



**September 2020 Virtual Camp Schedule (ALL SESSIONS EST)**

<b>September 2020 Virtual Camp Schedule (ALL SESSIONS EST)</b>		
<b>Friday, Sept. 11</b>	<b>Friday</b>	<b>Speakers</b>
2 p.m.	Welcome Session/Meet & Greet	Melody Karpinski, McMillan Running
3:00 p.m.	Session I: First Lessons	Greg McMillan, McMillan Running
4:30 p.m.	Happy Hour	
<b>Saturday, Sept. 12</b>	<b>Saturday</b>	<b>Speakers</b>
8:15 a.m.	Prediction Run OYO/Hoka +McMillan Strava Group	Hoka One One
10 a.m.	Session II: Next Lessons	Greg McMillan, McMillan Running
11 a.m.	Session III: Running Form	Greg McMillan, McMillan Running
12:30 p.m.	Lunch Break	
1:45 pm.	Session IV: Prehab/Strength Routines	Angela Tieri, Strength Coach
3 p.m.	Coffee Break	
3:30 p.m.	Session V: Mental Motivation Tools	Andrew Lemoncello, Olympian
5:00 p.m.	Happy Hour	
<b>Sunday, Sept. 13</b>	<b>Sunday</b>	<b>Speakers</b>
8:15 a.m.	Prediction Run OYO/Hoka +McMillan Strava Group	Hoka One One
10 a.m.	Session VI: Nutritional Wellness	Matt Fitzgerald, 8020 Endurance
11:15 a.m.	Coffee Break	
11:30 a.m.	Session VII: Special Guest Speaker	Lorraine Moller, Olympian
12:45 p.m.	Lunch Break	
2 p.m.	Session VIII: Long Distance Training	Andrew Middleton, McMillan Running
3:15 p.m.	Break	
3:30 p.m.	Session IX: Q & A w/Coach Greg & McMillan Coaches	Greg McMillan, Andrew Middleton, Andrew Lemoncello
4:30 p.m.	Happy Hour	