



Norwin Cross Country

Running Camp June 24-28, 2019

Daily Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Topic and Arrival	Registration --Coaches and helpers	Registration II "Nutritional Talk" (Autumn Greba-Duquesne)	Speed Training Drills -Tim Tray--SRU	"Knight at Relays" -Speaker Becca Peters Univ. of Pitt	Picnic Potluck and Open Race
6:00-6:45 Warm Up Distance	<u>Welcome</u> -Senior Runners -Coach Introduction -Weather + Week -procedures -Friday picnic + race Walk/Jog Course	As a group, walk/jog course with 3 spots for dynamic stretches -Coach Nanassy Coach Henry	As a group, walk/jog course with 3 spots for dynamic stretches --Coach Nanassy, Coach Henry	Course 5K Relay -split up course into teams with ALUMI captains	Timed 5K on Norwin cross country course -Coach Henry F.A.T. timing system
6:45-7:15 Session 1	Jay Johnson Circuit Cool Down -Presentation on Science of Training (Coach Fleck) + snack	Running in College -Trey Quealy, Univ. of Tennessee graduate -SNACK	"Billat 30-30" Fartlek introduction on top soccer field -Coach Henry -Coach Nanassy	Snack Question and Answer with Alumni -write down questions -ask to alumni in panel	-Camp Picture with shirts and awards
7:15-7:45 Session 2	Distance Run OR 500 Repeats -above on soccer fields -interval training	Hill Fence Post Repeats Run in groups -Coach Henry, Coach Nanassy	Strength & Mobility Drills -snack -presentation on cross country + other sports, Speed Training Drills	Bean Bag Relay (same teams as course)	Potluck Dinner @ Pine Pavilion (see handout)
7:45-8:00	Closing Activity -Hill Relay race small hill	Closing Activity (boys) Frisbee (girls) capture flag	Closing Activity -King of Hill Race	Closing Activity "Water Relay"	Wrap up and clean up
Handouts	Long Run	"Potluck Picnic+ Race" "Nutrition" handouts	Strength + Speed Drills	Run in College	
Notes	Clear course Registration forms Sign Up sheets Cones + flags Water coolers Water Freeze Pops	Fruit	Peanut butter/ crackers	Bring batons, bean bags, and markers and buckets and cups for relay Trail Mix (homemade)	Flag off course Plates, napkins, cups Computer for finish Timing clock + cards Picnic prep