

Adult Running Camp Schedule

August 13 - 15, 2021

Friday, August 13:

Location: TBD

Focus: Building a Foundation - Basic Drills and Breathing Exercises, Strength and Conditioning, Run Analysis and Mobility

Time: 10:30am (Check In) - 4:30pm

Lunch will be provided

Saturday, August 14:

Location: TBD

Focus: Mind and Mental Strength in Running. Nutrition, Visualization Discussion followed by Paddleboarding with River Riders in Harpers Ferry. Then finish up the day with a tour of Harpers Ferry or trail run to Loudoun Heights.

6am – Sunrise run along Canal (optional)

Time: 9am - 6pm

Lunch will be provided

Sunday, August 15

Location TBD

Focus: Bring it all together: Sunrise Final Group Run Antietam National Battlefield

Time: 6am- Noon

Brunch will be provided