



"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 JULY 22-JULY 28, 2024

I am starting to see real progress with many of our runners. I hope you are feeling it for yourself! Consistency is essential at this point in our training schedule. If you are out of town, I strongly urge you to keep with your training if at all possible. Training for distance running is like compound interest in that it builds cumulatively and generates a virtuous momentum. Interrupting that momentum – whether due to injury or just time off – is like putting the brakes on your progression. So, be diligent about your strength and core work and make sure you get your training in every day. If you do, you will be amazed at how you're able to progress!

Monday, July 22, 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 23, 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:

3-5x 5 minutes @ threshold effort, 2 minute jog recovery.

5 minute jog recovery.

4x200M @ 3K, 60 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 24, 2024

Time: 7:00 AM

Location: [Snowbasin](#)

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.

Optional: Deseret News 10K

Thursday, July 25, 2024

Time: 7:00 AM

Location: [Oak Forest Park](#)

All Runners:

Warmup and strides.

Workout:

5-8x 1 minute @ 3K race pace, 1 minute jog recovery.

2' jog recovery.

5-10 minutes @ threshold.

(NOTE: all reps run on grass)

Cool down; double as needed to mileage.

Bodyweight strength.

No workout for those who ran the Deseret News 10K.

Friday, July 26, 2024

Time: 7:00 AM

Location: [Weber River Trail](#)

All Runners:

Watchless run. Mileage and pacing to be sent out individually prior to practice. Breakfast at the Cowan's home after practice!

Saturday, July 27, 2024 (Long Run OYO)

Time: OYO (start early or late!)

Location: [Ogden Running Company](#)

All Runners:

45-90 minute team long run. 33% (i.e., 1/3) of the run should be at SubT effort. It would be ideal if the route included rolling hills.

Sunday, July 28, 2024

All runners rest and recover.