



"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 18, 2024 (5 days out from NXR)

Time: OYO

Location: OYO

NXR Runners:

Easy run to mileage. 4x hill sprints.

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

Time: 2:40 PM

Location: [Northridge High School](#)

NXR Runners:

Warmup. Dynamic drills and strides.

Workout:

1600M SubT

Jog to grass

8x1 minute @ 3K, 1 minute jog (on grass)

Jog to track

1600M @ T

Cool down to mileage. Hurdle mobility.

Wednesday, November 20, 2024 (3 days out from NXR)

Time: OYO

Location: OYO

NXR Runners:

Get in a recovery run before or after your flight/car ride.

Thursday, November 21, 2024 (2 days out from NXR)

Time: TBD

Location: Somewhere in Arizona!

NXR Runners:

Warmup. Dynamic drills and strides.

Workout:

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

4x 200M @ Mile effort, 200M jog

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

Cool down to mileage. Hurdle mobility.

Friday, November 22, 2024 (1 day out from NXR)

Time: TBD

Location: Somewhere in Arizona!

NXR Runners (AM):

Easy run + 4x 200M gear changes.

NXR Runners (PM):

Course preview. Strides.

Saturday, November 23, 2024 (NXR!)

Time: TBD

Location: Toka Sticks Golf Club

NXR Runners:

NXR! Final race!

Sunday, November 24, 2024

We're done! All runners rest and recover.