

Teambuilding and Endurance Training At All Saints Camp

Time	Typical Daily Schedule
6:30 -7:30	Endurance Trail Run
8:00 – 9:00	Breakfast
9:00 -12:00	Team Building
12:00 – 1:00	Lunch
1:00 – 2:30	Rest / General Store
2:30 – 5:30	Adventure Activity (your choice)
5:30 – 6:30	Dinner
6:30 -8:00	Evening Practice or Endurance Trail Run
8:00 – 10:30	Night Activity (your choice)

Adventure Activity Choices:

- Mountain Biking
- High Ropes Course
- Low Ropes Course
- Trail Running
- Archery
- Swimming
- Boating

Night Activity Choices:

- Night Hike
- Campfire and S'Mores
- Stargazing
- Movie Night
- Critical Thinking Games