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RUNNING TRAINING FOR WEEK OF JULY 28-AUGUST 3, 2025

Well, with our team camp in the rear view mirror, and just over two weeks until our first race of the season, it's time to buckle down and be focused and consistent. This week will be a standard training week, with the exception of another watchless run on Wednesday, and Coach Catch (a highlight of the summer) on Friday! We may also provide an optional long run from through Coldwater Canyon on Saturday, but I will announce more about that during the first half of this week.

Monday, July 28, 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 29, 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)
- 3-10x (600M @ T, 200M jog 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.

Wednesday,
July 30,
2025

Thursday, July 31, 2025

Time: 7:00 AM

Location: [Oak Forest Park](#)

All Runners:

Easy warm-up.

Mrytl hip routine as a team

Dynamic stretches:

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

2x strides

Workout:

- 4-8x Joni drive hill repeats
- 1 mile SubT
- 4x 150m @ 1600M effort

Bodyweight strength workout

Friday, August 1, 2025

Time: 7:00 AM

Location: [Nicholl's Hollow](#)

All Runners:

Coach catch!

Saturday, August 2, 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 *OR Coldwater Canyon option (TBD)*. **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.