

Typical Schedule

Our schedule varies based on what new programming elements (speakers/activities) we add each year. However, this offers a general look at the breakdown of our week at camp. All campers and coaches will receive a more detailed final schedule prior to the start of camp.

Monday August 2nd

12:00 – 3:00	Check In
3:30 – 4:15	Welcome/ Staff Introduction/ Rules Overview
4:30 – 6:00	Afternoon Run
6:00 – 7:30	Dinner
7:45 – 8:30	Education Session
8:45 – 9:30	Team Meetings/Goal Setting
9:30 – 10:30	Rest and Relaxation
10:30	Room Check
10:45	Lights Out

Tuesday August 3rd & Wednesday August 4th

6:45	Wake Up
7:00	Light Stretch
7:20 – 8:15	Morning Run and Creek Soak
8:15 – 9:30	Breakfast
9:30 – 10:45	Relaxation and Morning Motivation
10:45 – 11:45	Core Strength/ Injury Prevention Drills/ Running Drills
12:00 – 1:00	Lunch
1:00 – 4:00	Rest and Relaxation
4:00 – 6:00	Afternoon Run and Creek Soak
6:00 – 7:30	Dinner
7:45 – 8:30	Team Meetings/Goal Setting
8:30 – 10:30	Rest and Relaxation
10:30	Room Check
10:45	Lights Out

Wednesday August 4th

6:45	Wake Up
7:00	Light Stretch
7:20 – 8:15	Morning Run and Creek Soak
8:15 – 9:30	Breakfast
9:30 – 10:45	Relaxation and Morning Motivation
10:45 – 11:45	Core Strength/ Injury Prevention Drills/ Running Drills
12:00 – 1:00	Lunch
1:00 – 4:00	Rest and Relaxation
4:00 – 6:00	Afternoon Run and Creek Soak
6:00 – 7:30	Dinner
7:45 – 8:30	Team Meetings/Goal Setting

8:30 – 10:30 Rest and Relaxation
10:30 Room Check
10:45 Lights Out

Thursday August 5th

6:45 Wake Up
7:00 Light Stretch
7:20 – 8:15 Morning Run and Creek Soak
8:15 – 9:30 Breakfast
9:30 – 10:45 Relaxation and Morning Motivation
10:45 – 11:45 Core Strength/ Injury Prevention Drills/ Running Drills
12:00 – 1:00 Lunch
1:00 – 2:15 Education Session
2:15 – 3:00 Rest and Relaxation
3:00 – 5:00 Ridge Run and Creek Soak
5:00 – 8:00 Dinner/ Speaker/ Large Group Function
8:15 – 9:00 Team Meetings/Goal Setting
9:00 – 10:30 Rest and Relaxation
10:30 Room Check
10:45 Lights Out

Friday August 6th

6:45 Wake Up
7:00 Light Stretch
7:20 – 8:00 Morning Run
8:00 – 8:30 Core Strength/ Injury Prevention Drills/ Running Drills
8:45 – 10:00 Breakfast
10:15 – 11:45 Pack/ Clean/ Shower
11:45 – 12:45 Lunch and Closing Thoughts
12: 00 – 3:00 Check Out