

CIS Cross Country Itinerary

(as of October 28, 2018)

This is a general itinerary and is subject to change.

CIS Cross Country Championships Kingston, ON. Hosted by Queen's University Saturday November 10, 2018

Championship Website: <https://usports.ca/en/championships/cross-country/x>

Trackie Website: <http://www.trackie.com/CIS/>

The Weather Network Website: <https://www.theweathernetwork.com/ca/weather/ontario/kingston>

Thursday November 8, 2018

Be at the Airport no later than 8:00am
Have a photo ID for check in and Security

Depart Calgary: Westjet #610 9:20am Arrive Ottawa 15:09pm

3:30pm **Bus** to Kingston (approx. 2 hours)

4:00pm Lunch stop on road to Kingston

6:00pm Check in to Hotel

Hotel: Ramada Kingston Hotel & Conference Centre

33 Benson Street, Kingston ON
T: 613-546-3661 F: 613-544-4126

Shake out

Friday November 9, 2018

AM Free Time for athletes

11:00am TECHNICAL MEETING for Coaches
Site: Ramada Hotel and Conference Centre

12:30pm COACHES ANNUAL MEETING
Site: Ramada Hotel and Conference Centre

3:00pm Meet in Lobby to go to course for run through
BUS: Race Location: Fort Henry Discovery Centre

Saturday November 10, 2018

8-11:00am Light jog or walk/stretch and Breakfast

11:30am **Bus:** Women bus to Course
12:30pm **Bus:** Men bus to Course

1:00pm Women's Championship 8000m
2:00pm Men's Championship 10000m

3:15pm Awards Presentations
TBD Canada West Awards (usually before CIS Awards)

4:00pm **Bus:** Return to Hotel

6:30pm **Bus:** Team Dinner

TBD Post Championships Event

Sunday November 11, 2018

11:00am **Bus:** Depart for Ottawa

1:00-4:00pm Tour of Ottawa

4:30pm **Bus:** Depart Ottawa for Airport (30-45')

Depart Victoria: Westjet #613 6:50pm Arrive Calgary 9:24pm

Cell numbers
Doug 403-831-6481

Head Coach: Doug Lamont
Assistant Coach: Steve Adams
Athletic Therapist: Jenna Rauch

Basics: Nutrition / Hydration / Rest

Planning:

Basic Structure for days - reduce unnecessary stresses
Clothing/shoes plans for race depending on conditions / spikes
Race plans
Clothes/Shoes for Pre and Post Race days

Do not have to do anything special, Just do what got you here!

Yes it is going to hurt! Enjoy the effort of pushing your limits.

Live in the Moment!

Monday October 29	Short to Medium Run
Tuesday October 30	4:30pm Interval workout: $\frac{1}{2}$ - $\frac{3}{4}$ Load
Wednesday October 31	Short Run
Thursday November 1	4:30pm Long Interval: H Load
Friday November 2	Long Run
Saturday November 3	Rest
Daylight Savings Time ends - Clock fall back one hour at 2am on Sunday November 4	
Sunday November 4	10:00am Tempo Run: H Load
Monday November 5	Short - Medium Run
Tuesday November 6	4:30pm Taper Workout $\frac{1}{2}$ - $\frac{3}{4}$ Load
Wednesday November 7	Short run
Thursday November 8	Travel and Shakeout
Friday November 9	Course Tour and taper workout
Saturday November 10	Race Day
Sunday November 11	Travel day