

PROPOSED ITINERARY IS SUBJECT TO CHANGE

**Thursday July 24<sup>th</sup>**

5:00pm – 6:00pm Check-in, cabin assignment, settle into cabin  
6:00pm Group meeting, introduction, rules  
Group running game (Goofy relays)  
2 mile Time trial  
clean-up for supper  
supper (baked potato & salad)  
speaker (TBA)  
I'm not afraid to run in the dark RUN (are you?)  
11:00pm Showers/clean-up  
LIGHTS OUT

**Friday July 25<sup>th</sup>**

5:30am Wake-up call  
6:00am Daylight run (Endurance or distance run)  
Running game (Sandbag run)  
Devotion  
Clean-up for breakfast  
9:00am Breakfast (eggs & toast or cereal/orange juice)  
Rest time  
10:00am Guest speaker (TBA) (XC Coach Doug Pinkerton from Delta State University)  
Second run (Guess your time)  
Running game (Pack, pace, and passing practice)  
Clean-up for lunch  
12:00pm Lunch (sub style sandwich with chips) Tea/water/Gatorade  
Rest time  
2:00pm Guest speaker (Clay Wall on running mechanics part 1)  
2:30pm Break/snacks  
3:00pm Guest speaker part two (Clay Wall on running mechanics part 2)  
3:30pm Free time (Swim/Boat/ Rest/Basketball/volleyball/hang out)  
5:00pm Running games (mechanics test)  
6:00pm Trail run (arm intervals)  
7:00pm Clean-up for supper  
Supper (Pasta/bread/tea)  
Free time  
9:00pm Everyone in cabin  
10:00pm Lights out

**Saturday July 26<sup>th</sup>**

6:00am Wake-up call  
6:30am First run (Endurance or distance run)  
Running game (Bound-a-round)  
Devotion  
Clean-up for breakfast  
9:00am Breakfast (Pancakes & eggs or cereal + orange juice)  
Rest time  
Team building skills  
Second run (Treadmills, pace line, or Indian run)  
Clean-up for lunch  
12:00pm Lunch (sub style sandwich with chips & Tea/water/Gatorade)  
Free time (Swim/Boat/ Rest/Basketball/volleyball/hang out)  
2:00pm Guest speaker (TBA) (Dr. Harry Durgin on injury prevention)  
2:45pm Ropes course & zip line  
5:00pm Shower, pack & clean cabin  
Last meal (pasta/bread/tea)  
Group meets in dinning hall for closing remarks  
6:30pm Departure (NOW HIGH SCHOOL XC SEASON HAS STARTED!)

**Snacks of trail mix and granola bars to be provided at all times, as well as water and Gatorade!**