

# GENERATION ENDURANCE

## 2017 Cross Country Camp....I AM....



	HAVE FUN	PLAY HARD	KNOW HOW STRONG YOU ARE	STAY POSITIVE	GIVE YOURSELF A BREAK	RIDE YOUR BIKE	MOVE WITH YOUR PARENTS		
Wk #	Week Of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	CORE Routine
8	June 18 Concept of I am....	REST	PRACTICE 3:00-4:30 ELM CREEK PARK Acorn Lot	REST	25 min easy *** Take your sister / brother out for a jog!	PRACTICE 3:00-4:30 Coon Rapids Dam Brooklyn Park	PRACTICE 3:00-4:30 ELM CREEK PARK Eastman Nature	REST	2X(8 push-up, 40 sec plank/abd) **10 min of core
7	June 25 Encourage one Another	REST	PRACTICE 3:00-4:30 ELM CREEK PARK Acorn Lot	PRACTICE 8:00-9:30 French Lake Park Plymouth	REST	Use the monkey bars at the park to build upper body strength	Ride your bike at the Elm Creek Park Reserve Mountain Bike Course!	25 min easy *** Take your sister / brother out for a jog!	2X(9 push-up, 50 sec plank/abd) **10 min of core
6	July 2 Never Give Up	REST	20 min easy ***remember you can break it up by doing a run/walk - for example.... 5X4min on / 30 off***	Have a dog? Take them to the Minnehaha Falls DOG PARK!!! It's a great adventure for your dog & YOU!	25 min easy *** Take your sister / brother out for a jog!	PRACTICE 3:00-4:30 Coon Rapids Dam Brooklyn Park	PRACTICE 3:00-4:30 ELM CREEK PARK Eastman Nature	25 min easy *** Take your mom out with you for a jog	2X(10 push-up, 60 sec plank/abd) **10 min of core
5	July 9 Perseverance	REST	PRACTICE 3:00-4:30 ELM CREEK PARK Acorn Lot	PRACTICE 8:00-9:30 French Lake Park Plymouth	Try roller blading, skate boarding to use the muscles of your lower body	PRACTICE 3:00-4:30  POTENTIAL FIELD TRIP LOCATION*	25 min easy *** Take your friend out for a jog and show them all you have learned!!	30 min easy *** Take your dad out with you for a jog	2X(11 push-up, 60 sec plank/abd) **10 min of core
4	July 16 Self Fulfilling Prophecy	REST	PRACTICE 3:00-4:30 ELM CREEK PARK Acorn Lot	REGISTER FOR THE Faster than the Pastor 5K this week to receive a discount	PRACTICE 8:00-9:30 Fish Lake Park Maple Grove	PRACTICE 3:00-4:30 Coon Rapids Dam Brooklyn Park	20 min easy ***remember you can break it up by doing a run/walk - for example.... 5X4min on / 30 off***	25 min easy *** Take your mom out with you for a jog	2X(12 push-up, 60 sec plank/abd) **10 min of core
3	July 23 Goals / Aim	REST	PRACTICE 3:00-4:30  POTENTIAL FIELD TRIP LOCATION*	20 min easy ***remember you can break it up by doing a run/walk	PRACTICE 8:00-9:30 Fish Lake Park Maple Grove	How long can you hold your PLANK? Get ready to PROVE it!!!	25 min easy *** Take your mom / dad out for a jog!	30 min easy *** Take your dad out with you for a jog	2X(13 push-up, 60 sec plank/abd) **10 min of core
2	July 30 Honoring your parents!!!	REST	PRACTICE 3:00-4:30 ELM CREEK PARK Acorn Lot	REST	PRACTICE 8:00-9:30 Fish Lake Park Maple Grove	REST	PRACTICE 3:00-4:30 POTENTIAL FIELD TRIP LOCATION***	25 min easy *** Take your sister / brother out for a jog!	2X(14 push-up, 60 sec plank/abd) **10 min of core
1	Aug 6 I am....	REST	REST	REGISTER for the Faster than the Pastor if you haven't already!!!	PRACTICE 8:00-9:30 Fish Lake Park Maple Grove	PRACTICE 3:00-4:30 Coon Rapids Dam Brooklyn Park	REST		



FASTER THAN THE PASTOR 5K SVDP

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### 2017 Cross Country Camp....I AM....

We VERY much looking forward to this Cross Country camp. The intent is to provide a significant amount of muscular and aerobic endurance to impact ANY fall sport, build companionship, develop confidence, provide evidence based science to support powerful healthy eating and behavior. Each week will have a life lesson topic (taking risks, setting goals, putting sport in perspective, being deserving of success etc) and each session will contain an aerobic component, core & collateral muscle strengthening, an element on sports specific nutrition and when we have time - some fun team building activities..... there WILL be some sessions where you kids get wet!!!! We will try to provide sufficient heads up on this...

PLEASE have your young athlete wear comfortable workout gear, newer (purchased within the last 3 months) running shoes, bring a post workout snack, water bottle and positive attitude! Training shirts will be provided by the 2-3rd week of training and we encourage them to be worn nearly every day - as we are moving through the woods and our bright shirt identifies us as a group, belonging to one another!

Parents / Grandparents - you are WELCOME to come join us for a run or walk ANY TIME!!!!

Questions - please don't hesitate to contact me - We will have my cell phone with me at all times, **Pam 612-940-3149, Jake 763-245-6748**

**Inclement Weather - in the event of rain/lightening/snow/severely high heat (if not at Fish Lake Park) 60 min prior to our schedule time, I will cancel practice. Safety is primary - conditioning and fun are secondary! I will send out an EMAIL as confirmation.**

#### **KEY & Directions (from SVDP):**

**Elm Creek Park, Acorn Lot:** Travel west on 93rd to Hwy 81. Exit onto 81/610, continuing to head west. Exit 610 onto Elm Creek Blvd. This exit will take you onto a *round a bout*, turn right into Elm Creek Park - James Deane Parkway. Follow parkway approx 1.5 miles, past chalet, and straight through stop sign. Acorn Lot will be on your left.

**Elm Creek Park, Eastman Nature Center:** Travel west on 93rd to Hwy 81. Exit onto 81/610, continuing to head west. GO PAST exit for Elm Creek Blvd, turn right onto Fernbrook, at stop light. Travel approximately 1.5 miles and turn right onto Elm Creek Road. Follow Elm Creek Road for approx. .75 miles and turn right into the Eastman Nature Center Drive. The sign says road closed during construction, but they have a grassy parking lot just after turning onto Nature Center Rd, that will be on your left. Drop and pick up here.

**Fish Lake Park, Maple Grove:** Travel East on 93rd towards 169. Go south (turn right) onto 169. Go West onto 694/94 approximately 1.5 miles, following 695 to 494 southbound. Exit 494 at Bass Lake Road. Turn right onto Bass Lake Road. Approximately 1.25 miles on right will be the entrance to Fish Lake Park. Drive into park and drop your son/daughter at the beach cul de sac. We will play here!

**Coon Rapids Dam, Brooklyn Park:** Travel east on 93 towards 169. Go north onto 169. Take 610 E. Exit 610 at Noble. Turn Left onto Noble. Turn right on to 97th Ave N. Follow 97th Ave approx 1/2 mile. Turn left onto Russell Ave N. Russell will turn into W River Parkway. Coon Rapids Dam Park will be approx 1.0 mile on the right hand side. Drive into park and the grassy area just as you enter will be our gathering space.