

## Active at Altitude – Women's Running and Conditioning Camp September 18 – 25 2010

### Saturday September 18

3.00 – 4.00 pm	Arrive and check into rooms
	Group run – easy 4 miles around Lake Estes – concrete trail – Terry
7.00 – 8.00	Dinner
8.00 >	Introductions, ground rules and camp goals – Terry

### Sunday 19

7.00 am	Easy run in RMNP – Black Canyon trail – Terry & Melody
9.00 – 10.00	Breakfast
10.00 – 11.30	Workshop - Running form
11.30 – 12.00	R & R
12.00 – 1.00	Lunch
1.00 – 3.30	Trip to Boulder – shop at Fleet Feet Sports
3.30 – 4.30	Easy run at Anne U White trail, Boulder – Terry & Melody
5.00 – 5.30	Shower and change at RallySport Boulder
5.30 – 7.00	Evening in Boulder
7.00	Dinner in Boulder – Hungry Toad
	Return to Active at Altitude

### Monday 20

6.30 – 8.30 am	Tempo session in RMNP – Moraine Park – Terry & Melody
9.00 – 10.00	Breakfast
10.00 – 11.00	Workshop - Goal setting / action plans
11.00 – 12.00	Rest and relaxation – massage?
12.00 am – 1.00 pm	Lunch
1.00 pm – 2.00 pm	Rest and relaxation
2.00 pm – 4.00 pm	Floor session - Melody
4.00 pm – 6.00 pm	Nutrition workshop
6.30 – 7.30	Dinner
8.00	Inspiring movie 1

## Tuesday 21

6.45 am	Snack
7.15 – 8.30	CrossFit – Estes CrossFit center
8.30 – 9.00	Easy run on Dry Gulch
9.30 – 10.30	Breakfast
10.30 – 12.00	Workshop – Motivation – Terry & Melody
12.00 - 12.30	Core session – Terry & Melody
12.30 – 1.30	Lunch
1.30 – 4.00	Climbing with Eli Helmuth
5.30 – 7.00	Rest and relaxation – massage?
7.00 – 8.00	Dinner
8.00	Inspiring movie 2

## Wednesday 22

7.30 – 8.30 am	Breakfast
8.30 – 9.30	Workshop - Training plans
9.30 – 10.30	Hill session – Fish Creek Road – Terry & Melody
10.30	Snack
10.30 – 12.00	Floor session - Melody
12.00 – 1.00 pm	Lunch
1.00 – 3.30	Easy mountain bike ride or run – Terry & Melody
3.30 – 5.30	Shopping in Estes Park
6.30 – 7.30	Dinner
8.00 – 9.00	Rest and relaxation – massage?

## Thursday 23

7.30 – 8.30	Breakfast
8.30 – 9.30	Workshop – Race preparation – the power of optimism
9.30 – 11.30	Drills – easy run RMNP – Bridal Veil Falls trail – Terry and Angelina
12.00 – 1.00	Lunch
1.00 – 2.30	Rest & relaxation – massage
2.30 – 5.00	Easy hike in Moraine Park – Terry & Angelina

Thursday 23, continued

5.00 – 7.00	Rest and relaxation
6.00 – 7.00	Massage?
7.00 – 8.00	Dinner
8.00	Shared inspirations

Friday 24

6.30 am	Light breakfast
7.00 – 10.30	Endurance run in RMNP – Lumpy Ridge trail loop – Terry & Angelina
10.30 – 11.30	Brunch
11.30 – 1.00	Rest and relaxation – massage?
1.00 – 2.00	Lunch
2.00 – 3.30	Hike on Pole Hill Trail
3.30 – 5.00	Review of camp - 1
6.00 – 7.30	Dinner – cook out!
7.30	Review of camp - 2

Saturday 25

7.00 – 9.30	Easy run in RMNP
10.00 – 11.30	Brunch
12.00 - 1.00	Farewells