

Craftsbury Running Camp
All Comers Week: July 21-27, 2019

Sunday, 7/21	Arrival Day
4:00pm	Campus tour and 30-min easy shake-out run. Optional jump in Big Hosmer!
5:45-6:30	Cider, Wine, & Cheese social
6:30-7:30	Dinner
7:45-8:30	Welcome Meeting: Introductions and review schedule
8:30	Social time
10:00	Quiet hours begin
Monday, 7/22	Yoga, Hill Workout, & Training Principles
6:30am	Easy 30-min morning run
7:30-8:30	Morning Yoga
8:30-9:30	Breakfast
9:30-11:00	Free time – relax, read, shower, kayak, puzzles, etc.
11:00-12:15	Biathlon Clinic
12:30-1:30pm	Lunch
1:45	Vans depart for Greensboro
2:00-3:00	Visit to Willey's General Store
3:00-4:30	Hill workout at Barr Hill
5:30	Free time
6:30-7:30	Dinner
7:30-8:30	Training Principles Lecture
10:00	Quiet hours begin
Tuesday, 7/23	Interval Training, Jeff Johnson, & Evening Run
7:00-8:00am	Light breakfast
8:30	Trip to Morrisville track for interval workout and 4x400 relay. Video for form analysis will be taken. Be sure to pack a snack!
12:00pm	Vans return to Center
12:30-1:30	Lunch
2:00-3:00	Q&A with Jeff Johnson, Employee #1 at Nike!
3:00	Free time – relax, nap, take a boat out on the lake, massage, etc.
5:00	Meet for optional evening run or warm-up for Community Tuesday Night Race! Race at 6pm on COC trails.
6:30-7:45	Dinner
7:45-8:15	Endurathon briefing with Heidi
8:15	Social time
10:00	Quiet hours begin
Wednesday, 7/24	Endurathon Day!
8:30	Breakfast. Pack lunches and snacks!!
9:15	Bikers depart for Irasburg, vans to follow. Hike Mount Pisgah, run along Lake Willoughby, optional swim in Lake Willoughby, lunch and watermelon, ice cream at Willoughby Lake Store, vans to Irasburg, bike back to Craftsbury. Woot woot!
6:30-7:30pm	Dinner
7:30	Social time – relax & put your feet up!
10:00	Quiet hours begin

Thursday, 7/25 RECOVER-a-thon Day!
6:30am Easy 30-min morning run
7:30 Strength training session
8:30-9:30 Breakfast
9:30-10:45 Injury Prevention Workshop
11:00-12:15 Video Review
12:30-1:30pm Lunch
1:30-3:00 Individual coaching sessions & free time
3:30 Easy run or optional Fartlek workout to Black River swim hole for a (n)ice soak!
5:30-6:30 Restorative Yoga
8:00 T-shirt exchange!
10:00 Quiet hours begin

Friday, 7/26 Ridge Run, Nutrition Workshop, & Campfire
6:00am Sunrise ridge run – the most beautiful run in VT!
8:30-9:30 Breakfast
9:30-11:00 Individual coaching sessions & free time
11:00-12:30 Nutrition Workshop
12:30-1:30pm Lunch
2:00 Vans depart for field trips: Hill Farmstead Brewery or Hardwick Farmer’s Market
4:30 Vans return to Center
5:45-6:30 Cider, Wine, & Cheese social
6:30-7:30 Dinner
7:30 Campfire revelry! Gift exchange, parting words, s’mores
10:00 Quiet hours begin

Saturday, 7/27 Last day, sad to say...
7:00am Easy morning run – our last run in Craftsbury! Optional final jump in Big Hosmer!
8:30-9:30 Breakfast
9:30 Free time, pack
10:00 Camp photo
10:30 Check out, hand in evaluations at the office. Final good-byes... see you next summer!

**Vermont Blueberry Festival on Craftsbury Common, 10:00am-1:00pm, swing by on your way out!*