



# Norwin Cross Country

Running Camp June 27-30, 2022



## Daily Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Topic and Arrival</b>	<b>"Opening Knight" Registration</b> --Coaches and helpers	<b>"Consistency in Training" &amp; Hills + Thrills</b>	<b>"Alumni Knight" Interval Training</b>	<b>Open Race and Pizza</b>	
<b>6:00-6:15</b> Warm Up Distance	<u>Welcome</u> -Senior Runners -Coach Introduction -Weather + Week -procedures -Friday picnic + race <b>**BOULE WARM UP**</b>	As a group, walk/jog course with 3 spots for dynamic stretches -Coach Nanassy Coach Henry <b>**BOULE WARM UP**</b>	As a group, walk/jog course with 3 spots for dynamic stretches --Coach Nanassy, Coach Henry <b>**BOULE WARM UP**</b>	Race Warm Up	
<b>6:20-7:00</b> Session 1	<b>Presentation Coach Nixon "Speed Develop"</b> --HS Group **fruit/ water OR <b>Jog/ Walk/ Stretch Course (1.7/ 3 mile)</b> --MS Group --Work in stretch/ core	<b>Halftime Fartlek Run w/ strides after</b> --HS Group  OR <b>Energy Systems &amp; Training w/ Coach Fleck</b> -MS Group	<b>Interval Training: Tempo 1000 or 500 repeats x4-6</b> --HS Group top field <a href="#">Jay Johnson Circuit Workout</a> --MS Group OR <b>Alumni Roundtable</b> Q&A with Alumni -ask to alumni in panel	Timed 5K on Norwin cross country course -Coach Henry F.A.T. <b>timing system</b>  -Camp Picture with shirts and awards	
<b>7:00-7:40</b> Session 2	<b>Flip Session</b>	<b>Flip Session</b>	<b>Flip Session</b>	Pizza Party @ Pine Pavilion (see handout)	
<b>7:45-8:00</b>	<b>Closing Activity</b> -Yoga w/ Alex	<b>Closing Activity</b> --Group (hula, etc.)	Closing Activity - <b>Water Relay Race</b>	Wrap up and clean up	
Handouts	Race Info/ Picnic Speed Development	Energy Systems Training Plan	Core/ S.A.M. Handouts	Updated Summer Calendar	
Notes	Clear course Registration forms Sign Up sheets Cones + flags Water coolers	<b>Bars</b>	<b>Trail Mix</b>	Flag off course Plates, napkins, cups Computer for finish Timing clock + cards Picnic prep	<a href="#">Sisyphus Hill Repeats</a>