

# ZOAR

## ATHLETE

### CAMP 2023

#### Day 1 Itinerary

- 9:30-10:00..... Athlete Check-In
- 10:00-10:15..... Introductory Welcome
- 10:30-12:30..... Session 1
- 12:30-1:00..... Lunch | Powered by Macros by Ma
- 1:00-1:30..... Day 1 “Lunch & Learn”
- 1:30-2:00..... Break
- 2:00-4:00..... Session 2
- 4:00-5:00..... Break
- 5:00-9:00..... Hangout at New Trail Brewing

#### Day 2 Itinerary

- 9:45-10:00..... Athlete Arrival
- 10:00-10:30..... Day 2 Overview
- 10:30-12:30..... Session 3
- 12:00-1:00..... Break for Lunch
- 1:00-1:30..... Day 2 “Lunch & Learn”
- 1:30-3:30..... Session 4
- 3:30-4:00..... Debrief & Send-Off

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#### Session 1

- Find 1 Rep Max Clean & Jerk
  - Barbell Cycling Technique Instruction
  - 2-2-2-3 Intervals (rest 1:00 b/w)
    - 12 Shuttle Run (2x25ft=1)
    - Max Shoulder-to-Overhead 135/95lb
- \*advance the bar after every 10th rep
- \*each time the bar is picked up off the floor, it be squat cleaned
- \*workout goes until 50 reps are accomplished or the end of the 3-minute interval

#### Session 2

- Skills Breakout Groups
  - Legless Rope Climb
  - GHD Sit-Up
- EMOM 25
  - 1) 2 LLRC (or Regular RC)
  - 2) 15 GHD Sit-Ups
  - 3) 100ft SB Carry 150/100lb
  - 4) 50ft KB FR Lunge 53/35's
  - 5) Rest

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#### Session 3

- **Skill Breakout Groups**
  - **Bar Muscle-Up**
  - **Parallette HSPU**
- **Every 3:00 x 4 Sets:**
  - 50 **Double Unders**
  - 25 **Wall Balls**
  - Max **Bar Muscle-Up, Until 2:00 Mark**

#### Session 4

- **Movement Prep, Group Walk Through**
- **The Name Game (To Be Announced ;)**
- **Post-Workout Reflections & Discussion**

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#### **Additional Camp Details:**

- **January 21 & 22 (Sat & Sun)**

#### **Location:**

- **Lumber Capital Athletics**
- **575 E Third Street, Williamsport, PA 17701**
- **Lumber Capital Athletics' facilities will be available to all campers on Friday, until 7pm.**

#### **Day 1 Lunch:**

- **Provided by Stacey Kadenas via Macros by Ma**

#### **Saturday Evening Hangout:**

- **New Trail Brewing**
  - **240 Arch Street, Building 18, Williamsport, PA 17701**
  - ***Real Taste*, a Mexican Food Truck, is always onsite**

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#### **Our Top Sit-Down Picks:**

The Brickyard

- 343 Pine Street, Suite #3, Williamsport, PA 17701

Bullfrog Brewery

- 229 W 4th Street, Williamsport, PA 17701

Moon & Raven

- 155 W 4th Street, Williamsport, PA 17701

#### **Our Top Grab & Go Spots:** (Near LCA)

Panera Bread

- 202 Basin St, Williamsport, PA 17701

Jersey Mike's Subs

- 201 Basin St Unit 12, Williamsport, PA 17701

Starbucks

- 154 Academy Street Basin, Williamsport, PA 17701

Wegmans

- 201 William St, Williamsport, PA 17701

#### **Coffee Shops:**

- Alabaster Coffee
  - 400 Pine St, Williamsport, PA 17701
- Backhouse Coffee
  - 901 W 4th St, Williamsport, PA 17701