



"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 10-JUNE 16, 2024

I hope you're all enjoyed our first week of training! I am really proud of how you all continued to come out and get after it. This week will still be relatively relaxed, and there will continue to be 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*). We will also have our first visit to Fernwood for a trail run on Monday morning. **Please note, the time for our Monday run at Fernwood is 7:00 AM, and not 7:30 as it has been in the past.** If you have questions about the training, or which is your group, message me. Looking forward to a great summer!

Monday, June 10, 2024

Time: 7:00 AM

Location: [Fernwood Recreation Site](#)

Experienced Runners:

45-60 minute trail run. 4x hill sprints, run powerfully, with good form. Finish with Core (A) as a team.

Newer Runners:

20-45 minute trail run. 2-4x hill sprints, run powerfully, with good form. Finish with Core (A) as a team.

New Runners:

2 mile trail run (can run/walk). 2-4x hill sprints, run powerfully with good form. Finish with Core (A) as a team.

Tuesday, June 11, 2024

Time: 7:00 AM

Location: [Northridge High School](#)

Experienced Runners:

Short 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:

Short 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:

Short easy warm up. Dynamic drills and hurdle mobility. 4x wickets, 2x strides, fast and smooth. Weights at the school.

Wednesday, June 12, 2024

Time: 7:00 AM

Location: [Nicholl's Park](#)

Experienced Runners: 45-60 minute easy run. 4x strides, fast but smooth. Core (B) after practice with the team.

Newer Runners: 30 minute easy run. 2-4x strides, fast but smooth. Core (B) after practice with the team.

New Runners: 15-20 minute easy run (can be run/walk intervals). 2-4x strides, fast but smooth. Core (B) after practice with the team.

Thursday, June 13, 2024

Time: 7:00 AM

Location: TBD by Team Captains

Experienced Runners: 30-45 minute easy run. 4x strides, fast but smooth. Bodyweight strength and plyometric workout.

Newer Runners: 20-30 minute easy run. 4x strides, fast but smooth. Bodyweight strength and plyometric workout.

New Runners: 10-20 minute easy run. 4x strides, fast but smooth. Bodyweight strength and plyometric workout.

Friday, June 14, 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 15, 2024 (Long Run OYO)

Time: 7:00 AM

Location: OYO

Experienced Runners:

60-75 minute long run. Experienced boys will run together in groups and experienced girls will run together in groups. Standard long run pace. Practice 30 second surges.

Newer Runners:

Up to 45 minute long run. Standard long run pace.

New Runners:

Rest.

Sunday, June 9, 2024

All runners rest and recover.