



RETREAT SCHEDULE

..... AT A GLANCE

FRIDAY

★ MORNING RUN + REFRESH

★ SMALL GROUP BREAK OUT SESSIONS:

NUTRITION with Cassie Dimmick	STRENGTH with Dimity	SPEED with Sarah	YOGA with Sage Rountree
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★ LUNCH, MUSEUMS, AND SHOPPING

★ AFTERNOON SESSIONS:

Dimity + Panel Goal Setting	Sarah + Panel Goal Upping
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STRENGTH with Dimity	TRAINING with Coach Christine	PREHAB with TriggerPoint	SPEED with Sarah
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SUNDAY

CHECK-OUT of
Capital Hotel

★ MORNING RUN + REFRESH

★ GOURMET BREAKFAST AT CAPITAL HOTEL

★ CLOSING CELEBRATION

SATURDAY

★ MORNING RUN + REFRESH

★ SMALL GROUP BREAK OUT SESSIONS:

SPEED with Sarah	NUTRITION with Cassie Dimmick	STRENGTH with Dimity	YOGA with Sage Rountree
TRAINING with Coach Christine	SPEED with Sarah	STRENGTH with Dimity	PREHAB with TriggerPoint

★ LUNCH AT CAPITAL HOTEL

★ AFTERNOON SESSIONS:

PREHAB with TriggerPoint	YOGA with Sage Rountree	NUTRITION with Cassie Dimmick	TRAINING with Coach Christine
YOGA with Sage Rountree	PREHAB with TriggerPoint	TRAINING with Coach Christine	NUTRITION with Cassie Dimmick

Dimity + Panel Goal Setting	Sarah + Panel Goal Upping
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★ LARGE PANEL SESSION:

Q + A with Dimity, Sarah, Cassie, Christine, Sage, TPT

★ DIMITY'S FAVORITE PRE-RACE DINNER

- ★ : RUNS WILL RANGE FROM 3 TO 13 MILES; ALL LEVELS ARE WELCOME.
- ★ : SESSIONS LAST 45 MINUTES. SOME ARE MOVEMENT-BASED, SOME ARE BRAIN-BASED.
- ★ : NOTHING IS MANDATORY; PERSONAL DOWNTIME IS ALWAYS AN OPTION.