



"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 11, 2024-NOVEMBER 17, 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 11, 2024 (12 days out from NXR)

Time: OYO

Location: [Northridge High School](#)

NXR Runners:

Easy run to mileage. 4x hill sprints.

Tuesday, November 12, 2024 (11 days out from NXR)

Time: 2:40 PM

Location: OYO

NXR Runners:

Easy run to mileage. 4x strides.

Wednesday, November 13, 2024 (10 days out from NXR)

Time: OYO

Location: OYO

NXR Runners:

Warmup. Dynamic drills and strides.

Workout:

3200M SubT fatigue

1 minute standing rest

1600M @ 5K effort

3 minutes jog recovery

3x 300M @ 3K effort, 100M jog

4x 200M @ Mile effort, 200M jog

2x 150M @ 800M effort, 250M jog

3 minutes standing rest

1600 @ T

Cool down to mileage. Hurdle mobility.

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

Time: 2:40 PM

Location: [Northridge High School](#)

NXR Runners:

Recovery run.

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

Time: OYO

Location: OYO

NXR Runners:

Easy run + 4x strides.

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

Time: OYO

Location: OYO

NXR Runners:

Medium long run (no more than 10 miles for highest mileage runners, 6-8 miles for other runners. Incorporate 6-8x 30 second surges at random points during the run. Surges should be up to 3K effort (max).

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

All runners rest and recover.