

Active at Altitude – Spring Trail Running Weekend April 22-24 2011

Friday April 22

4.30 – 4.45pm	Arrive and check into rooms
5.00 – 6.30pm	Group run – Bridal Veil Falls
6.30 – 7.00pm	Prepare for dinner
7.00 – 8.00pm	Dinner at Active at Altitude
8.30pm onwards	Self belief workshop

Saturday April 23

7.00 – 8.00am	Yoga or floor session
8.00 – 9.00am	Breakfast at Active at Altitude
9.00 – 10.00am	Theory session – trail running & Q&A – Nancy & Terry
10.30 – 1.00pm	Group run in RMNP – Black Canyon Trail
1.30 – 2.30pm	Lunch at Active at Altitude / Prize drawings
2.30 – 3.30pm	Massages if required / booked
3.30 – 5.00pm	Group hike or easy run
5.30 – 6.00pm	Theory session – goal setting
6.00 – 7.00pm	Relaxation – prepare for dinner
7.00 – 8.30pm	Dinner at Active at Altitude
9.00 pm onwards	Shared experiences

Sunday April 24

7.30 – 8.00am	Snack at Active at Altitude
8.30 – 10.30am	Group run in RMNP – Beaver Meadows
11.00 – 12.00am	Brunch at Active at Altitude
12.30 – 13.00	Depart