

TEAM PREP USA

"Developing Champions out of Thin Air"



Camps Brochure



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.

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!

Welcome to Team Prep USA



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High Altitude Training



- 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 tried-and-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



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Trail Running

- 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



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Guest Lecturers Industry Leaders

Daily lectures from renown coaches, Olympians, medical professionals, college admissions directors, and more 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

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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!



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TOP 7 THINGS You Don't Want to Miss at RMXC

20 Night Camp Includes...



- 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!

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EXPERIENCE TEAM PREP USA