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RUNNING TRAINING FOR WEEK OF JULY 14-JULY 20, 2025

We are in the thick of summer training now! With a busy week behind us, and a couple of busy weeks ahead, *now is an essential time for athletes to be consistent, hit their mileage goals, maintain their mobility and strength work, and do the myriad other little things that will help them maximize their opportunities for success this coming fall.* This week, we have our team Pineview Day on Thursday, and our first of three workouts under the lights on Friday. It will be busy and fun! For the most part, I am happy with where our team is at right now, and I am **very** happy with the consistency that many of our runners are showing – especially some of our younger runners, who are building good habits...let's keep it going!

Monday, July 14, 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 15, 2025

Time: 7:00 AM

Location: [Northridge High School](#)

All Runners:

800M easy warm up on the track.

Mrytl hip routine as a team.

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)
- 5-20x(300M @ T, 100M jog recovery) (workout shoes)
- Full recovery (change into spikes)
- 2-4x 150M (@ 1600M effort) (spikes)

Finish in the weight room (30-45 minutes)

Wednesday,
July 16,
2025

Time: 7:00 AM

Location: [Weber River Trail](#)

All Runners: 30-60 minute easy run. Distances and paces to be assigned by coach the night before. 4x **gentle** strides.

Thursday, July 17, 2025

Time: 7:00 AM

Location: [Windsurfer Beach](#)

All Runners: 30-60M trail run from Windsurfer Beach at Pineview Reservoir. 4x strides. Swimming at Pineview to follow.

Friday, July 18, 2025

Time: 7:00 **PM**

Location: [Northridge High School](#)

All Runners: Evening workout under the lights. Michigan (or modified Michigan).

Saturday, July 19, 2025 (Long Run)

Time: TBD by Captains

Location: TBD by Captains

All Runners: 30-75 minute long run, location and time TBD by team captains. **EASY** 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, July 20, 2025

All runners rest and recover.