



"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 JULY 8-JULY 14, 2024

USHAA Moratorium is over and now the real work of the summer begins. Up to this point, we've been preparing ourselves to train. Now we'll start training in earnest. This means that we'll do at least one workout a week, we'll often have a long run with some faster miles, and we'll continue our strength and core training. Our first workout will be on Tuesday. Those who attended our long run at Sugarhouse Park on Saturday, July 6, 2024, heard me talk about how important it will be that we train on grass and hilly surfaces in our preparations for the season. Accordingly, many of our workouts will be run on grass and we'll do a number of hill workouts. This will make us strong and get us prepared to be competitive during the season. Here we go!

Monday, July 8, 2024

Time: 7:00 AM

Location: [Fernwood Recreation Site](#)

All Runners:

30-70 minute trail run. 4x hill sprints, run powerfully, with good form. Do Core (A) on your own after the run.

Tuesday, July 9, 2024

Time: 7:00 AM

Location: [Northridge High School](#)

All Runners:

Short easy warm up. Dynamic drills. 4x wickets. 2x strides, fast and smooth.

Workout:

2-4x 5 minutes @ threshold effort, 2 minute jog recovery.
5 minute jog recovery.
4x200M @ mile race pace, 90 seconds standing recovery
(NOTE: threshold reps will be run on grass loop; 200M reps will be run on the track)

Hurdle mobility
Cool down to mileage
Strength training in the weight room.

Wednesday, July 10, 2024

Time: 7:00 AM

Location: [Art Nord Trailhead \(Huntsville\)](#)

Varsity Runners:

60-75 minute trail run (loop course). 4x strides, fast but smooth. Core (B) after practice with the team.

Newer Runners:

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

Thursday, July 11, 2024

Time: 7:00 AM

Location: [Northridge High School](#)

All Runners:

Short easy warm up. Dynamic drills. 4x flying 30s. 2x strides, fast and smooth.

Workout:

5x 1 minute @ 3K race pace, 1 minute jog recovery.

5 minute jog recovery.

5-10 minutes @ threshold effort

(NOTE: 1 minute reps will be run on the track; threshold will be run on grass loop)

Hurdle mobility

Cool down to mileage

Bodyweight strength.

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Friday, July 12, 2024

Time: 7:00 AM

Location: [Weber River Trail](#)

All Runners:

Watchless run—assigned times and paces. 6x strides. Double to mileage if necessary. .

Saturday, July 13, 2024 (Long Run OYO)

Time: 7:00 AM

Location: OYO

All Runners:

45-90 minute long run. Experienced runners (barring injury concerns) should be at the longer end of the spectrum; newer runners at the shorter end). 25% of the run (measured by time or mileage, as you prefer) should be run @ SubT effort. It would be ideal if the route included rolling hills. Run in groups of with teammates of similar ability, if possible.

Sunday, July 14, 2024

All runners rest and recover.