TEAM PREPUSA



Rocky Mountain Cross Country (RMXC) camp is set in idyllic Crested Butte, Colorado - listed by Nike as "One of the best" running destinations in the country."

High altitude training, miles of Rocky Mountain trails, and a lifetime of friendships, memories, and passion.

Work hard. Play Hard. No effort goes unnoticed.

Welcome to Team Prep USA









Grylars1 2017-07-20 ** ** ** **



Such a great camp, I had the best experience of my life and learned so much both about myself as a person and as a runner! Everyone is so nice and inviting and I have met some friends that I think I may have for my whole life!



- High altitude and novel trail running put unique stresses on the body that have favorable effects to distance running performance
- Each morning run features a 15 minute shakeout, followed by a triedand-tested routine of core, flexibility, strides, and icing
- Runners may run anywhere between 15 and 60 minutes during an afternoon run (excluding long runs), depending on age, experience level, and their particular training volume described by their home-coach
- Workouts performed during an RMXC camp include tempo runs, long runs, and our infamous Tempo-to-Hill workout, with a strong emphasis on recovery and nutrition





- For our afternoon runs we load up Big Bertha and the Team Prep USA
 Vans and head to the world class trails and dirt roads of the Gunnison
 Valley
- The the trails and dirt roads are appropriate in difficulty for all camp ages and experience levels
- We also run on the Western State University Track, and have modified routes if the athlete needs/prefers to be off of trails



Guest Lecturers Industry Leaders

Daily lectures from renown coaches, Olympians, medical professionals, college admissions directors, and mor will leave a camper's journal filled with wisdom on the topics below:

- What it takes to be a champion
- Biomechanics of Speed
- Speed V. Speed Endurance
- Testimonials by our top staff
- Goal Setting
- Individual evaluations with each athlete on gait analysis, and biomechanics
- Pacing Techniques
- Sports Psychology
- Toughness in Competition and Practice
- How Training Works Periodization

- Injury Prevention and Common Running Injuries
- Intensive Nutrition topic Students will
 have info to take home
- Biomechanics of Running
- Team Leadership
- Endurance Training Methods
- Optimal Nutrition for Peak
 Performance
- Uphill and Downhill Racing Techniques
- Tactical Advantages in Pack Placement
- Un-limiting your Performance

- Fear and Performance
- Recovery Protocols
- Challenging Your Weaknesses
- The Pre-Competitive Protocols
- Sports Relaxation Drills

And MORE!! See Website for even more lectures.

No lectures are repeated



Daily Itinerary

This is a tentative schedule for this summer:



7:30a – Breakfast

8:30a – Shakeout Run

9:00a – Strides and

Stretches / Flexibility

Drills

10:30a – Lecture

12:00p – Lunch

1:00p – Lecture

2:00p – Afternoon Run

5:00p - Recovery

Protocols / Icing

6:00p – Dinner

7:30p - Lecture

8:30p – Activity

10:30p – Lights out!





You Don't Want to Miss at

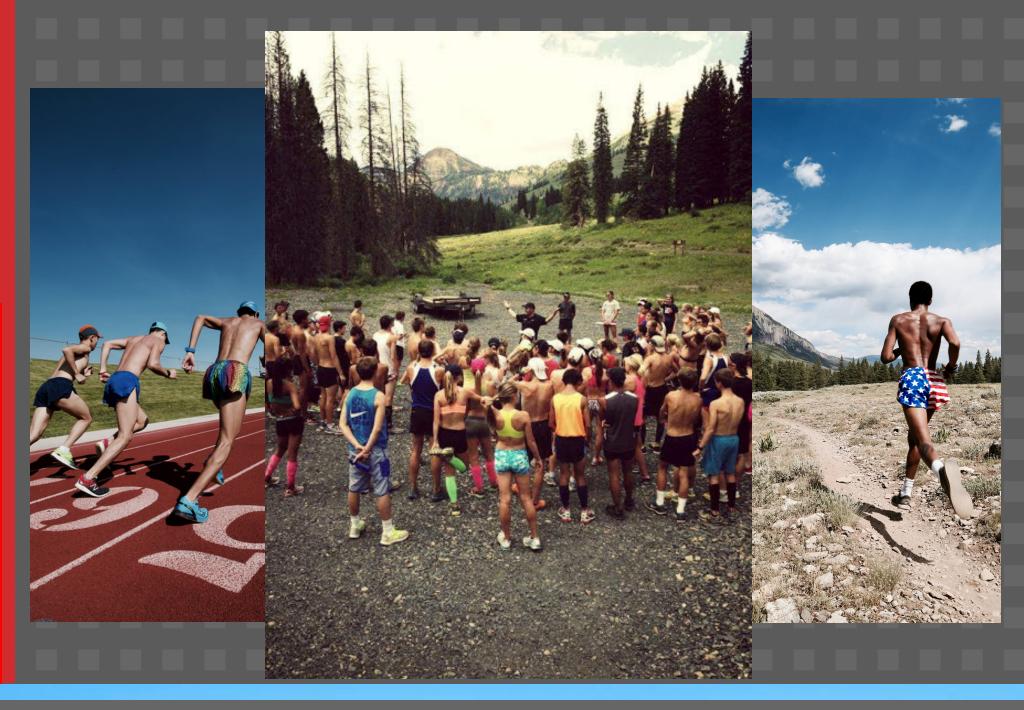
RMXC

1) 4th of July Parade

- 2) Runs at each unique trail
- 3) All camp skits / activities
- 4) Each of Coach Sanderson's structured workouts
- 5) All guest speakers & lectures
- 6) Optimal time for High Altitude
- 7) Camp Dance!

20 Night Camp Includes...





EXPERIENCE TEAM PREP USA