



How To Prepare For Camp

A basic level of fitness coming into camp is going to help you to have fun and get the most out of your camp experience. While it's not necessary to be able to run 50 miles at a time, we do expect that you'll be able to complete a 4-6 mile run without walking. We will be putting in up to 40-50 miles on the trail through the week of camp.

If you're just coming off your track season then maintaining your fitness through daily 5 mile runs 5 days a week will be adequate.

If you're coming off a period of no running a simple two week plan is below to help you achieve a basic level of fitness. This is a minimum level of fitness expected.

Week 1: Target 15 miles

Monday – Walk/jog. 1min walking/ 2min jogging for 30 min.

Tuesday – 1min walking/ 2min jogging for 30 min.

Wednesday – Off

Thursday – 2 mile run or 20min running.

Friday – 3 mile run or 25min running.

Saturday – Off

Sunday – 5 mile run or 40min running.

Week 2: Target 20-25 miles

Monday – 2 mile run or 20min running.

Tuesday – 3 mile run or 30min running.

Wednesday – Off

Thursday – 5 mile run or 40min running

Friday – 5 mile run or 45min running

Saturday – 6 mile run or 60min running

Sunday – Off