



### BLOCK 1 (ALL RUNNERS): REST AND RECOVERY

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 (May 18-24)	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Week 2 (May 25-31)	Rest	Rest	Rest	Rest	Rest	Rest	Rest

We've included this as our first official training block because we believe it is that important. Running track and cross-country over the course of a year is extremely demanding physically and mentally. Athletes need to take a break, especially before beginning summer cross-country training, which as it transitions into the fall competition season, means close to six months of continuous, hard training. Starting with the end of outdoor track (which concludes on **Friday, May 9, 2025**, for junior high athletes, and **Saturday, May 17, 2025**, for returning high school athletes), we want our athletes to take a full break from training until we begin running as a team again on **Monday, June 2, 2025**.

This means that, to some extent, our athletes will "de-train," or lose fitness. This is a normal part of the training cycle and is essential for long-term growth, especially for younger athletes. Our bodies and minds need a break from the grind of training to fully recover physically and avoid burnout. If athletes continuously train out of a fear of losing fitness, they will ultimately end up injured and/or stagnate in their progression.

During the rest and recovery block, we would prefer our athletes do no running and engage in no structured aerobic training of any kind (i.e., don't cross train because you can't run!). Moderate bodyweight strength work is OK to do, but certainly not expected or required. Hiking and walking are great. Unstructured biking is also awesome. Field sports with friends **for fun** are great as well. Athletes should not be overly worried about their diet or dramatically reduce calories to account for a lower activity level. Just enjoy the break, and we'll all find ourselves itching to get back to running and training by the time we're ready to start.



## BLOCK 2: Form and Strength; Assessment; Preparation for Volume

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 (June 1-7)	Rest	NHS Team Breakfast by Coaches	NHS Form, Mechanics, & Strength + Games	WRT	NHS Form, Mechanics, & Strength + Games	OFP Breakfast and Games	LCP Team Long Run
Week 2 (June 8-14)	Rest	FW	NHS Form, Mechanics, & Strength + Games	WRT Captain Led*	NHS <sup>1</sup> Form, Mechanics, & Strength + Games	Nicholl's Hollow	OYO Long Run Captain Led*
Week 3 (June 15-21)	Rest	MP	NHS Form, Mechanics, & Strength + Games	WRT Captain Led*	NHS <sup>2</sup> Form, Mechanics, & Strength + Games	OFP Breakfast and Games	Jeremy Ranch** Team Long Run Carpool from NHS
Week 4 (June 22-28)	Rest	FW Captain Led*	NHS <sup>3</sup> Form, Mechanics, & Strength + Games	36th Street	Scav. Hunt <sup>4</sup> Strength After Practice	No Practice USHAA Moratorium	No Practice USHAA Moratorium
Week 5 (June 29-July 5)	Rest	No Practice USHAA Moratorium	No Practice USHAA Moratorium	No Practice USHAA Moratorium	No Practice USHAA Moratorium	OYO <sup>5</sup> 4th of July 5K	SHP** Team Long Run/Breakfast Carpool from NHS

### Abbreviations:

NHS (Northridge High School)  
OFP (Oak Forest Park)  
WRT (Weber River Trail)  
SHP (Sugarhouse Park (SLC))  
MP (Mueller Park (Bountiful))

NOTE: Monday, Wednesday, and Saturday runs are optional for all new athletes.

**Note:** All runs start at 7:00 AM unless otherwise indicated.

\* Team captains will run the practice. A coach will be present.

\*\* Meet at NHS @ 6:30 AM to carpool to training location.

<sup>1</sup> 400M-800M time trial.

<sup>2</sup> 800M-1600M time trial.

<sup>3</sup> Hunger games.

<sup>4</sup> Scavenger hunt. Locations TBA.

<sup>5</sup> 4th of July 5K/time trial.

Many of our athletes are new to athletics, generally, and to distance running, specifically. Running fast and efficiently is a skill that requires practice, in addition to aerobic fitness. We think it would be valuable for our athletes to have a significant block of training time dedicated to instruction on proper running form and technique. Accordingly, from the start of the first practice through the UHSAA Moratorium on June 30, we will devote two days each week (Tuesday and Thursday) to instruction and practice on form and mechanics. This is for **ALL** runners. We will make sure these practices are valuable and fun for runners of all levels. We will have sufficient coaches present to make sure the time is well spent.

Our goal is to introduce our new athletes to athletic positions and proper general running mechanics, not to drastically change each individual's self-selected style. Our hope is that, by investing this time early on, it will set the stage for our athletes to run efficiently, injury free, and with a greater capacity for speed and development. Monday, Wednesday, and Fridays will continue to be standard team distance runs.

In addition to the first practice on Monday, June 2, 2025, new runners should plan on attending practices on Tuesday, Thursday, and Friday. Monday, Wednesday, and Saturday practices are optional. Experienced runners should plan on attending each scheduled day during the week when in town. During this period and throughout our entire season, all runners should place special emphasis on **NEVER** running sloppily or with bad form, no matter how hard or light the effort, fast or slow the pace, or variable the terrain.

For all runners, in addition to dedicated form and mechanical work, the goal for our first four weeks of summer training is simply to establish training consistency, gradually increase training volume, introduce some fundamental auxiliary training components (e.g., strides and hill sprints), and to get athletes used to strength and core work. Returning athletes will generally start the summer at around 60% of their maximum mileage for the prior XC or track season and build to 80% of goal volume for the season by the end of the block. New runners will start slowly, based on their fitness and experience level, with a focus on building up to running at least 5 days a week rather than focusing on mileage.

Starting with the very first practice, all runners will do form drills, strides, and hill sprints. These auxiliary training components help develop athleticism and mechanical efficiency and a familiarity with athletic positions. We will spend a relatively significant amount of time teaching these training components to our athletes. Without the development of mechanical efficiency in their running, our athletes will be unable to fully express their aerobic fitness in a race.

*NOTE: During the UHSAA Moratorium from June 27, 2025, through July 3, 2025, high school athletic times are not allowed to hold official practices. Although we are a club team, we will respect this rule. Runners may continue to train on their own during this time and may self-organize group training runs if they wish. Optional training volumes will be provided.*

The goal by the end of this block is to have all athletes (i) having fun with the team, (ii) be injury free and ready to run consistently (i.e., 4-5 days a week for new athletes and 5-6 days per week for experienced athletes), (iii) training with a focus on running efficiently and with good form. This will place us in a position to begin focusing on aerobic development in earnest after the UHSAA Moratorium.



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### BLOCK 3: Beginning Aerobic, Speed, and Strength Development

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 6 (July 6-12)	Rest	FW Captain Led*	NHS Weights After Practice	WRT <sup>1</sup>	NHS Strength After Practice	ANT** Carpool from NHS @ 6:30 AM	LCP Team Long Run
Week 7 (July 13-19)	Rest	FW Captain Led*	NHS Weights After Practice	WRT Captain Led*	Pineview Day	NHS Evening Workout Under Lights	OYO Long Run Captain Led*
Week 8 (July 20-26)	Rest	FW Adams Canyon Waterfall	NHS Weights After Practice	WRT (AM) Captain Led* Camp Lomondi (PM)	XC Camp Camp Lomondi (All Day)	XC Camp Camp Lomondi (All Day)	XC Camp Camp Lomondi (AM)
Week 9 (July 27-Aug 2)	Rest	FW Captain Led*	NHS Weights After Practice	WRT <sup>1</sup>	NHS Strength After Practice	Nicholl's Hollow Coach Catch Breakfast/Games	OYO Long Run Captain Led*
Week 10 (Aug 3-9)	Rest	FW Captain Led*	NHS Weights After Practice	WRT Captain Led*	SNB** Carpool from NHS	OFP Breakfast and Games	Morgan Valley Team Long Run

#### Abbreviations:

ANT (Art Nord Trailhead (Huntsville))  
FW (Fernwood Recreation Site)  
LCP (Layton Commons Park)  
NH (Nicholl's Hollow)  
NHS (Northridge High School)

OFP (Oak Forest Park)  
OYO (On Your Own)  
SHP (Sugarhouse Park (SLC))  
SNB (Snowbasin)  
WRT (Weber River Trail)

**Note: All runs start at 7:00 AM unless otherwise indicated.**

\* Team captains will run the practice. A coach will be present.

\*\* Meet at NHS @ 6:30 AM to carpool to training location.

<sup>1</sup> Watchless run.

The goals for the second half of our summer training are to **have even more fun(!)**, maintain or slightly increase training volume, start focused aerobic development through moderate intensity workouts, and to begin more focused speed & strength development. At the start of this training block, runners will likely be at more than 80 percent of their anticipated peak volume for the year. The entire team will meet together 5 days a week (*i.e.*, no different training for new runners). Organized Saturday runs will continue at least every other week on average. At this point, most runners (if uninjured) should be training 5-6 days a week.

We will continue strength training twice each week during this time. Our goal in the weight room is not to put on muscle mass, which, in any event, is hard to do when athletes are doing substantial aerobic training. We are trying to develop athletic coordination, injury resilience, and the strength in the lower limbs and core necessary to hold form over the course of a hard race. If athletes cannot join us in the weight room, we expect that they will do these sessions on their own. We will also continue to do a bodyweight strength/plyometric workout one day a week, which will occur immediately after the conclusion of practice. While the first weeks of strength training were primarily to get athletes familiar with the movement patterns and develop good form, during the second half of the summer the goal will be progression, whether in weight or number/quality of reps. We will also continue our core training.

Running workouts will involve principally aerobic workouts. The structure will generally be alternating between two to three workouts per week. One week we will have two weekday workouts, which will be moderate in intensity and aerobically-focused. The Saturday long run will be run at an easy effort. The alternating week will involve one weekday aerobically-focused workout, one short speed development session, and a long run with some aerobic quality component. Some weeks will require adjustment from this general schedule. We will continue to do strides and hill sprints. A main emphasis during this period will be on runners learning how to manage their effort correctly during the aerobic workouts.

This training block will include the second half of a week spent at our team cross-country camp (from the 23rd to 26th of July). If we've managed our training correctly, athletes should be prepared to gradually add intensity as we start the season.

### STANDARD NRXC TRAINING LOCATIONS

- A. Northridge High School ([Google Pin](#)). Meet outside of "D Building." (the southeasternmost building)
- B. Oak Forest Park ([Google Pin](#)). Meet at the picnic shelter in the small parking lot directly to the East of the park (*i.e.*, not the church parking lot to the south).
- C. Weber River Trail ([Google Pin](#)). Centennial Trailhead by the toll road in South Weber.
- D. Fernwood Recreation Site ([Google Pin](#)). Meet at the upper parking lot near the main trailhead.
- E. Nicholl's Hollow ([Google Pin](#)). Meet at the upper parking lot (the lot closest to the castle park).
- F. Layton Commons Park ([Google Pin](#)). Meet at the picnic shelter near the duck statues at the south end of the park.

### Other Summer Meeting Locations

- A. Ogden Running Company ([Google Pin](#)). Meet at the north end of the parking lot for Ogden Running Company off Washington Blvd. in Ogden.
- B. Jeremy Ranch Road ([Google Pin](#)). We will meet at NHS to carpool. We will run on Jeremy Ranch Road starting from the Morgan side, which is just past East Canyon before you go up Big Mountain Pass towards Emigration Canyon.
- C. 36th Street Trailhead ([Google Pin](#)). Near Weber State University in Ogden.
- D. Sugarhouse Park ([Google Pin](#)). We will meet at NHS to carpool. This is in Salt Lake City, just north of the 1300 East exit off I-80, and is the location of the State Championship XC Meet. We will preview the course and run around the park.
- E. Art Nord Trailhead ([Google Pin](#)). We will meet at NHS to carpool. Art Nord Trailhead is at the gate where Old Snowbasin Road is blocked off to traffic.
- F. Coldwater Canyon ([Google Pin](#)). We will meet at NHS to carpool. We will start running at the 2750 North Trailhead in North Ogden.

- G. **Snowbasin** ([Google Pin](#)). We will meet at NHS to carpool. We will meet in the parking lot near the Maples Trailhead at Snowbasin Resort.
- H. **Pineview** ([Google Pin](#)). We will meet at Windsurfer Beach.
- I. **Morgan Valley Loop** ([Google PIN](#)). We will meet at the large parking lot off the Peterson Exit on Highway 84 near Mountain Green.