



"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 NOVEMBER 4, 2024-NOVEMBER 10, 2024

Our official competition season is over. This training is provided for athletes who are competing at Nike Cross Regionals (NXR) Southwest on November 23, 2024, together with any other runner who wants to continue to train with the team.

Monday, November 4, 2024 (19 days out from NXR)

Time: **3:30 PM**

Location: [Northridge High School](#)

All Runners:

Warm-up and run the Knight Mile, which is a mile time trail, as fast as you can. All runners cool down! NXR runners cool down to mileage.

NXR Runners:

Optional additional work:

2x 1600M @ T, 1 minute standing recovery.
1x 1600M @ 5K effort.
Hurdle mobility.

Tuesday, November 5, 2024 (18 days out from NXR)

Time: OYO

Location: OYO

NXR Runners:

Recovery run. Just run easy and get in your mileage.

Wednesday, November 6, 2024 (17 days out from NXR)

Time: OYO

Location: OYO

NXR Runners:

Easy run to your mileage. 4x hill sprints.

Thursday, November 7, 2024 (16 days out from NXR)

Time: 2:40 PM

Location: [Northridge High School](#)

NXR Runners:

Warmup. New dynamic drills. 2x strides.

Workout:

20 minute SubT fatigue
3x 1200M @ 5K effort

Cool down to mileage.
Hurdle mobility.

Friday, November 8, 2024 (15 days out from NXR)

Time: OYO

Location: OYO

NXR Runners:

Easy run to mileage.

Saturday, November 9, 2024 (14 days out from NXR)

Time: OYO

Location: OYO

NXR Runners:

Long run. Progression run. Progress from easy down to threshold effort over 60% of total long run volume.

Sample runs:

15 mile total run (16:00 5K), progress from easy to ~5:35 over 9 miles.

10 mile total run (20:00 5K), progress from easy to ~7:10 over 6 miles.

Sunday, October 27, 2024 (13 days out from NXR)

All runners rest and recover.