

# COLORADO CHRISTIAN CROSSCOUNTRY

## 2020 Distance Running Camp



### **WHEN & WHERE:**

July 12—16<sup>th</sup>.

Check In: 1-3pm on Sunday

Check Out: 10-11am on Thursday

Lunch is offered on July 16<sup>th</sup> from 11:30 – 1:00pm

Home base for camp is CCU's main campus in Lakewood, CO. Athletes will stay in CCU dorms and take meals in CCU's award-winning dining commons. The dorms are apartment style living units, each holding 6 campers, bathrooms and a full kitchen.

### **WHO:**

Any 9-12<sup>th</sup> grade high school distance runner who wants to improve.

**DETAILS:** Training sessions will be conducted on or near campus, and include some of Colorado's most legendary training venues. Your training groups for the week will be based on your ability level. You will also learn about meaningful information related to training theory and the mental approach to racing at your best.

Each day will consist of two training sessions. The primary session will be running while the secondary session will incorporate pool workouts, strength & conditioning, and preventative injury therapy.

**COST:** Camp fees include 4 nights of overnight accommodations, meals, a camp shirt and water bottle.

Fee Break Down: Individual Athletes --\$425, Team of 7 or more--\$400, Team of 14 or more --\$375.

*Please direct additional inquiries to [jpoag@ccu.edu](mailto:jpoag@ccu.edu)*