

Kenora Nordic presents...

CCSAM Fall Training Camp

DATES: OCTOBER 3 (EVENING ARRIVAL) – OCTOBER 5 (DEPARTURE APPROX 2 PM)

LOCATION: MT. EVERGREEN SKI CLUB

SLEEPING ACCOMMODATIONS: RUFFING IT THIS YEAR!! SLEEPING MATS, AIR MATTRESSES, TENTS IF YOU WANT TO BE OUTSIDE!!

A REAL CAMP EXPERIENCE!!

GUEST COACH: LISA PATTERSON

Friday

•Arrival and set up ie. Tents or air mattresses etc.

Saturday

•a.m. session roller ski

•Lunch

• pm session: strength at xfit gym

•Cryotherapy swim at Garrow

•Dinner

•Pre walk race course

•Nutrition talk/super snack challenge

•Fire side games

Sunday

•a.m. yoga stretch

•breakfast

•positive self talk/how to stay focused with Janet and Linda/running technique (ultra marathoners)

•ski walk with Lisa for younger group (while talk is going on)

•trail run time trial

•ski walk with older group with Lisa post run

•cool down walk for younger group

•lunch

•ski session older group with Lisa

•team games with younger group

•departure approx. 2 pm

REGISTER ON ZONE 4

COST \$85

QUESTIONS? CONTACT:

BETSY

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