



"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 15-JULY 21, 2024

Last week was a really solid week of training for many of you. We're going to keep going. I hope that you are feeling the strength that comes from even doing one or two harder workouts—it allows you to express the fitness you've been building over the first part of the summer. For those of you that really struggled during the workouts, don't worry, it will get better! As you become more fit, learn to pace properly, and just a little more use to the discomfort of a workout, you'll find them not to be so difficult...and that they can even be an enjoyable challenge! I'm proud of each of you for continuing to come out. Let's keep it going! **Please note that Friday's run will be in the EVENING, not in the morning!**

Monday, July 15, 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 16, 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:

4-8x 3 minutes @ threshold effort, 1 minute standing recovery.

5 minute jog recovery.

4x200M @ pace changes (mile race pace->800M race pace, shifting every 50 meters), 90 seconds standing recovery

(NOTE: all reps will be run on the track)

Cool down. Double as needed for mileage.

Strength training in the weight room.

Wednesday, July 17, 2024

Time: 7:00 AM

Location: [Oak Forest Park](#)

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 18, 2024

Time: 7:00 AM

Location: [Windsurfer Beach](#)

All Runners:

30-75 minute trail run (out and back course on South Skyline Trail). Breakfast, games, and swimming at the beach.

Bodyweight strength.

Friday, July 19, 2024

Time: 7:00 **PM**

Location: [Northridge High School](#)

All Runners:

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

Workout:

12-20x 400M @ threshold effort, 30 seconds jog recovery.
2 minute jog recovery.
4x100M step downs (mile race pace->800M race pace), 90 seconds standing recovery
(NOTE: all reps will be run on the track)

Cool down to mileage

Saturday, July 20, 2024 (Long Run OYO)

Time: OYO (start early or late!)

Location: OYO

All Runners:

45-90 minute long run. Standard long run pace (i.e., a little faster than totally easy running, but not SubT). It would be ideal if the route included rolling hills. Run in groups of with teammates of similar ability, if possible.

Sunday, July 21, 2024

All runners rest and recover.