

M MIDWAY

PANTHERS

CROSS COUNTRY CAMP

Operated by: Capfitness LLC

- ❖ Sunday
 - 7:00pm @ Midway HS
 - Check In - Meeting - Rules - Drills - Shakeout Run
- ❖ Monday
 - 6:30 @ Midway HS
 - W<, Drills @ Track, Fartlek @ 8 Acres.
 - C>, Drills
 - Change/Breakfast
 - 9:30 Lecture
 - Training 101
 - 11:00 Activity #1
 - Strength
 - Team Build?
 - 12:00 Midway HS Pick-Up
- ❖ Tuesday
 - 6:30 @ Midway HS
 - 6:45 Bus to Woodway Trails (12 min)
 - W< Road, Drills
 - 2m, Loop, 3m loop, +
 - 8:30 Return MHS
 - Change/Breakfast
 - 9:30 Lecture
 - Injury Prevention
 - 11:00 Activity #1
 - Speed @ Track
 - Track Meet
 - 12:00 @ Midway HS Pick-Up
- ❖ Wednesday
 - 6:30 @ Midway HS
 - 6:45 Bus to Lacey Point Trails (15 min)
 - W< Road, Drills
 - 2m Loop, 3m loop, +
 - 8:30 Return to MHS
 - Change/Breakfast
 - 9:30 Lecture
 - Injury Treatment / Nutrition
 - 11:00 Activity #3
 - Yoga with _____.
 - Team Build?
 - 12:00 @ Midway HS

❖ Thursday

- 6:30 @ Midway HS
 - 6:45 to Cameron Park Trails (20 min)
 - W< Road, Drills
 - River Trail, 3-4, 5, +
- 8:45 Return to MHS
- Lecture
 - Goal Setting/Strategy
 - Wrap Up
- 12:00 @ Midway HS Pick Up