

LAVA HOT SPRINGS TIMPANOGOS CROSS COUNTRY TEAM CAMP



1. Lodging: We will be staying in a family cabin just outside of Lava Hot Springs. Boys and girls will be in different cabins for sleeping.

2. Camp Staff: Administrators: Jody Benson, Katie Benson, Jen Fitzgerald and Melanie Clayton.

3. Expenses: The camp fee is \$125.00. After July 21 it will be raised to \$150. This will cover transportation, meals, lodging, water tube pass, swimming, huge rope swing, and T-shirt. Make checks out to Katie Benson. Athletes are encouraged to bring a little spending money with them.

4. Luggage: Please make sure the sleeping bags and other personal items are easily identifiable and marked.

5. Transportation: We need help transporting to and from the cabin. (Gas money will be given). **If not enough transportation is given, a van will be rented, which will cause a raise in the price for the camp.** If a parent is willing to transport and stay for the entire time no expense (for the parent) will be required. Please let me know as soon as possible.

For maximum benefit to the individual and to the group, it must be understood this camp is entirely an educational endeavor where all will be actively engaged in directed activities. To ensure the success of the week's experience, each athlete is expected to adhere to camp regulations and to be prompt and properly dressed for all activities.

CAMP SCHEDULE (TENTATIVE)

Tuesday

7:30 AM Morning Run Timpanogos
11:30 Arrive at Timpanogos Track.
12:00 PM Leave from Track.
3:00 Arrive at Lava Hot Springs. Unload.
4:00 High Country Run
6:00 Dinner
8:00 Team Meeting/ Questionnaire
11:00 Lights Out

Wednesday

7:30AM Up and Wolverine/ Abs 11:00
9:00 Breakfast
9:30 Clean up/Prepare for River Tube
11:30 River Tube
1:00PM Lunch
1:30 River Tube
4:00 Relax/Free Time
5:00 Martin Dr. Run
6:00 Dinner
7:00 Goals/Games
11:00 Lights Out

Thursday

7:30AM Up and Partner Run/ Abs
9:00 Breakfast
9:30 Clean up/Prepare for Swimming
11:30 Swimming
1:00PM Lunch
1:30 Swimming
4:00 Relax/ Free Time
5:00 Big Bear Loop Run
6:00 Dinner
7:00 Captain Night
11:00 Lights Out

Friday

7:30AM Up and Lava Park Run/ Abs
9:00 Breakfast
9:30 Clean up
10:00 Ultimate Frisbee Tournament
1:00PM Lunch/ Quiz
2:00 Wall Sit competition
4:00 Scavenger Hunt
6:00 Dinner
7:00 Prizes/ Pinata
11:00 Lights Out

Saturday

7:30 AM Up and Team Race
9:00 Breakfast
10:00 Clean up
12:00PM Leave for Timpanogos

If you have any further questions, please feel free to call me. My phone number is 801-368-4521.

Camp participants will spend five days learning the fundamentals that have set this group above all others. Participants will come away with the knowledge of what constitutes being an elite runner and how to implement simple changes in their own daily life and running routine in order to strive for that level. There's more to it than just running! Top notch coaches will give them tools to help them have that extra edge on race day and will also give focused talks on how to stay healthy and motivated.



**LEARN TO RUN
FASTER
STRONGER
SMARTER**

**RUN LIKE AN
ANIMAL**



Principles of training for distance races –

Discover why the elites train the way they do. Learn how to integrate effectively all aspects of a well-designed training program into your own.

Drills to improve running economy and efficiency –

Implement a practice that is often overlooked. Learn how short bouts of explosive running can easily take you to the next level.

Strength/core training geared toward the distance runner –

Specific, targeted strengthening exercises that will help you stay injury-free and become a stronger, more efficient runner.

Proper shoe selection –

A session on the ins and outs of shoe construction. Learn what shoes are best made for each running style, training and race surface.

Goal setting –

Plan your season realistically. Develop goals that will keep you motivated throughout an entire season.

Altitude training –

The physiological benefits and reasons why elite athletes train at altitude.

Nutrition for training and racing –

Eat to win! What you eat or don't eat directly influences your performance. Learn how to properly fuel the runner's body with the appropriate nutrients and fluids.

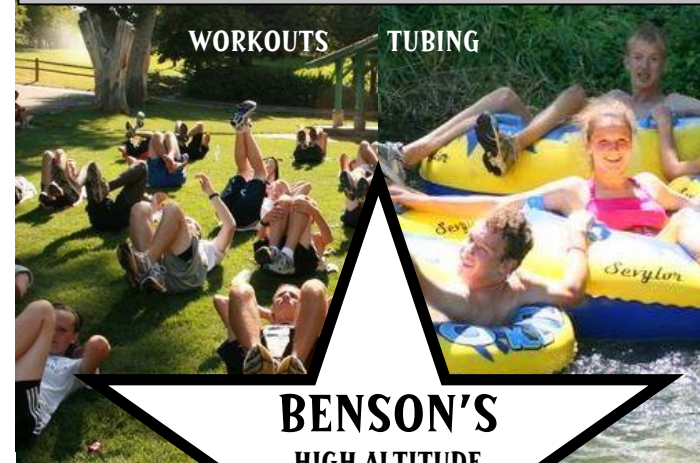
Race day preparation and execution –

Subtle but important tricks to implement before, during and after race to maximize your potential.

Injury prevention and care –

How to prevent injuries from occurring and what to do if you get injured.

**Jody Benson's
XC High Altitude Camp
August 9 – 13, 2011**



**BENSON'S
HIGH ALTITUDE**

**LAVA HOT SPRINGS, ID
ELEVATION 7300 FT**

