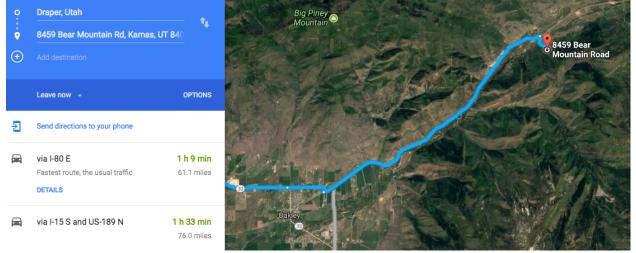


Thursday, August 9th – Saturday, August 11th

LOCATION: Oakley Cabin (address that can be found on GoogleMaps is 8459 Bear Mountain Rd, Kamas, UT)



WHEN: 6:30am - Thursday, August 9th, 2017 to 11:00am – Saturday, August 11th, 2017

- Athletes should meet at 6:30am at Draper Park on Thursday ready to load their gear into one of the 5 vehicles that will be driving (all vehicles will be driven by coaches).
- Athletes will be dropped off around 11:00am at Draper Park on Saturday

<u>COST</u>: No Cost, but athletes will be assigned to bring one of the following: Gatorade, Juice, Granola Bars, or Fruit Snacks.

<u>SLEEPING ARRANGEMENT</u>: We will be spending the night at a large cabin in Oakley, UT. The cabin provides beds and/or pads for all of the athletes staying there.

- Top Floor Girls (8 beds, 2 couches, 2 sleeping pads)
- Main Floor Coaches
- Basement Floor Boys (5 beds, 2 couches, 5 sleeping pads

WHAT TO BRING:

Note 1: Beds, pads & couches are available at the cabin but in order to save time having to wash the bedding we ask that athletes bring a sleeping bag and pillow to use on top of the beds, pads & couches. Note 2: There are bathrooms and showers on each floor, we ask athletes to bring their own soap, shampoo and towel to use.

- Sleeping Bag
- Pillow
- Travel size soap & shampoo
- Towel
- General Toiletries
- Running Shoes
- Running Spikes for Saturdays workout at Sugarhouse Park
- 3 sets of Running Clothes for each day
- A set of everyday clothes to wear in between runs
- A clean pair of clothes to sleep in

MEAL ARRANGMENTS: All meals will be provided by the coaches. Athletes will be assigned two meals to help prepare and clean up.

GENERAL ITINERARY

THURSDAY – AUGUST 9TH

Morning

- 6:30am Meet at Draper Park, load gear into vehicles
- 7:30am Long run up the Provo River Trail
 - (Out and back starting at Timpanogos Park, 75-80min average run)
- 9:00am Breakfast at Timpanogos Park
- 9:45am Head to Park City park
- 10:30am Team Talk
- 11:00am Team Competitions/Games

Afternoon

- 12:30pm Lunch at Park City park
- 1:00pm Cont.Team Competitions/Games
- 3:00pm Head to Oakley Cabin
- 4:00pm Unpack, freetime
- 5:00pm Evening Run
 - (run to Morehouse Lake, 30-35min recovery run)
- 6:00pm Drive back to the cabin, shower

Evening

- 6:30pm Dinner at the cabin, then freetime
- 9:00pm Prepare for bed
- 9:30pm Bedtime

FRIDAY – AUGUST 10TH

Morning

- 6:30am Breakfast at the Cabin
- 7:00am Cleanup and grab gear for the day
- 7:15am Leave for Midway
- 8:00am Morning Run (45min + Team Relays)
- 9:15am Breakfast at Valais park
- 10:30am Team Breakout Sessions, rotate through: Coach Moody, Coach Harley, Coach Bray, Coach Nielson, Coach Dastrup
- 12:00am Individual Competitions/Games
- Afternoon
- 1:00pm Lunch at Valais park
- 2:00pm Individual Competitions/Games
- 3:30pm Head to Oakley Cabin, then freetime

Evening

6:00pm – Evening Run

- (out and back near the cabin, 25min recovery run)
- 6:30pm Dinner at the cabin, shower, then freetime
- 9:00pm Prepare for bed
- 9:30pm Bedtime

SATURDAY – AUGUST 11TH

- 6:30am Breakfast at the Cabin
- 7:00am Cleanup and packup
- 7:30am Leave for Sugarhouse Park
- 8:30am Hill Workout at Sugarhouse Park
 - (15min warm-up, State Course + Hill Repeats, 15min cool-down)
- 10:00am Post Workout snack, then head home
- 10:30am-11:00am Return to Draper Park