

Schedule of Events

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, August 23	
4:30 p.m.	All participants arrive at Grand Targhee and check in
6:00 p.m.	Welcome Reception and Dinner-Grand Targhee Steakhouse Official camp welcome; introductions; goodie bag distribution; overview of Grand Targhee facilities and areas for training runs; review schedule
Thursday, August 24	
6:30-8:30 a.m.	Breakfast at your leisure- Grand Targhee Steakhouse
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 by the pool
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-Grand Targhee Steakhouse
8:00 p.m.	Entertaining presentation by Marshall (optional) The Triple Crown of Extreme Sports*
Friday, August 25	
6:30-8:30 a.m.	Breakfast at your leisure- Grand Targhee Steakhouse
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
4:00-6:00 p.m.	Classroom Session #2 Troubleshooting Forces of Nature Footwear and Foot Care
6:30 p.m.	Group Dinner-BBQ outside Grand Targhee Steakhouse
8:00 p.m.	Entertaining presentation by Lisa (optional) Overview of Races and Finding Balance in Your Life

Saturday, August 26	
6:30-8:30 a.m.	Breakfast at your leisure-Grand Targhee Steakhouse
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-Grand Targhee Steakhouse
8:00 p.m.	Entertaining presentation by Marshall (optional) Everest as a Model for Your Success***
Sunday, August 27	
6:30-8:30 am	Breakfast at your leisure-Grand Targhee Steakhouse
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

***The Triple Crown of Extreme Sports by Marshall Ulrich – Thursday Night**

With images from around the world – including movie clips and dynamic photo transitions set to music – Marshall Ulrich takes you on an **amazing** journey of athletic endeavors and sole searching, highlighting his accomplishments in ultra running, adventure racing, and mountaineering: the Triple Crown of Extreme Sports. Going deeper than just the accomplishments themselves, Marshall focuses on what drives him to succeed: doing for others – inspiring every member of the audience to consider, “What will motivate **you**?”

****Overview of Races and Finding Balance in Your Life by Lisa-Friday Night**

Presentation about Marathon des Sables and other races, as well as finding balance in your life.

*****Everest as a Model for Your Success by Marshall Ulrich-Saturday Night**

Learn to manage your life more effectively! Successful businessman and Seven Summits mountaineer Marshall Ulrich will use his climb of Mount Everest as a model to show you how to earn the results you desire. He will discuss the need for enduring values, gaining the skills required for success, team building, managing change, and following through on the execution of your plan.