



"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 12-AUGUST 18, 2024

School starts this week, and we have our first meet on Wednesday! Our first meet will be the Pre-Region Meet at Layton Commons Park at 9:00 AM on August 14, 2024. Because it's the first week of school, with all the new stresses associated with adjusting to a new schedule and new demands, we'll keep this week light other than the race on Wednesday and some sub-threshold miles during the long run on Saturday.

Monday, August 12, 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 13, 2024

Time: 7:00 AM

Location: [Northridge High School](#)

All Runners:

Short easy warm up. Dynamic drills. 4x wickets. 30-45 minute easy run followed by 8x 100M cut downs (5K effort → mile race effort).

No weight room after practice today because it is the day before a meet.

Wednesday, August 14, 2024

Time: 7:45 AM

Location: Layton Commons Park

All Runners:

Pre-Region Meet at Layton Commons Park. Girls race starts at 9:00 AM, boys race starts at 9:45 AM. Arrive at Layton Commons Park between 7:45 and 8:00 AM for course preview and warm-up. Run a cool down after the races. Runners can double to mileage.

Thursday, August 15, 2024

Time: 2:40 PM

Location: [Northridge High School](#)

Camp Runners:

Meet at the northeast corner of the track after the first day of school. 30-60 minute recovery run. Weight room after practice.

Friday, August 16, 2024

Time: 2:40 PM

Location: [Northridge High School](#)

Camp Runners:

45-60 minute easy run from the school. 4x strides, fast and smooth.

Saturday, August 17, 2024 (Long Run OYO)

Time: OYO (start early or late!)

Location: OYO

Other Runners:

45-90 minute 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 18, 2024

All runners rest and recover.