

Camp Itinerary

Day 1:

6am Check-in at Schreiner University
7am Monty Mile Time trial
8am Breakfast and Leave for Frio Acers/Garner State Park
10am Camp set up
12pm Lunch
12:30-1:30pm Group Session/ Logbook
1:30-3:30 R&R
3:30-4:30 Team Skit practice
5pm Easy Run
6pm Dinner
7pm Group Session/Logbook
9:30 Lights out

Day 2:

6am Morning workout "Hill Mentality"
8am Breakfast
10am Group Session/ Logbook
11am Break
12pm-2pm Lunch/R&R
2pm-3:30pm Team competition
3:30pm-4:30 Team Skit practice
5pm Easy Shake out
6pm Dinner
7pm Group session/Logbook
9:30 Lights out

Day 3:

6am: Long run workout

8am Breakfast

10am Group session/Logbook

11am Break

12pm Lunch/R&R

2pm Team competition

3:30-4:30pm Final Team Skit Practice

5pm Core session

6pm Dinner

7pm Team Skit performance

9:30 Light out

Day 4:

6am Final Workout (Men 5mi race, Women 4mi race)

8am Breakfast

9am Camp breakdown/ Clean up

10am Depart for Schreiner University

12pm Camp Check out