



*"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

### **STRENGTH AND CORE TRAINING FOR WEEK OF JUNE 3-JUNE 9, 2024**

I'm excited to get folks in the weight room and develop our athleticism. If you're young or have never lifted before, there's no reason to be worried. We will be doing basic movements, and we will teach you how to do a variation that you are capable of. Before long, you'll notice the benefits. Let's get after it!

#### **I. Strength Training**

**Tuesday, June 4, 2024**

*Time: Immediately after practice*

*Location: Northridge High School Weight Room*

<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes</b>
Goblet squat <sup>1</sup>	2	10	Runners who have squatted before select appropriate resistance. Runners who have not squatted before do bodyweight reps working on form.
Kettlebell swing <sup>2</sup>	2	10	Runners select appropriate weighted resistance that allows for good form.
Bulgarian split squat	1	10	All runners perform these unweighted with good form.
Sled push <sup>3</sup>	1	1	Variable weight; push hard, pull back.
Pushups	1	10 to Failure	No pushups on knees. Adjust body angle to modify difficulty. All runners do at least 10 reps.
Pullups	1	5 to Failure	All runners do at least 5 reps. If unable, can be assisted or eccentric.
Dips	1	10 to failure	All runners do at least 10 reps. If unable to do strict reps, then chair dips are fine.

---

<sup>1</sup> If you have squatted before and need to weight the exercise, you can use a kettlebell, dumbbell, milk jugs, or whatever for resistance. If no resistance is available, slow eccentric with an explosive jump.

<sup>2</sup> Vertical jumps and broad jumps are bodyweight alternatives, as [shown in this video](#).

<sup>3</sup> If you don't have access to a sled, omit this exercise; your normal hill sprints are the alternative.

**Thursday, June 6, 2024***Time: Immediately after practice**Location: Location TBD by captains*

Exercise	Sets	Reps	Notes
Single leg RDL	1	8-10 per leg	Bodyweight.
Two leg pogo hops	2	15	Only slight bend in the knees.
Nordic hamstring curl	1	5	All runners perform these with a partner. Maintain the eccentric as long as possible.
Jump squats	2	10-20	No pushups on knees. Adjust body angle to modify difficulty. All runners to at least 10 reps.
Supine hip flexor march <sup>4</sup>	1	10 to Failure	Slow and controlled. Pause at the top of each rep.

---

<sup>4</sup> Use a band for resistance. If a band is unavailable, you can substitute mountain climbers here.

II. Core Training

## Core (A) (Monday After Practice Routine)

Exercise	Sets	Reps/Time	Notes
Plank	1	1:00	Hold for the designated time. Keep butt low and core stable. Bent or straight elbows (your preference).
Side Plank	1	0:30 / side	Hold for designated time per side. Keep hips high and body stable. Bent or straight elbows (your preference)
Supermans	2	0:30	Does as many quality reps as possible within the designated time. 1-2 second pause at top of each rep.
Bicycle crunches	1	1:00	Do as many quality reps as possible for the designated time. Focus on keeping core engaged and really getting a good reach to the side.
Burpees	2	10	Modify as necessary to complete the designated number of reps in a reasonable time, with the goal being a full pushup, jump down, jump feet back in, and high jump up.

## Core (B) (Wednesday After Practice Routine)

Exercise	Sets	Reps/Time	Notes
Mountain climbers	2	0:30	Do as many quality reps as possible within the designated time, resting 0:30 between sets. Focus on keeping the butt low and pulling knees all the way in.
V-Ups	2	0:30	Do as many quality reps as possible within the designated time, with 0:30 between sets. Focus on pulling your arms and legs together with control and no collapsing between reps.
Bird dogs	1	1:00	Do slow and controlled reps for the designated time, aim for stability during and between reps, with no loss of balance or control.
Candlesticks (Level 1)	1	1:00	Do as many quality reps as possible in the designated time. Aim for full engagement of lower core muscles, straighter legs over time, and no collapsing between reps.
Pushups with rotation	2	0:30	Do as many slow and controlled reps as possible during the designated time. Everyone should be on feet (not on knees), modifying body angle for difficulty as necessary Focus on control, balance, and full range of motion. Aim to lower angle over time over time.

## Core (C) (Saturday After Long Run Routine)

Exercise	Sets	Reps/Time	Notes
High plank shoulder taps	1	1:00	Hold for the designated time. Straight arms. Keep hips high, core stable, and aim for minimal rotation.
Side plank leg raises	1	0:30 / side	Hold for designated time per side. Keep hips high and aim for core stability and balance with leg raises. Bent or straight elbows (your preference)
Superman holds	2	0:30	Hold extended position for the designated time, aim for high hands and feet (without pain).
Situps	2	0:30	Do as many quality reps as possible for the designated time. Aim for no one holding your feet, full range of motion, pulling from the core, and not collapsing between reps.
Burpees	2	10	Modify as necessary to complete the designated number of reps in a reasonable time, with the goal being a full pushup, jump down, jump feet back in, and high jump up.

