



JULY 8TH - 12TH

HIGH SCHOOL TEAM CAMP



MONDAY - FRIDAY 7-8:30AM

SESSION SCHEDULE

7-7:25 Warm-Up

7:30-8 Workout

8:05-8:30 Cool-Down

25\$ PER ATHLETE
4 TEAM LIMIT RSVP NOW!

PRACTICE DETAIL

Monday : Medium long run (2-3 course loops)

Tuesday : Tempo (1.5mi tempo)

Wednesday : Hills / Repeats

Thursday : Pre Meet (shakeout run)

Friday : Practice Meet (1 course loop)

OTHER INFORMATION

Teams will receive a shirt on the final day of the camp. Our booster club will also treat athletes to a snack and drinks on the final day. Athletes should bring their own water for the daily practices.

