

# CAMP RIVER RUNNERS SCHEDULE

## **Sunday, July 21: Camp Intro**

3:00-4:00pm: Arrival at Shepherd University and Unpack  
4:00 – 5:00pm: Icebreakers & Teambuilding Games  
5:00 – 6:00pm: Drills and Small Group Run  
6:00 – 7:00pm: Dinner  
7:00 – 7:30pm: Free Time at Dorms  
7:30 – 9:30pm: Opening Campfire  
9:30 – 10:00pm: Free Time at Dorms  
10:00: Quiet Time/ Lights Out

## **Monday, July 22: Harper's Ferry National Park**

7:00 – 7:45: Wake up/Showers  
8:00 – 8:45am: Breakfast  
9:00am-12:00noon: Head to Harpers Ferry for group run and drills  
12:00noon-1:00pm: Lunch at Shepherd  
1:00pm – 2:00pm: Structured Free Time  
2:00 – 5:15pm: Breakout Sessions: i) TrueForm Runner Gate ii) Mobility for Runners iii) Aquatics Training  
5:15pm – 6:00pm: Structured Free Time/ Group Run  
6:00pm – 7:00pm: Dinner  
7:00 – 7:30pm: Break  
7:30 – 9:00: "Mental Rehearsal and Visualization"

## **Tuesday, July 23: Trail Running and Tubing**

7:00 – 7:45: Wake up/ Showers  
8:00 – 8:45am: Breakfast  
9:00 – 12:30am: Trails & Drills  
12:30 – 1:00pm: Lunch  
1:00pm – 4:00pm: Tubing with River Riders  
4:00pm: River Riders Shuttle back to Shepherdstown  
5:00 – 6:00pm: Structured Free Time/ Group Run  
6:00 – 7:00pm Dinner  
7:00 – 8:00pm: Yoga for Runners  
8:00 – 9:30: Talent Show

## **Wednesday, July 24: Antietam**

5:00am: Wake Up / Light Snacks if needed  
6:00 – 7:30am: Sunrise Run at Antietam Battlefield  
8:00 – 8:45am: Breakfast  
9:00 – 9:30: Pack Up  
9:30 – 11:30: Sprinting Mechanics and Relays  
11:30 – 12:00: Wrap Up  
12:00 – 1:00pm: Lunch  
1:00pm: Head out