

2011 Iowa State Winter Indoor Track Camp
Camp Schedule

Tuesday, December 27th

1:00 PM	Check-In
1:30 PM	Welcome and Introductions
2:00 PM	Break Into Workout Groups – Afternoon Workout Distance, High Jump, Sprints, or Shot Put
After	Warmdown and Group Stretch Routine with Group
4:30 PM	Games in Rec
6:00 PM	Dinner
7:00 PM	Discussion - Training and Workouts
8:00 PM	Movie
11:00 PM	Lights Out

Wednesday, December 28th

8:00 AM	Group Run for Middle Distance/Distance Group
8:30 AM	Breakfast
9:00 AM	Discussion – Consistency, Training Log and Recovery
9:30 AM	Happy Jack Relays
10:00 AM	General Strength Exercises & Core Routine
11:30 AM	Lunch
12:00 AM	Discussion - Shoe selection, injury prevention and nutrition
12:30 PM	Games in Rec
1:15 PM	Break Into Workout Groups – Afternoon Workout Discus, Distance, Long Jump, or Sprints/Hurdles
3:00 PM	Checkout