

WHAT WILL YOU LEARN AT OWEN'S CAMP?

You will find out that conventional methods of running training can not optimize the seven key predictors of fitness and running performance— $v\text{VO}_2\text{max}$, lactate-threshold running speed, running economy, strength, power, max running velocity, and race-specific preparation. At the camp, you will learn exactly what you need to do



to maximize each of these seven performance factors. In addition, we will help you determine your velocity at VO_2max ($v\text{VO}_2\text{max}$) at the track. We'll then assist you in setting up workouts which optimize your individual $v\text{VO}_2\text{max}$.

On the magnificent trails of Norwich and Thetford, you will learn about—and complete—a workout which is the absolute best for spiking your lactate-threshold speed. No—it won't be a tempo session! As it turns out, tempo running produces rather sad-looking changes in your lactate threshold, so we'll show you a workout which forces both your max running speed and lactate threshold to soar.

Running economy? No problem—the proprioceptive training and running-specific strength training you learn at the camp will take care of that. Likewise, you will find out exactly what to do to optimally upgrade your strength, power, and race-specific preparations.

Run for Peace and Health
1433 Sunnyside Ave
Lansing, MI 48910 USA

Owen Anderson, Ph. D.

**Outstanding Classroom
Instruction**

**Trail, Track, &
Field Workouts**

THE THETFORD RUNNING CAMP



August 17-21, 2008

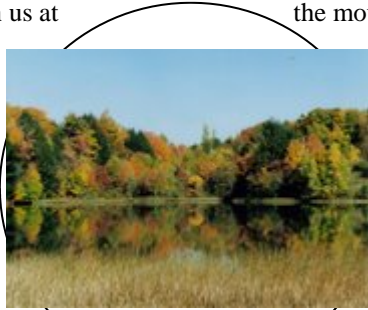
Grove Hill Retreat

Thetford Center, Vermont

<http://www.ghsm.org/govehill>

WHO SHOULD COME TO THE THETFORD CAMP?

If you are a male or female runner between the ages of 10 and 100, you should join us at camp. If you want to get faster, you should come. If you would like to learn how to strength-train for running, you should be there. If you have a history of injury, you should absolutely come, because you will learn how to get your injury problems under control. If you want to have a fabulous vacation, you should come, too. You



will enjoy almost-unbelievable runs on the trails and in the mountains surrounding the Gove Hill Retreat. Some of our workouts will be conducted on the historic Appalachian Trail (we will also use the track at a nearby school). From key points on the trails, you will savor incredible views of the Green Mountains and the forests of Vermont and New Hampshire. You will relax each night around the fireplace in the Gove Hill Manor House—and cool off in the pristine pond during the day.

WHAT ACTUALLY HAPPENS AT CAMP?

Owen Anderson, Ph. D., will work with you individually to improve your running form and overall approach to training. Each day, Anderson will present two key seminars on important aspects of training, and he will guide you through each and every one of your workouts. Anderson, author of three highly acclaimed running books, *Lactate Lift-Off*, *Great Workouts for*



Popular Races, and *Aurora*, has enjoyed a successful career coaching both mortal and elite runners, including Benjamin Simatei (43:15 for 15K) and Catherine Dug-

dale (seven-time Welsh cross-country champion). In addition, Owen's camp is the only one in the country which features a full program of proprioceptive and running-specific strength training. You'll learn how to be better-balanced and coordinated when you run, and as a result your efficiency and injury-resistance will improve dramatically. You will also learn a whole progression of strength training, from general to running-specific to explosive, so that you will become a considerably faster and more-fatigue-resistant runner. Best of all, you will also understand *when* to carry out the various forms of training—how to periodize the different types of strength and running training. This camp is not just for elite or extremely experienced runners—it is open to all! We sincerely hope you will come.

SIGN ME UP FOR A GREAT CAMP!!

_____ Yes—I would like to attend your Thetford Camp on August 17-21, 2008.

Here is my information:

Name _____

Address _____

City, State, Zip _____

E-Mail Address: _____

Age _____ Phone # _____

___ Check enclosed for \$650 payable to Owen Anderson, Ph. D.

___ Please charge \$650 to my MasterCard/Visa/Amex/Discover account:

Account # _____ - _____ - _____ - _____

Exp Date ____ ____ Signature _____

Please mail this application form to **Owen Anderson, Ph. D., Run for Peace and Health, 1433 Sunnyside Avenue, Lansing, MI 48910 USA**. Alternatively, you may call 517-303-6173 with your credit-card information or scan the application and then e-mail it to us at owenanderson2006@comcast.net. Please note: **A day option (with no overnight stays) is available for \$265**, with lunch included each day, and a resident-only option (for spouses or friends who will not be training with us or attending demonstrations or lectures but will be staying overnight) is available at the reduced rate of \$345.

Phone: 517-303-6173

Email: owenanderson2006@comcast.net