**Camp Schedule 7/31-8/4**

**9:00: Meet in Lower Plantation Parking Lot Tyler State Park**

**Bring a change of clothes, a towel, and a post workout drink/snack.**

**12:00: Pick Up.**

**Mon. Hills/EOD. 30-35 minute EOD run. Form Drills, 3-5 x Agony. 2 minutes at 3K effort, 40 seconds all-out. Check Heart Rate at top of hill. 20-25 minute EOD. 8 minute core. Stretch.**

**Post-Run: Fill Out Heart Rate Charts. “Why We do What We Do”**

**Tue. EOD. 50-60 minute EOD run. 8 x 40 yards all-out. 8 minute Fit-Life Circuit. Stretch.**

**Post-Run: Daniels VDot Tables. Tinman’s Heat Index. Track Stories: Share your favorites with coaches, councilors and each other. They can be humorous, serious, educational or all three!**

**Wed. Lactic Threshold. 2 mile warmup. Form Drills. 1000 at LT pace, 200 jog recovery x 4-6 on grass course. 2 x 400 meter surges at mile pace. Mile cooldown. 8 minute Core. Stretch**

**Post-Run: Setting Goals, Dealing With Failure. Dr. DeCarlo: Active Relaease Therapy**

**Thu. Long EOD. 60-70 minutes EOD. 20 seconds fast, 40 seconds slow x 4 on way back. 8 minute fit-life circuit. Stretch.**

**Post-Run: Running in College. Race Strategies.**

**Fri. VO2. 2 man 5 mile relay on the track at CR North. Hurdle Mobility, Plyos.**

**Post-Run: Pizza and Rita’s in the Park.**

***Be sure to drink plenty of fluids every night and during the day. 1 oz. for every 2 pounds of body weight minimum. Water is the best way to hydrate at night. Sports drinks are good in the morning 30 minutes before our workout, and a protein drink will aid in recovery after a hard run. I would avoid carbonated drinks.***

**Season Goals: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Resting HR: \_\_\_\_\_\_\_\_ Max HR: \_\_\_\_\_\_\_\_**

**EOD HR: \_\_\_\_\_\_\_\_ EOD PPM: \_\_\_\_\_\_\_\_ Lactic Threshold HR: \_\_\_\_\_\_\_\_ LT PPM: \_\_\_\_\_\_\_\_**

**VO2 HR: \_\_\_\_\_\_\_\_ VO2 PPM \_\_\_\_\_\_\_\_**

***Have a Great Week and a Great Season!***