



Cornell University
Summer Sports School

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2009 Coed Cross Country Camp Schedule July 26-30

Sunday, July 26

- 2:30 - 3:30 p.m. **Camper arrival and check-in at Robert Purcell Community Center (RPCC)**
4:00 p.m. Camper orientation and introductions in *Dickson courtyard*
4:30 p.m. Light run/tour through campus
5:00 p.m. Dinner at RPCC
6:30 p.m. Walk to track (Kane Field)
7:00 p.m. Session on proper warm-up (Taylor with everyone else)
9:00 p.m. **Commuter pick-up at RPCC**
9:00 - 10:30 p.m. Free-time
10:30 - 10:45 p.m. Prepare for bedtime (10:45 p.m. bed-checks; 11:00 p.m. lights-out)

Monday-Wednesday

- 7:00 a.m. Morning run (North Campus)
8:00 a.m. Breakfast
9:30 a.m. Lecture on Training Components on North Campus (*commuter drop-off at RPCC*)
Monday - General training theory (Taylor)
Tuesday - Long term running development (R. Johnson)
Wednesday - Weight training/circuits (Taylor/Smith)
11:30 - 12:30 p.m. Lunch and rest period
1:30 p.m. Lecture on training component on North Campus
Monday - Endurance training and the "Anaerobic Threshold Run" (Smith)
Tuesday - The "Long Run" (Smith)
Wednesday - Injury prevention and nutrition (Sarah Herskee)
2:30 p.m. Afternoon run: Mon.: "Threshold run", Tue.: "Long Run", Wed.: Hills Run
5:15 p.m. Dinner and rest period
6:30 p.m. Walk to track
7:00 p.m. Evening session - Track drills and games
8:00 p.m. Lecture/meeting
Monday - Goal setting (W. Johnson)
Tuesday - The Steeplechase (Smith/R. Johnson)
Wednesday - College and you (all staff)
9:00 p.m. Return to dorm (*commuter pick-up at RPCC*)
10:30 - 10:45 p.m. Prepare for bedtime - 10:45 p.m. bed-checks (11:00 p.m. lights out)

Thursday, July 30

- RACE DAY!!!**
7:00 a.m. Wake-up and breakfast
9:00 a.m. Warm-up for race
10:00 a.m. Cross Country relays (Upper Jessup Field/Plantations – near A lot)
11:00 a.m. Camper awards ceremony – *commuter check-out from Upper Jessup.*
12:00 p.m. Check-out from Dickson Hall

Schedule subject to change

Campers should bring: Work out gear. As well as a pillow, bedding, **one** fan, alarm clock, toiletries, swimsuit, towels and other personal items. **Be sure to bring a water bottle and sunscreen!**