

Wednesday

10:00 am - 12:15 pm	Registration at Farrand Hall
12:30 pm	Meet in front of Farrand Hall, then at 12:45 we'll all walk over to Duane Physics
12:45 – 1:30 pm	Welcome meeting and staff introduction - Duane Physics GB130 (DUAN)
1:30– 1:50 pm	Training group meeting
1:50 – 2:30 pm	Presentation 1 – A Recipe for Running (part 1)
2:30 – 3:00 pm	Change clothes
3:00 – 3:30 pm	Stretch and walk to Boulder Creek Path
3:30 – 4:30 pm	Training run on Boulder Creek Path (of varying lengths)
4:30 – 5:15 pm	Ice legs in Boulder Creek, then walk back to dorm, then shower and change clothes
5:15 – 6:45 pm	Dinner (in dining hall)
6:45 – 7:00 pm	Walk to DUAN for presentation
7:00 – 7:50 pm	Liza Pasciuto and Stephen Pifer Presentation
8:00 – 8:45 pm	Joe Thorne, former University of Texas Athlete - Nike Running
8:45 - 8:55 pm	Name Game
8:55 - 9:15 pm	Name Game - Groups discuss skit ideas
9:15 - 9:30 pm	Discuss tomorrow's run
9:30 – 10:00 pm	Return to room – get ready for bed
10:00 pm	Lights out

Thursday

7:00 am	Wake Up (a counselor will bang loudly on your door at 7:00 am)
7:15 – 8:00	Breakfast
8:00 – 9:00	Presentation (DUAN) Recipe for Running (part 3) (BE PREPARED TO RUN AFTERWARDS)
9:00 – 9:45	Drive to the Mesa Trail Trailhead; Stretch
9:45 – 10:45	Run on Dowdy Draw trail
10:45 – 11:00	Stretch
11:00 – 11:15	Drive back to Campus
11:15 am – 12:45 pm	Lunch in dining hall
12:45 – 2:00 pm	Presentation (DUAN) – A Recipe for Running (part 3)
2:00 – 4:00 pm	Rotating Stations (at Farrand Field) – 40 minutes at each station 1) Lunge Matrix with Ben Ryan, Dani Rodriguez and Dan Edwards 2) Dynamic Warm-Up w/Jay and Rob Thayer 3) Injury Prevention Exercises with Christy the Trainer
4:15 – 4:45 pm	Shower and change clothes
4:45 - 5:00 pm	Dinner at the Dark Horse
6:15 pm	Start walking to the UMC from the Dark Horse
6:45 – 8:45 pm	Bowling and Billiards at UMC (the CU Student Union); Movie 5,000m starts at 7:30
9:00 – 9:15 pm	Return to Farrand
9:15 – 9:45 pm	Work on your group's skit
9:45 – 10:00 pm	Review of Friday's workout and hike
10:00 pm	Return to room – get ready for bed
10:15 pm	Lights out

Friday

7:00 am	Wake up
7:15 – 8:00	Breakfast (and treatment with Christy Kozeliski, the Trainer, if needed)
8:00	Depart for Coot Lake in your running clothes!
8:00 – 8:45	Drive to Coot Lake; stretch and go over workout instructions
8:45 – 9:45	Fartlek workout on the Coot Lake
10:00 – 10:15	Drive back to dorm
10:15 – 11:00	Shower and change clothes for Green Mountain Hike
11:00 – 11:45	Lunch in dining hall

11:45	Farrand Field: Depart for Hike up Green Mountain
12:30 pm	Water Break at Chautauqua Park
12:30 – 4:30	Hike up Green Mountain; hike back down
4:30 - 5:00	Walk back to Campus
4:45 – 6:00	Pizza Party on Farrand Field (or Balch Fieldhouse in case of inclement weather)
6:00 – 7:00	Small Group Discussion
	1) Women's Running Issues with Christy and Laura and female counselors
	2) Training Q and A with Jay
	3) College Life: Running, Academics and Social life
7:00 – 7:30	Skit run-through with your group
7:30 – 8:20	Skit Night - 8 min maximum per group
8:30 - 9:45	Activity TBA
9:45	Return to Room
10:15	Lights out

Saturday

7:15 am	Wake up
7:30 – 8:00	Breakfast (and treatment with Christy Kozeliski, the Trainer, if needed)
8:00 - 8:40	Depart Farrand, dressed to run, but go to Potts Field to watch Schoolmeister's circuit.
9:00 – 9:15	Drive to the west side of The Tank
9:15 – 9:30	Stretch
9:30 – 10:30	Easy Run
10:30 – 10:45	Stretch
10:45 – 11:00	Drive back to dorm
11:00 am – 12:50 pm	Shower; Lunch at Farrand
1:00 – 2:00	Presentation "Middle Distance Questions" or watch IAAF meet in Belgium (DUAN)
2:00 – 2:30	Jonas's Presentation on Caffeine and Endurance sports
2:30 - 3:15	General Strength outside with Jay (this one's tough!)
3:15 - 3:45	Hurdle Mobility w/Jay and Jonas - counselors can leave to get ready for wedding
3:45 – 4:30	Boulder Creek leg soak or CU Book Store trip
4:30 - 5:15	Shower and change clothes
5:15 – 6:15	Dinner
5:00	Vaughn Ensrud Wedding
6:15 – 6:45	Walk to Pearl Street Mall; meet in front of Starbucks
6:45 – 8:15	Free time at Pearl Street Mall
8:30 – 9:00	Walk back to DUAN
9:00 – 9:15	Go over Sunday schedule – long run, check-out and closing ceremonies
9:15 – 10:00	PACK FOR CHECK-OUT TOMORROW (tomorrow will be a busy day)
10:00	Lights out

Sunday

6:45 am	Wake up
7:00 – 7:30 am	Breakfast (and treatment with Christy Kozeliski, the Trainer, if needed)
7:30 – 8:15	Drive to Magnolia Road (the west end of Magnolia Road)
8:15 – 8:30	Stretch
8:30 – 10:00	Long Run on Magnolia Road
10:00 – 10:15	Stretch
10:15 – 11:00	Drive back to Boulder
11:00 am	Coordinate your checkout time with your Counselor
11:00 am – 12:30 pm	Shower, Check-out of room (w/ a Counselor) and eat Lunch in dining hall and share email information with your friends (you won't have time after Graduation)
12:45 pm – 1:15 pm	Closing (at Farrand Field if sunny; DUAN if the case of inclement weather)
1:20 pm	Depart for home or Denver International Airport