

2025 Furman Cross Country Camp Schedule

**Daily breakfast, training sessions, and meetings will begin as a group at registration location*

Monday, June 30th

2-3pm Check-In
3:30pm Welcome Meeting
4:00pm Performance Run/Practice
5:30pm Dinner - Pizza Party
7:00pm Break Out into assigned groups (ice breakers & introductions)
9:00pm Games
10:30pm Room Check - please be in assigned rooms

Tuesday, July 1st

7:30-8:30am Breakfast available at registration site
8:30-10:00am Main Training Session – Threshold Intervals
12:00pm Lunch in dining hall
2:00pm Guest Speakers

- “Mindset Matters”
- “College Recruiting”

4:00pm Second Training Session- Ancillary
5:30pm Dinner in dining hall
7:00pm Counselor Lead Activities
10:30pm Room Check - please be in assigned rooms

Wednesday, July 2nd

7:30-8:30am Breakfast available at registration site
8:30-10:00am Main Training Session – Fartlek Intervals
12:00pm Lunch in dining hall
2:00pm Guest Speaker

- “Tips from a 2-time Olympian, Robert Gary”
- “Running equipment 101”

4:00pm Second training Session- Ancillary
6:00pm Dinner in dining hall
7:30pm Lip Sync Competition
10:30pm Room Check - please be in assigned rooms

Thursday, July 3rd

7:30-8:30am Breakfast available at registration site
8:30-9:30am Scavenger Hunt
9:30-10:30am Showers/Clean out room
10:30-11:30am Athlete Round Table + Awards Ceremony
12:00pm Check-out

ANY QUESTIONS/CONCERNS DURING CAMP:

Plz connect with ANY of our Furman counselors – they can help!

ANY URGENT/EMERGENCY NEEDS PLEASE CALL COACHING STAFF:

COACH RITA GARY 614-429-8477
COACH LOGAN ROBERTS 919-610-8100
COACH MATT LANGE 518-847-1694