



Coach Bentley, Coach Hutchinson, Coaches Hazard, Coaches Tueller, and Coach Shelley
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RUNNING TRAINING FOR WEEK OF JUNE 23-JUNE 29, 2025

This is our last week before the UHSAA Moratorium, and it's jam packed with lots of fun stuff. We'll start off as normal at Fernwood on Monday. This will be a captains led practice. Tuesday, we'll be at Northridge as usual, but we'll have a (pleasant) surprise for those who attend. Wednesday will be a team trail run from the 36th Street trailhead in Ogden, with varying distances depending on athlete experience and preparation. Thursday will be our team scavenger hunt at a TBA location. Friday and Saturday, there is no required team practice (because Coach Bentley mis-calendared the USHAA Moratorium), but Coach Bentley will be leading practices from the Ogden Running Company and Nicholl's Hollow on those days for those who wish to attend. **Regardless of whether they attend team practice on those days, all runners should get their normal training in!**

Monday, June 23, 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). Practice led by team captains.

Tuesday, June 24, 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 (5-8 minutes).

Rotation stations (24 minutes totals, 8 minutes each):

- B-Skips (Coach Bentley)
- Wickets (full recovery) (Coach Tueller)
- Hill Sprints (full recovery) (Coach Shelley)

Workout:

- TBA

Finish in the weight room (30-45 minutes)

Wednesday, June 25, 2025

Time: 7:00 AM

Location: [36th Street Trailhead \(Ogden\)](#)

All Runners:

30-60 minute trail run. There will be 2.5 mile, 4 mile, and 6 mile routes.

Thursday, June 26, 2025

Time: 7:00 AM

Location: TBA

All Runners:

Team scavenger hunt + bodyweight strength.

Friday, June 27, 2025

Time: 5:30 PM

Location: [Ogden Running Company](#)

All Runners:

This is an optional team practice due to Coach Bentley's failure to calendar correctly. Dress for warm weather and a river soak after our run! ***HOWEVER, even though this is an optional TEAM practice, running is not optional. Athletes need to get in their training, wherever they are!***

Saturday, June 28, 2025 (Long Run)

Time: 7:00 AM

Location: [Nicholl's Hollow](#)

All Runners:

Again, this is an optional team practice due to Coach Bentley's failure to calendar correctly. But athletes need to get in their training as normal!

20-75 minute long run. Standard long run pace. All are welcome to attend and run routes of different distances. Athletes going into 7th and 8th grade are not expected to attend Saturday long runs (though they are always welcome!).

Sunday, June 29, 2025

All runners rest and recover.