

## **Friday, November 10**

1-2pm Group Welcome and Scavenger Race

2-6pm Focused Runs and Classes

6-7pm Dinner

7:30-8:30pm Night Run

## **Saturday, November 11**

7-8am Focused Runs

8-9am Breakfast

9am-1pm Focused Runs and Classes

1-2pm Lunch

2-5pm Focused Runs and Classes

5-6pm LNT Skit and Group Picture

6-7pm Dinner

7-9pm Keynote Speaker and Social

## **Sunday, November 12**

6-8am Breakfast and pack lunch

8-12pm Appalachian Trail Run and Hike

12-1pm Shower and pack

## **FOCUSED RUNS & CLASSES:**

- Running Form
- Blister Care and Prevention
- Solving Common Trail Running Ailments
- Foam Rolling
- Running & Racing Nutrition
- Technical Trail Running
- Powerhiking
- Hill Running

- Dynamic Stretching and Strengthening
- Trail Speed
- Running and Racing Plans
- Leave No Trace Practices