

Calke Outdoor Weekender (COW) – Programme

Draft 02

PLEASE NOTE: The schedule for activities and talks is currently **PROVISIONAL** and subject to change/confirmation. Lot of items are yet to be added.

Saturday – 16th May

Time	COW Challenge	Activities	Talks
07:00	Registration Opens		
08:00	Ultra-marathon starts (all participants) Marathon – start opens		
08:30			
09:00		Yoga: mindful movement for all bodies and abilities with Dani from Run om Yoga	
09:30			
10:00	Calf 3 – start opens	Strength, conditioning & injury prevention workshop with Accelerate Physiotherapy	
10:30		Children’s Activity (tbc) - opens	Talk
11:00	Marathon – competitive start	Natural Movement Workshop with Phil from Natural Born Runners	
11:30	<i>Goodgym run&talk (Calf 3 course)</i>		Talk
12:00	Half Marathon – start opens	Forest Bathing (tbc)	
12:30			Talk
12:45	<i>Half Marathon warm up</i>		
13:00	Half Marathon – competitive start	Strength, conditioning & injury prevention workshop with Accelerate Physiotherapy	
13:30			Talk
14:00	Calf 6 – start opens	Natural Movement Workshop with Phil from Natural Born Runners	
14:30			Talk
15:00	<i>Mindfulness Run (Calf 3 course)</i>	Yoga: mindful movement for all bodies and abilities with Dani from Run om Yoga	
15:30			Talk
15:45	<i>Calf 6 warm up</i>		
16:00	Calf 6 – competitive start	Forest Bathing (tbc)	
16:30		Children’s Activity (tbc) - closes	
17:00	Calf 3 – competitive start		
17:30			
18:00	Finish deadline – all distances		
18:30		Close	Close

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Sunday – 17th May

Time	Run/Walk	Arena Activities	Arena Talks
08:00	Calke Explorer Registration Opens		
08:30		Yoga: mindful movement for all bodies and abilities with Dani from Run on Yoga	
09:00	Calke Explorer – start opens	Navigation 101	
09:30		Natural Movement Workshop with Phil from Natural Born Runners	Talk
10:00			
10:30	Calke Explorer – start closes	Forest Bathing (tbc)	Talk
11:00			
11:30			Talk
12:00			
12:30	Calke Explorer – finish deadline		
13:00			Talk
13:30			
14:00			
14:30			
15:00		Close	Close