

Cyclone Wilderness Cross Country Camp Schedule

July 24-26, 2011

Sunday, July 24

2:00-2:30 a.m. Check-In
2:30 a.m. Introductions – First Camp Meeting
3:00 p.m. General strength for distance runners
4:00 p.m. Workout – Hills on Cross Country Course
6:30 p.m. Dinner
7:30 p.m. Cyclone Team Challenge #1
9:00 p.m. Camp Meeting
10:45 p.m. Campers in Tents

Monday, July 25

8:00 a.m. Breakfast
9:00 a.m. Camp Meeting
10:00 a.m. Workout – Tempo Run/Fartlek followed by Stretching Routine
Noon Lunch
1:30 p.m. Time at Pool
4:00 p.m. Speed and Plyometric Drills
5:00 p.m. Easy Run in Trails plus Strides On Track
6:30 p.m. Dinner
7:30 p.m. Cyclone Team Challenge #2
9:00 p.m. Camp Meeting
10:45 p.m. Campers in Tents

Tuesday, July 26

8:00 a.m. Breakfast
9:00 a.m. Camp Meeting
10:00 a.m. Cyclone Team Challenge #3: 2 Mile Challenge on Iowa State Cross Country Course
11:00 a.m. Final Camp Meeting
11:30 a.m. Check-Out

To Be Discussed at Camp Meetings

- Principles of Training
- Nutrition
- Panel of Collegiate Athletes
- General Strength and Ancillary Training
- Race Preparation and Strategy
- Goal Setting
- Little Things – Training Log/Recovery