



**Minnesota Cross Country Camp  
"Run with the Best"**

July 9-13, 2006

University of Minnesota-Twin Cities  
Minneapolis, MN

**Sunday, July 9:**

**1:00pm-3:00pm**

Check-in (Comstock Hall)

**3:15pm-4:15pm**

Run/stretch leaving from Comstock Hall

**4:30pm-5:30pm**

Presentation by Sean Mulheron from Runners' Edge running store and Jeff Miller from Asics. They will also be available to answer questions related to running gear and apparel—Campers should be sure to visit with them if they need new gear before the CC season begins! Shoes will be available for purchase and delivered later in the week (Comstock Ballroom)

**5:30pm-6:30pm**

Dinner (Comstock Hall Cafeteria)

**6:45pm-7:45pm**

Camp Welcome, Staff Introduction, Rules and Regulations, Team Challenge Games introduction/preparation

**8:00pm-9:00pm**

Team Challenge #1 (Coffman Plaza or River Flats)

**10:45pm**

Campers in rooms—bed check by team coaches

**Monday, July 10:**

**7:15am-8:15am**

Wake-up and light breakfast (Comstock Hall Cafeteria)

**8:30am-9:30am**

Speaker: "Nobby" Hashizume, Lydiard/hill running presentation (Comstock Ballroom)

**9:40am**

Campers/coaches in front of Comstock to depart for UM Golf Course

**10:00am-11:30am**

Hill Running, Stretch (U of M Golf Course), Nobby instructing in Lydiard hill running/training.

**12:00pm-12:45pm**

Lunch (Sanford Hall Cafeteria)

**12:50pm**

Campers/coaches in front of Sanford to depart for Bierman

**1:00pm-1:50pm**

Speaker: Jason Lehmkuhle, Team USA Minnesota. Member of the 2006 United States World Championship Cross Country team (12K) (Japan), 5<sup>th</sup> place finisher at US championships 10,000m (three weeks ago). "Running Success and injury Problems: Cross Training." (Bierman Football meeting room)

**2:00pm-4:00pm**

Alternative Training/Demonstrations—Divided into two groups:

Bierman weight room balcony: Cross-Training exercises

Weight Training for distance runners w/Jason Bahls (Mariucci Weight Room/Plyometrics Room)

**4:15pm-5:15pm**

Second Run: 30 mins easy followed by Minnesota XC ab circuit

**5:30pm-6:30pm**

Dinner (Comstock Hall Cafeteria)

**6:45pm**

Campers/coaches in front of Comstock to depart for Bierman

**7:00pm-7:45pm**

Speaker: Rasa Troup, MS, RD (Sports Nutrition, pre- and post-competition) (Bierman football meeting room)

**8:00pm-10:00pm**

Movie: "Running related" TBD (Comstock Ballroom)

**10:45pm**

Campers in rooms—bed check by team coaches

**Tuesday, July 11:**

**7:00am-7:15am**

Wake-up

**7:30am-8:15am**

Campers/coaches in front of Comstock for morning run (River Road), Stretch

**8:15am-9:00am**

Breakfast (Comstock Hall Cafeteria)

**9:30am**

Coaches/campers in front of Comstock. Depart for U of St. Thomas

**10:00am-11:30am**

Demonstration: VO<sub>2</sub> Max test and H<sub>2</sub>O Submerged body fat test (Dr. Cary,

	University of St. Thomas). VO <sub>2</sub> Max on David VanOrsdel (U of M CC Captain) and Heather Dorniden (NCAA Indoor Champion 800m, 2006)
12:00pm-1:15pm	Lunch (Sanford Hall Cafeteria)
1:20pm	Campers/coaches in front of Sanford to depart for Bierman
1:30-2:15	Speaker: Cindy Pawlowski, Academic Counselor, UM Athletic Department, "College Academics" (Bierman 105).
2:30pm-3:15pm	Speaker: Chris Lundstrom, Team USA Minnesota. Member 1996-97 NCAA CC champion for Stanford University, Olympic Trials Marathon qualifier 2004 "Running Economy"
3:30pm	Coaches/campers in front of Bierman—Leave for Grasshopper Park:
3:30pm-5:30pm	Specialized Training session including a second run: Pillates circuit (20 mins) Second Run: Fartlek (25-45 mins) Pedastal General Strength circuit, stretching (25 mins)
5:30pm-6:30pm	Dinner (Comstock Hall Cafeteria)
7:00pm-8:00pm	Steeplechase Demonstration— U of M athletes Emily Brown, Ryan Malmin and Ben Puhl
8:00pm-9:00pm	Team Challenge #2 (Bierman Infield)
10:45pm	Campers in rooms—bed check by team coaches

### Wednesday, July 12:

7:15am-8:00am	Breakfast (Comstock Hall Cafeteria)
8:00am	Campers/coaches in front of Comstock to depart for Day Trip
8:45am	Arrive at Day Trip Site (Hyland Hills Regional Park)
9:00am-10:45am	Long Run, group stretch
10:45am-12:00am	Team Challenge #3, Free time (Swimming, Frisbee, Soccer, etc.)
12:00am-12:45pm	Lunch (Box Lunches at trip site)
1:00pm	Load up to head back to campus
1:30pm	Arrive back at Comstock, Break
3:00pm	Campers/coaches in front of Comstock to depart for Bierman
3:00pm-4:30pm	Demonstrations/Specialized training—Divided into two groups. Phil Lundin (U of M head Track Coach, 2003 NCAA Coach of the year) Speed for distance runners (Bierman Infield) Paul Schmedake, (Hamline head track and CC coach) Plyometrics and general strength
4:40pm-5:15pm	Speaker: Trainer, Jeremy Busch "Injury Prevention" (Football meeting room)
5:30pm-6:30pm	Dinner (Comstock Hall Cafeteria)
6:40pm-6:50pm	Organizational meeting
7:00pm-9:00pm	Bowling/pool outing (Team challenge #4), Coffman Union
10:30pm	Campers in rooms—bed check by team coaches

### Thursday, July 13:

8:00am-10:00am	Team Challenge #5: Two mile time trial (River Flats) Breakfast to follow on site--fruit and Bagels
10:30am-11:15am	Matt Haugen (Head CC coach, Assistant Track coach, Macalester College, 2003 MIAC CC Country Coach of the Year) "Team and Individual Race Day Psychology"
11:15am-11:30am	Break
11:30am-12:15pm	Speaker: Roy Griak, Former U of M Track & Field/CC Head Coach (Bierman Football meeting room)
12:30pm-1:15pm	Lunch (Sanford Hall Cafeteria)
1:20pm-1:50pm	Return to Comstock, including Campus tour
2:00pm-2:30pm	Speaker: Heather Dorniden "Transition from high school to college running" (Comstock Ballroom)

**2:30pm-3:15pm**

Speakers: Antonio Vega and David VanOrsdel, "Progression of Track and Field—50s to today" (Comstock Ballroom)

**3:15pm-4:00pm**

Results of Team Challenge and Awards/Open question and answer period for all coaches and counselors—Camp Evaluation/summary.

Shoe/apparel orders (Sean Mulheron, Runners' Edge)

(Comstock Hall Ballroom)

Parents welcome to attend the final two sessions

**4:00pm-4:30pm**

Check-out at Comstock Hall

Dinner is not included on this evening, and the Dining Service will be closed.

There are several eating establishments in Dinkytown, if campers and their parents are looking for local restaurants.