



"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 AUGUST 5-AUGUST 11, 2024**

It's hard to believe, but this is the final full week of summer training. Next week you'll start school AND we'll have our first meet. Our first meet will be the Pre-Region Meet at Layton Commons Park at 9:00 AM on August 14, 2024.

### **Monday, August 5, 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, August 6, 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:

8-20x 400 meters @ threshold effort, 100 meter jog recovery.  
5 minute jog recovery.

4x300M @ 3K -> mile effort, 100 meter walk recovery.

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

Cool down.

Strength training in the weight room.

### **Wednesday, August 7, 2024 (AM Session)**

**Time: 7:00 AM**

**Location: [Oak Forest Park](#)**

Camp Runners:

30 minute easy run. 4x strides, fast but smooth.

All Other Runners:

30-60 minute easy run. 4x strides, fast but smooth. Core (B) after practice with the team.

Wednesday, August 7, 2024 (PM Session—Camp Only)

Time: Afternoon, TBA

Location: Camp

Camp Runners:

30-45 minute easy double. Core (B) after practice with the team.

Thursday, July 25, 2024

Time: 6:30 AM (Camp), 7:00 AM

Location: Camp or [Layton Commons Park](#)

Camp Runners:

30 minute easy run.

All Other Runners:

30-60 minutes easy, 8x 100 meter strides run on grass at the park. Bodyweight strength workout after practice with the team.

Thursday, August 8, 2024 (PM Session—Camp Only)

Time: Afternoon, TBA

Location: [Oneida Narrows Road](#)

Camp Runners:

Short warmup. Dynamic drills and 2x strides.

Workout:

Mona Fartlek. Continuous fartlek, alternating between 3K effort and SubT

2x 90" @ 3K, 90" @ SubT

4x 1' @ 3K, 1' @ SubT

4x 30" @ 3K, 30" @ SubT

4x 15" @ 3K, 15" @ SubT

Cool down

*This is a hard workout, made harder by warm temperatures at camp! But it will help us consolidate our fitness gains over the summer and get us ready to run faster as we start the season. We need to come into this workout prepared to give our very best!*

**Friday, August 9, 2024**

**Time: 6:30 AM (Camp), 7:00 AM**

**Location: Camp or Weber River Trail**

Camp Runners:

Invitation only run/hike to Bloomington Lake. Other camp runners 30-60 minute easy run from camp.

All Other Runners:

30-60 minute easy run at Weber River Trail. 4x strides.

**Friday, August 9, 2024 (PM Session—Camp Only)**

**Time: 6:30 AM (Camp), 7:00 AM**

**Location: Camp or Weber River Trail**

Camp Runners:

No run for those who went to Bloomington Lake. Other runners, 30 minute easy run double. Bodyweight strength workout afterwards with team.

**Saturday, August 10, 2024 (Long Run OYO)**

**Time: 6:30 AM (Camp), OYO (start early or late!)**

**Location: OYO**

Camp Runners:

30-45 minute easy run from camp with 4x strides. OPTIONAL PM double for mileage.

Other 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, August 11, 2024**

All runners rest and recover.