



Coach Bentley, Coach Hutchinson, Coaches Hazard, Coaches Tueller, and Coach Shelley  
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### **RUNNING TRAINING FOR WEEK OF JUNE 16-JUNE 22, 2025**

By the end of our second week of training each summer, we should be starting to get into the swing of things – and we are. I thought our Tuesday and Thursday practices this past week were much more efficient. This week we'll have the first of three time trials before we start workouts in earnest after the 4th of July. The time trial will be on Tuesday, and it should be fun for our athletes. We also have a team long run at Jeremy Ranch Road on Saturday that I would like ALL athletes to attend if available. There will be breakfast on Friday after practice AND after our team long run on Saturday. Other than that, it's a standard week. **See you at Fernwood on Monday (PLEASE NOTE THIS IS A CHANGE FROM THE ORIGINAL SCHEDULE—WE WILL NOT BE RUNNING AT MUELLER PARK)!**

#### **Monday, June 16, 2025**

**Time: 7:00 AM**

**Location: [Fernwood Recreation Site](#)**

All Runners:

30-60 minute easy run. 4x hill sprints (8-12 seconds), run powerfully with good form (full recovery).

#### **Tuesday, June 17, 2025**

**Time: 7:00 AM**

**Location: [Northridge High School](#)**

All Runners:

400-800M easy warm up on the track (5 minutes).

Mrytl hip routine as a team (8-10 minutes).

Form rotation stations (32 minutes totals, 8 minutes each):

- Wickets (full recovery) (Coach Tueller)
- Hill Sprints (full recovery) (Coach Shelley)

Workout:

- 400M time trial

Finish in the weight room (30-45 minutes)

#### **Wednesday, June 18, 2025**

**Time: 7:00 AM**

**Location: [Weber River Trail](#)**

All Runners:

30-60 minute easy run. Practice led by team captains.

#### **Thursday, June 19, 2025**

**Time: 7:00 AM**

**Location: [Northridge High School](#)**

All Runners:

400-800M easy warm up on the track (5 minutes).

Mrytl hip routine as a team (8-10 minutes).

B-Skip Introduction (Coach Bentley)

Form rotation stations (32 minutes totals, 8 minutes each):

- Wickets (full recovery) (Coach Bentley)
- Hill Sprints (full recovery) (Coach Hazard)

Workout (30-45 minutes):

- Circuit workout as assigned by Coaches Tueller & Shelley

Hurdle mobility after practice.

**Friday, June 20, 2025**

**Time: 7:00 AM**

**Location: Oak Forest Park**

All Runners:

Core as a team. 30-60 minute easy run. Breakfast and games following practice

**Saturday, June 21, 2025 (Team Long Run)<sup>1</sup>**

**Time: Meet at 6:30 AM at Northridge High School**

**Location: Jeremy Ranch Road**

All Runners:

20-75 minute long run. Standard long run pace. Breakfast and presentation following the run. Families are welcome to attend and run/hike along the road as well. Please note that there is no cell service along the road except the last 2 miles closest to Park City.

**Sunday, June 22, 2024**

All runners rest and recover.

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<sup>1</sup> **NOTE:** All runners should attend this run.