

# CAPON RIDGE CROSS COUNTRY CAMP 2022

## CAMP SCHEDULE

**MORNING RUNS:** The morning run will usually be a light run with stretching.

**AFTERNOON RUNS:** The afternoon runs will include longer distance runs, introductions to tempo runs, fartleks, hill running, and other modes of training. Speed and form drills will be introduced, as will general strength exercises. There will be videotaping and analysis done during these periods.

**FREE PERIODS:** This time will be open to the campers for whatever activities they choose to do. Options include nap time, pool time, beach volleyball, flag football, etc.

**EVENING EVENTS:** The evening events will be fun for each camper. Each night will be a different event such as a group skit night, lipsync battles, and a dance, etc.

**MEALS:** The nutritious, runner-friendly meals are prepared by a chef with over 25 years in the restaurant industry.

**STORE:** There will be a camp store open a few times daily with a variety of snacks and drinks. There will also be a running specialty store on the final day with a variety of running needs for the upcoming XC season, including training shoes, spikes and apparel.

## DAILY SCHEDULE

### FIRST DAY (Sunday, July 17)

1:00pm – 3:00pm Registration  
4:00pm Welcome  
6:00pm Dinner  
7:30pm Evening Session

1:30pm Session II  
2:45pm Free  
3:45pm Afternoon Run  
6:30pm Dinner  
8:00pm Evening Event  
11:00pm Lights Out

### TYPICAL DAY (Monday-Thursday)

7:00am Wake Up  
7:15am Morning Run  
8:30am Breakfast  
9:00am Free  
10:30am Session I  
12:30pm Lunch

### FINAL DAY (Friday, July 22)

7:00am Wake Up  
7:15am Morning Run  
8:30am Breakfast  
9:30am Closing  
10:00am – 11:00am Check Out