LUTHER DISTANCE RUNNING CAMP
JULY 2017

Livin’ The Dream

Thursday, July 13, 2017

6:45 am  Wake-up call from counselors and breakfast!

8:30 am  You must be checked out of your room with your counselors by this time. Give your keys to your counselors; leave your linens piled on the floor, and your room cleaned. We will store all of your bags and suitcases in the East Gym.

9:00 am  Team Room – Schedule for the day, Useful information.

9:30 am  WORKOUT – Long Slow Distance (LSD) run (65-80% of maximum heart rate) – Aerobic Conditioning. Mink Farm Road with counselors and coaches (up to 8 miles)!!

11:10 am  Team Cool down and Stretching with Coach Rob and counselors.

11:30 am  East Gym – Wrap up meeting, Slide Show, notebooks, “exroduction” by Coach Jeff.

12:30 pm  LUNCH (optional) and go home!! If you are eating lunch in the cafeteria, you will need to get a meal voucher from Coach Wettach.

I am a Runner
Commit to your team, to your school, to your coach, to yourself
Be an unselfish teammate, be a great leader
Work hard, turn the negatives into positives
Honor your commitment to your goals
Have a positive attitude
Be a giver
Be passionate about your running
Do all of the little things that make a big difference

THANKS FOR A GREAT WEEK – YOUR ATTITUDE AND WORK ETHIC HAVE BEEN GREAT ALL WEEK. THIS IS ALWAYS THE MOST ENJOYABLE WEEK OF OUR YEAR BECAUSE OF YOU! HAVE A GREAT YEAR OF DISTANCE RUNNING!

The Coaches and Counselors

“Running is a big question mark that’s there each and every day. It asks you, ‘Are you going to be a wimp or are you going to be strong today?’”

- Peter Maher, Irish-Canadian Olympian and sub-2:12 marathoner