

## SAMPLE DAY

07:00-08:30am	Run
08:45-09:15am	Breakfast
09:30-12:00am	Footwear Seminar (60min) and Team Biomechanical Footwear Assessment(45min) [Free time for those who have completed assessment]
12:15-12:45pm	Lunch
01:00- 02:00pm	Games/Free Time (Ultimate Frisbee, Volleyball, kickball, etc)
02:00- 03:30pm	Injury Prevent Seminar(45min), Dynamic Warm up/Stretch/Foam Roll Lab(45min)
03:45-05:30pm	Moderately Hard Run
05:45-06:630pm	Shower
06:30-07:30pm	Dinner
07:30-09:00pm	P.M activity (Movie, kickball in gym, Bonfire, etc), Including Snack
10:00pm	In Rooms
10:30pm	Lights Out