

2025 Wingfoot Running Camp Week 1 Breakouts

High School Sessions	Rm#	Monday	Rm#	Tuesday	Rm#	Wednesday	Rm#	Thursday
	003	Running Physiology Vanessa Adams	Chan Auditorium	Women and Running Dr. Kate Edwards	003	Dealing with Injuries Don Livingston	003	Little Things Andy Carr
	004	Team Building Wesley Etienne	107	Nutrition Jimmy Sorrells	004	Importance of Recovery Kathleen Schellman	004	Building your pre-race routine Cathi Monk
	107	What is Effort Based Training? Landon Delozier	109	Pacing - during Training and Races David Cain	107	Running in the Heat Hannah Brookover	107	Power of Positive Attitude Dunn Neugebauer
	109	Goal Setting Jacob Bishop			109	Racing Strategy Everett Whiteside	109	Running in College College Counselors

MS Sessions Rm 105	Monday		Tuesday		Wednesday		Thursday	
	Session A	MS - Running Vocabulary Matt McMurray	Session A	MS - Types of Runs Zach Tyler	Session A	MS - Effort Based Training Bill Hackney	Session A	MS - Team Building Michael Beaudreau
	Session B	MS - Running Mechanics Jerry Kosoff	Session B	MS - Strength Training Kelley Palfrey	Session B	MS - Running in HS Eric Heintz	Session B	MS - Stretching Zach Tyler

Session A - 2:15-2:45pm

Session B - 2:50-3:20pm