



"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 24-JUNE 30, 2024

Hard to believe that we're about 40% of the way through summer training! It seems like we just started. This is the last week of our preparatory training period. At the end of this week, we'll start USHAA Moratorium, which means no official practices for a week. However, I strongly urge you to continue your training as if we were still practicing. The final day of the moratorium is July 4, 2024. After the moratorium, we will jump into our training in earnest, starting our first workouts as we prepare for the beginning of our season. You don't want to be jumping into our workouts not having run for a week if you can at all avoid it! 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 24, 2024

Time: 7:00 AM

Location: [Fernwood Recreation Site](#)

Experienced Runners:

45-60 minute trail run. 4x hill sprints, run powerfully, with good form. Do Core (A) on your own after the run.

Newer Runners:

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

Tuesday, June 25, 2024

Time: 7:00 AM

Location: [Northridge High School](#)

Experienced Runners:

Short easy warm up. Dynamic drills. 4x wickets. 2-4x 30m flies. 4x strides, fast and smooth. 30 minute easy run. Bodyweight strength and hurdle mobility. Double to mileage if necessary.

Newer Runners:

Short easy warm up. Dynamic drills. 4x wickets. 2-4x 30m flies. 4x strides, fast and smooth. 30 minute easy run. Bodyweight strength and hurdle mobility.

New Runners:

Short easy warm up. Dynamic drills. 4x wickets. 2-4x 30m flies. 4x strides, fast and smooth. 15-30 minute easy run. Bodyweight strength and hurdle mobility.

Wednesday, June 26, 2024

Time: 7:00 AM

Location: [36th Street Trailhead \(Ogden\)](#)

Experienced Runners:

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

Newer Runners:

30-45 minute easy run. 2-4x strides, fast but smooth. Core (B) after practice with the team.

New Runners:

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

Thursday, June 27, 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:

30 minute easy run. 4x strides, fast but smooth. Bodyweight strength and plyometric workout.

Friday, June 28, 2024

Time: 7:00 AM

Location: N/A

All Runners:

USHAA Moratorium—no official team practice.

Saturday, June 29, 2024 (Long Run OYO)

Time: 7:00 AM

Location: OYO

Experienced Runners:

75-90 minute long run. Experienced boys can run together in groups and experienced girls can 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 40 minutes easy run.

Sunday, June 30, 2024

All runners rest and recover.