

Daily Schedule



Monday

- 9:00am Meeting at Burbank AMTRAK Station
- 11:35am Arrive In Santa Barbara
- 12:15pm Arrive at UCSB
- 1:00pm Lunch at UCSB
- 2:30pm Workout (Shake Out Run)
- 4:00pm "Introduction Meeting"
- 5:15pm Dinner
- 7:30pm Board Games/Free Time
- 10:00pm Lights Out

Tuesday

- 7:00am Wake Up/Get Dressed
- 7:45am Breakfast
- 8:45am Morning Workout
- 10:30am Showers/Free Time
- 12:00pm Lunch
- 1:00pm "Mind of Runner Workshop"
- 2:30pm Track Workout
- 5:15pm Dinner
- 7:30pm Team Game Night
- 10:00pm Lights Out

Wednesday

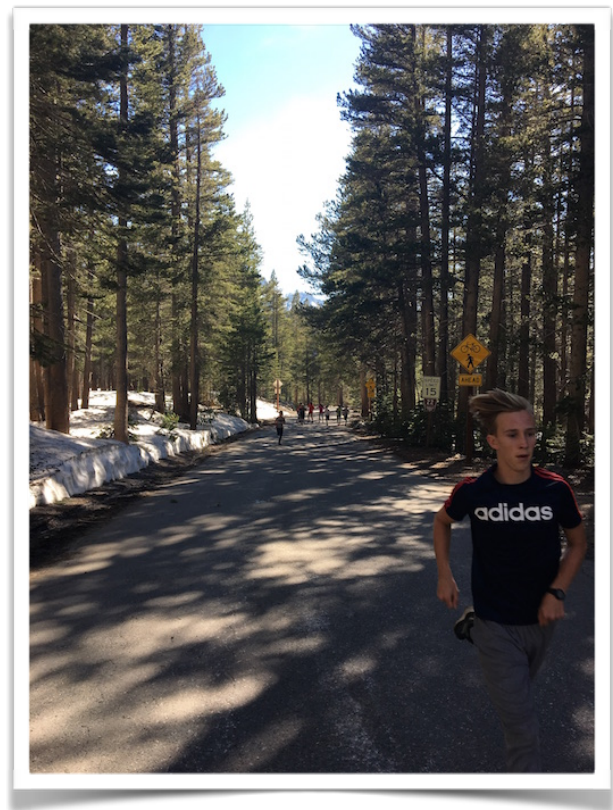
- 6:30am Wake Up Shake Out Run
- 7:45am Breakfast
- 8:30am Leave For The Beach
- 9:30am Beach Workout (Tempo / Speed / Strength)
- 1:00pm Lunch Out On State Street
- 2:00pm Exploring Downtown Santa Barbara
- 4:00pm Leave for UCSB
- 5:15pm Dinner
- 7:00pm "Life of Runner Workshop"
- 10:30pm Lights Out

Thursday

- 7:00am Wake Up/Get Dressed
- 7:45am Breakfast
- 8:45am Morning Workout
- 10:30am Showers/Free Time
- 12:00pm Lunch
- 1:00pm "I (eye) Your Expectations Workshop"
- 3:00pm Track Workout
- 5:15pm Dinner
- 7:00pm Movie Night
- 10:00pm Lights Out

Friday

- 7:00am Wake Up/Get Dressed/Breakfast
- 8:30am Morning Workout
- 10:30am Showers/Free Time
- 12:00pm Lunch
- 2:30pm Head to Downtown Santa Barbara
- 4:00pm Leave for Los Angeles



****Special Guest and Speakers
TBD at Later Date***