

Two-Day Running & Fitness Camp Agenda (sample)



Schedule varies slightly from Day 1 to Day 2

9:00am- Introductions

9:15am-“Ice Breaker” Game

9:35am- Water break

9:45am- Dynamic Warm-Ups

10:10am-“Continuous Movement” (group run/walk)

10:45am- Static Stretching

11:00am-Water break

11:10am- Group Game 1

11:40am- Water break

12:00pm- LUNCH

12:30pm- Group Game 2

1:10pm- Water break

1:15pm- Presentation (Native running history OR Health Topic)

1:40pm- Group game 3

2:15pm- Water break

2:20pm- Group game 4

2:45pm- Closing remarks

3:00pm- Dismissed