



**RING
OF FIRE**
RUAPEHU | NEW ZEALAND

Training Camp Content as at 21 August 2019

Camp One

Friday 6th December 2019

- Arrive at accommodation in Ohakune & settle in mid to late afternoon
- Optional jog
- Pre-event registration for The Goat
- 8pm: Camp Intro & Programme Overview
- Sessions until 9pm latest *see Session info below as to what the info sessions will cover

Saturday 7th December 2019

- Light breakfast
- The Goat Adventure Run from 9.30am
- Mid-afternoon recovery session with Mangawhero River dip and hot pool at Powderhorn
- 3pm- 5pm afternoon info sessions
- 7:30 Group dinner (included)
- Social gathering evening Goat after party- this is what this weekend is all about!

Sunday 8th December 2019

- Light breakfast
- 9am Running drills and technique session participants
- Short run, Mangawhero River Run.
- Info sessions and Q and A
- Aim to head off by 2pm

**Sessions will cover off all things ROF, trail and ultra (ROF course overview, endurance training principles, periodisation for ROF preparation, gear and equipment, event strategy, event nutrition, mental strategies, injury prevention, strength or supplementary training, night running)

Note: meals are not included in the price with the exception of the Saturday night celebration dinner as part of The Goat post event festivities.

Accommodation is in ski lodge/cabin style lodging on a communal share basis (4-6-person dorm rooms) where you supply your own linen.

Camp Two

Friday 24th January 2020

- Arrive at Whakapapa accommodation & settle in mid to late afternoon
- Light jog around Taranaki Falls Track
- Pre-event registration for Tussock Traverse
- 7:00 Communal dinner at accommodation
- Camp Intro & Programme Overview whilst having dinner
- Sessions until 9pm latest (ROF course overview, endurance training principles, periodisation for ROF preparation, gear and equipment)

Saturday 25th January 2020

- Light breakfast
- Tussock Traverse from 7.30am
- Mid-afternoon recovery session with Whakapapanui River dip and hot pool at Tokaanu Hot Pools
- 4-6pm Afternoon sessions (event strategy, event nutrition, mobility and flexibility for endurance running)
- Social gathering evening or more sessions

Sunday 26th January 2020

- Light breakfast
- Running drills and technique included in run leg
- 8am Run course section Missing link leg or Goat section if more practical as an out and back from Whakapapa Village or Missing Link point to point from Waitonga Falls back to Tukino Access Road
- Debrief of camp
- Aim to head off late afternoon once back from run leg

**Sessions will cover off all things ROF, trail and ultra (ROF course overview, endurance training principles, periodisation for ROF preparation, gear and equipment, event strategy, event nutrition, mental strategies, injury prevention, strength or supplementary training, night running)

Note: meals are not included in the price with the exception of the Saturday night celebration dinner as part of the Tussock Traverse post event festivities.

Accommodation is in ski lodge/cabin style lodging on a communal share basis (4-6-person dorm rooms) where you supply your own linen.