

Schedule of Events

High Sierra Desert and Mountain Ultra Training Camp

Note: all events will start **on time**. Any time that is not scheduled (for example, 15 minutes between breakfast and the first training run) is for you to dress, prepare, or take care of personal business.

Please be ready to **START** at the scheduled times.

Wednesday May 3	
4:30 p.m.	All participants arrive at Stovepipe and check in
6:00 p.m.	Welcome Reception and Dinner-Toll Road Restaurant, Stovepipe Official camp welcome; introductions; goodie bag distribution; overview of Stovepipe facilities, Death Valley National Park, and areas for training runs; review camp schedule of events
Thursday May 4	
6:30-8:30 am	Breakfast at your leisure-Toll Road Restaurant
9:00 a.m.-1:00 p.m.	Running session with Lisa and Marshall Downhill running technique Power walking (and why it works) Gait analysis
1:00-2:00 p.m.	Lunch-your choice
2:15-3:30 p.m.	Stretching class and cross training with Lisa Meet in the Stovepipe auditorium
4:00-6:00 p.m.	Classroom Session #1 Nutrition, Hydration, and Electrolyte Balance Race Strategy and Training Mental Aspects of Racing and Training
6:30 p.m.	Group Dinner -Toll Road Restaurant
8:00 p.m.	Entertaining presentation by Marshall (optional) Journeys in Extremes Around the World*
Friday May 5	
6:30-8:30 am	Breakfast at your leisure-Toll Road Restaurant
9:00 a.m.-1:00 p.m.	Running session with Lisa and Marshall Running the flats Uphill and downhill work Individual time to pull the tire
1:00-2:00 p.m.	Lunch-your choice
2:15-3:30 p.m.	Cross training with Lisa Meet by the pool and bring your jump ropes!
4:00-6:00 p.m.	Classroom Session #2 Troubleshooting Forces of Nature Footwear and Foot Care
6:30 p.m.	Group Dinner-Toll Road Restaurant
8:00 p.m.	Entertaining presentation by Lisa (optional) Desert Racing - to be determined

Saturday May 6	
6:30-8:30 am	Breakfast at your leisure-Toll Road Restaurant
9:00 a.m.-1:00 p.m.	Trail run with Lisa and Marshall Trail running techniques Uphill and downhill work Learn about preparation: clothing and equipment
1:00-2:00 p.m.	Lunch-your choice
2:15-3:30 p.m.	Core body training session with Lisa Meet by the pool
4:00-6:00 p.m.	Classroom Session #3 Clothing and Race Gear Pacing Crewing Finding Balance in Your Life
6:30 p.m.	Group Dinner-Toll Road Restaurant
8:00 p.m.	Entertaining presentation by Marshall (optional) The Seven Summits***
Sunday May 7	
6:30-8:30 am	Breakfast at your leisure-Toll Road Restaurant
8:30-9:30 a.m.	Camp wrap up/Q&A
10:00-12:30 p.m.	Free time/optional solo runs-your choice of locations
1:00 p.m.	Departure

***Journeys in Extremes Around the World by Marshall-Thursday Night**

World class athlete Marshall Ulrich will take you around the world-from the cold thin air of Mount Everest to heat of Death Valley, from the frozen ice of Antarctica to the sands of the Sahara, and from the frozen Iditarod trail to the stifling jungles of Borneo-showing you how the human body is able to adapt and perform in these beautiful, extreme, and harsh environments.

****Desert Racing (to be determined) by Lisa-Friday Night**

Presentation about Marathon Des Sables and other desert races.

*****The Seven Summits by Marshall-Saturday Night**

Marshall Ulrich will take you to the top of each continent, highlighting the harsh, bitter cold environment in Antarctica and the extreme altitude and dangers of the north side of Mount Everest.