

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM		Group A Hill Work Group B Transitions Group C Easy Run	Group A Easy Run Group B Hill Work Group C Transitions	Group A Transitions Group B Easy run Group C Hill work	Morning practice Easy run all	
9:00 AM		7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast Competition-The Ben Perky Mile
10:15 AM		Distance Technique work	Hurdle drills		Technical Session race formations	
11:30 AM	Check In - 12:00 PM	Lunch Time till 1:30 In room down time	Lunch Time till 1:30 In room down time	Lunch Time Intensity Camps		Check Out- 12:00 PM
2:00 PM	training logs for campers ORIENTATION Rules of Camp	2:00 pm Body Care and event specific Julie Fisher	2:00 PM small groups	Lecture: Post High School Running		
3:15 PM	Warm up and Group Stretch Workout	sample fartlek strides and drills Workout	Sample steady state Workout	Easy run Workout	Workout	
5:30 PM	Dinner 5-7	Dinner 5-7	Dinner 5-7	Dinner 5-7		
7:30 PM	Lecture- Goal Setting	Volleyball	Panel Discussion	Lecture -team unity, coach-ability		
9:00 PM	Scavenger Hunt Following lecture Ghost story in Lobby	Ghost story in Lobby	Ghost story in Lobby	Skits Ghost story in Lobby	Ghost story in Lobby	
10:30 PM	Room check	Room check	Room check	Room check	Room check	