

	Friday 9/9	MASSAGE SLOTS		Saturday 9/10	MASSAGE SLOTS		Sunday 9/11
6:00			6:00	Run session 2 - LONG RUN		6:00	Run session 5 - Long Run
7:00			7:00			7:00	
8:00			8:00			8:00	
9:00			9:00			9:00	
10:00			10:00			10:00	
11:00			11:00		y	11:00	
12:00	ARRIVE-at YHA ACCOM FROM MIDDAY - Please go to Conference room, check in cannot happen until 2pm but facilities can be used. Please don't try to Check-In with YHA reception. Runlab will group check-in and allocate keys post 2pm		12:00		y	12:00	Workshop #5 Training for mature athletes Mel Ingram
13:00	Run session 1		13:00		y	13:00	Wrap up
14:00			14:00	Run session 3 - TECHNIQUE + SALOMON Demo Fleet. You get to try 2 models of shoe in your size!	y	14:00	
15:00			15:00	Workshop #3 Recovery Session - Mel Ingram	y	15:00	
16:00	Check into rooms	y	16:00	Meet the Team! Pace Athletic Expo with special guests Lebent. Gear available for purchase	y	16:00	
17:00	Guest Speaker James Castrission - My Adventure Group	y	17:00		y	17:00	
18:00	Dinner - Provided	y	18:00			18:00	
19:00	Workshop #1 FIXX NUTRITION	y	19:00	Run session 4 - NIGHT RUN An out and back to the Emergency Aid station and finishing up Furber.		19:00	
20:00	Workshop #2 Packing for Ultra's and race kit - Vlad Shatrov	y	20:00			20:00	
21:00	Pre Day 2 Briefing		21:00	Pre Day 2 Briefing		21:00	