

## JALAMA TRAINING CAMP---AUGUST 24-29

Saturday	6:45 AM	Transport vehicles at Dana Hills
	7:00	All athletes report and pack
	8:00	Leave in car caravan
	11:00	Lunch in Ventura
	1:30 PM	Arrive Jalama County Beach (Lompoc)
	5:00	Core work
	6:00	Workout #1 – POINT CONCEPTION 1.0
	8:30	Team Meet
	10:00	Lights Out
Sunday	6:30 AM	Workout #2 – 2 PT RUN 1.3
	2:00 PM	Workout #3—MISSION TRAIL RUN
	8:30	Team Meeting ---4H--hero-heartache-highlight-hope
	10:00	Lights Out
Monday	8:00 AM	Workout #4—LOMPOC—CREEKSIDE—4mile repeats Core
	11:00 AM	Lunch
	7:00 PM	Workout #5----ROAD RUN & 1 PT—3.0
	8:30	Team Meeting
	10:00	Lights out
Tuesday	7:30 AM	Workout #6 – 3 PT RUN –2.5
	12noon	Core work
	8:30 PM	Team Meeting
	10:00	Lights Out
Wednesday	7:30AM	Workout #7--- JALAMA CHI CHI RUN
	2:30 PM	Workout #8--- 2 PT RUN 3.3
	8:00 PM	Team Meeting
	10:00 PM	Lights out
Thursday	6:00 AM	Wake up
	7:30 AM	Leave camp
	9:00	UCSB RUN
	10:30 AM	Lunch in Ventura
	11:30AM	Leave for home
	3:00 PM	Arrive home

### WHAT TO BRING:

1. FOOD (for 3 days), COOLER, TENT
2. CLOTHES FOR 5 DAYS AND JACKET
3. SLEEPING BAG, FLASHLIGHT, PANS AND CAN OPENER
4. \$100 CASH (CAMPING FEE, GAS, INSURANCE, COACHES FEE, MISC.)
5. SPENDING MONEY (\$50 RECOMMENDED)
6. TWO PAIRS OF RUNNING SHOES AND EXTRA SOCKS
7. SUNSCREEN

PARENTAL QUESTIONS CALL  
TIM BUTLER -- 246-7170