

Seminole Trails Winter Elite Distance Camp Schedule

Location: Drury Plaza Hotel, 1690 Raymond Diehl Rd, Tallahassee, FL 32308

Friday, December 27th

- **1:00 PM** – Check-in Begins (Drury Plaza)
- **3:00 PM** – Check-in Concludes
- **3:45 PM** – Depart for Trail Run (Lake Lafayette Heritage Trail)
- **6:30 PM** – Dinner (meet in Lobby)
- **7:30 PM** – Training Lecture
- **8:30 PM** – Core Routine Lecture/Demonstration
- **9:15 PM** – Free Time/Pool
- **10:15 PM** – In your rooms – Lights Out

Saturday, December 28th

- **7:00 AM** – Light Breakfast in Lobby
- **8:00 AM** – Depart for Trail Run (Klepp-Johns Park)
- **10:30 AM** – Training Lecture
- **11:30 AM** – Lunch (meet in Team Room)
- **12:30 PM** – Matinee Movies
- **4:00 PM** – Light Run from Hotel (Strides & Drills)
- **6:00 PM** – Dinner (meet in Lobby)
- **8:00 PM** – Training Lecture on Form Analysis
- **9:15 PM** – Free Time/Pool
- **10:30 PM** – In your rooms – Lights Out

Sunday, December 29th

- **7:00 AM** – Light Breakfast in Lobby
- **8:00 AM** – Depart for Trail Run (Georgia Hills – Old Centerville Road)
- **11:00 AM** – Training Lecture
- **12:00 PM** – Lunch (meet in Team Room)
- **1:00 PM** – Free Time/Pool/Rollout & Stretch
- **4:00 PM** – Training Lecture
- **5:30 PM** – Dinner
- **6:30 PM** – Games, Rides, etc. at Hangar 38
- **10:30 PM** – In your rooms – Lights Out

Monday, December 30th

- **7:00 AM** – Light Breakfast in Lobby
- **8:00 AM** – Depart for Trail Run (Apalachee Regional Park)
- **11:00 AM to 12:00 PM** – Camp Check-Out (Drury Plaza)