long runs. Although these days are optional for newer runners, I would prefer them to be there for this run if possible because we'll discuss some team goals at the meeting after practice.