



Coach Bentley, Coach Hutchinson, Coaches Hazard, Coaches Tueller, and Coach Shelley
coaches@northridgexc.com

RUNNING TRAINING FOR WEEK OF JULY 7-JULY 13, 2025

With the UHSAA Moratorium and the 4th of July holiday in our rear view mirror, this marks our slow transition from building running consistency and base miles into workouts in preparation for competition. We'll have our first workout this week. ***I keep saying, but I will repeat it since it is vital to understand – what will separate runners who have successful fall season and those who have disappointing fall seasons is consistent work during the summer and fall.*** Regardless of where you are, you can get your miles in if you're willing to prioritize it. I urge those of you who want to really find out what you can do in this sport, or who are just curious about it, to "experiment" on this principle and be consistent during the rest of the summer. If you do, you will surprise yourself with your progress. With that said, let's jump into the training!

Monday, July 7, 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, July 8, 2025

Time: 7:00 AM

Location: [Northridge High School](#)

All Runners:

800M easy warm up on the track.

Mrytl hip routine as a team.

**Wednesday,
July 9, 2025**

Dynamic stretches:

- Side shuffles
- Hamstring scoops
- A-skips
- B-Skips (Coach Bentley)
- Carioca
- High knees

Wickets:

2x Wickets to stride

Workout:

- Change into spikes
- 4x 30M flies, full recovery in between (spikes)
- Full recovery (change into workout shoes)
- 4-16x(30/60/90 seconds, 30 seconds recovery) (workout shoes)
- Full recovery (change into spikes)
- 2-4x 150M (@ 1600M effort) (spikes)

Finish in the weight room (30-45 minutes)

Time: 7:00 AM

Location: [Weber River Trail](#)

All Runners:

Watchless run. Distances and paces to be assigned by coach the night before. 4x gentle strides.

Thursday, July 10, 2025

Time: 7:00 AM

Location: [Antelope Drive Park & Ride](#)

All Runners:

Maxine Drive Hill repeats + SubT (400M to 1600M). Cool down to mileage.

Friday, July 11, 2025

Time: 7:30 AM

Location: [Art Nord Trailhead](#)

(Meet at 6:45 at NHS to carpool)

All Runners:

Trail run from Art Nord Trailhead in Huntsville. We will run either out and back on the trail or in a loop that finishes through Ice Box Canyon. Treats afterwards!

Saturday, July 12, 2025 (Long Run)

Time: 7:00 AM

Location: [Layton Commons Park](#)

All Runners:

30-75 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!). Treats afterwards!

Sunday, July 13, 2025

All runners rest and recover.