



"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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RUNNING TRAINING FOR WEEK OF JUNE 17-JUNE 23, 2024

We're two weeks into to summer training, and you all should be starting to feel like you're getting into the swing of things. You're doing really well, and, as a program, we're seeing numbers of people coming out that we've never seen before. Right now, we're in a phase of our schedule where we are "training to train." This means that training will still be at self-selected easy paces, but that starting this week, mileage can begin to build, as long as you're feeling good. If you have questions about the training, or an injury, or anything else team or running related, just message me. Let's keep on it!

Monday, June 17, 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:

2-3 mile trail run (can run/walk). 2-4x hill sprints, run powerfully with good form. Finish with Core (A) as a team.

Tuesday, June 18, 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. Double to mileage if necessary. 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. 10 minute easy run. Weights at the school.

Wednesday, June 19, 2024

Time: 7:00 AM

Location: [Oak Forest 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 20, 2024

Time: 7:00 AM

Location: TBD by Team Captains

Experienced Runners: 45-60 minute easy run. 4x strides, fast but smooth. Bodyweight strength and plyometric workout.

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

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

Friday, June 21, 2024

Time: 7:00 AM

Location: [Weber River Trail](#)

All Runners: Watchless run. Assigned time/distance.

Saturday, June 22, 2024 (Long Run OYO)

Time: 7:00 AM

Location: [Jeremy Ranch Road](#)

Experienced Runners: 75-90 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 60 minute long run. Standard long run pace.

New Runners: Rest, or up to 20 minutes easy run.

Sunday, June 23, 2024

All runners rest and recover.