

## Schedule for Running Camp

### Monday

- Introduction & over view of the day - 45 min
- Stretching (Carlie Skellington) -30 min
- Go for a run -20 min
- Stretch- 20 min
- Drinks & snack bars - 5 min

### Tuesday

- Review names & over view of the day - 10 min
- \*Nutrition talk or Princeton running company- 1 hr
- Stretch- 20 min
- Run - 20 min
- Stretch- 20 min
- Drink & snack- 5 min

### Wednesday

- Day over view- 2 min
- \*Nutrition talk or Princeton running company- 1 hr
- Stretch- 20 min
- Run - 20 min
- Stretch- 20 min
- Drink & snack- 5 min

### Thursday

- Day over view- 2 min
- \*Nutrition talk or Princeton running company- 1 hr
- Stretch- 20 min
- Run - 20 min
- Stretch- 20 min
- Drink & snack- 5 min

### Friday

- Day over view- 2 min
- Introduce Allison- 1 min
- Race Strategies- 30 min
- Stretch- 20 min
- Run - 20 min
- Stretch- 20 min
- Drink & snack- 5 min
- Present Certificates