

2021 Montreat College Running Camp

Daily Schedule - July 26-31

Monday, July 26

10:00am-12:00pm	Registration (Anderson Hall)
12:00pm-1:00pm	Lunch (Bell Library)
2:00pm-3:00pm	Welcome/Intro/Safety Meeting (Graham Chapel)
3:00pm-5:15pm	Afternoon Workout (Black Mountain Campus) - meet outside of Anderson Hall
5:30pm-6:30pm	Dinner (Bell Library)
7:15pm-8:30pm	Worship Service (Graham Chapel)
11:00pm	Lights Out

Tuesday, July 27

7:00am-10:00am	Morning Workout (Owen Park)
10:30am-11:30am	Learning Session (Health/Nutrition) - Taft Draper (Graham Chapel)
11:30am-12:00pm	D-Group Meeting (location determined by D-Group leader)
12:00pm-1:00pm	Lunch (Bell Library)
1:00pm-3:00pm	REST/FREE TIME
3:30pm-5:00pm	Shakeout/Strength Session (McAlister Gym)
5:30pm-6:30pm	Dinner (Bell Library)
7:15pm-8:30pm	Worship Service (Graham Chapel)
8:30pm-10:00pm	Free Time (Gym and Student Center will be open)
11:00pm	Lights Out

Wednesday, July 28

7:00am-9:00am	Morning Workout (RAINBOW TRAIL)
9:00am-9:30am	Breakfast (Bell Library)
10:00am-10:30am	D-Group Meeting (location determined by D-Group leader)
10:30am-11:30am	Learning Session (Mechanics of Running) - Miriam Salloum (Graham Chapel)
12:00pm-1:00pm	Lunch (Bell Library)
1:00pm-2:00pm	Running in College Roundtable (Graham Chapel)
3:30pm-5:00pm	Shakeout/Drills/Yoga (McAlister Gym)
5:30pm-6:30pm	Dinner (Bell Library)
7:00pm-8:00pm	Q&A with Abbey & Jake Cooper
8:15pm-9:30pm	Worship Service (Graham Chapel)

11:00pm Lights Out

Thursday, July 29

7:00am-11:00am Morning Workout (LAKE SUMMIT/TUXEDO)

12:00pm-1:00pm Lunch & D-Group Meeting (Bell Library)

1:00pm-1:30pm D-Group Meeting (location determined by D-Group leader)

2:00pm-5:00pm FREE TIME/*Optional* Swimming at Montreat Pool

5:30pm-6:30pm Dinner (Bell Library)

7:15pm-8:30pm Worship Service (Graham Chapel)

8:45pm-10:00pm Camp Talent Show (Graham Chapel)

11:00pm Lights Out

Friday, July 30

7:00am-9:30am Morning Workout (Black Mountain Campus)

10:00am-10:30am D-Group Meeting (location determined by D-Group leader)

11:00am-12:00pm Leadership/Team Dynamics - **Coach Carissa Eichmeyer** (Graham Chapel)

12:00pm-1:00pm Lunch (Bell Library)

1:00pm-2:45pm REST TIME/FREE TIME

3:00pm-5:00pm Lookout Mountain Challenge/Run

5:30pm-6:30pm Dinner (Bell Library)

7:15pm-8:30pm Worship Service (Graham Chapel)

8:30pm-10:00pm Free Time (Gym and Student Center will be open)

11:00pm Lights Out

Saturday, July 31

7:00am-7:30am Morning Run (From Campus)

7:30am-8:30am Breakfast (Bell Library)

8:00am-10:00am Depart (turn in room key at residence hall)