

Weekly Programs

WEEK A							
6's	7's	8's	9's	10's	11's	12's	13-20's
100m	100m	60m/h	60m/h	60m/h	80m/h	80m/h	80-100m/h
200m	200m	200m	200m	200m	400m	400m	400m
SHOT PUT	LONG JUMP (north)	DISCUS	800m	800m	HIGH JUMP	LONG JUMP (south)	3000m
		LONG JUMP (north)	SHOT PUT	HIGH JUMP (scissor)	DISCUS	SHOT PUT	JAVELIN
Tiny tots: 1 hour program							TRIPLE (south)

WEEK B							
6's	7's	8's	9's	10's	11's	12's	13-20's
50m	50m	100m	100m	100m	100m	100m	100m
300m	500m	700m	800m	800m	800m	800m	800m
DISCUS	SHOT PUT	HIGH JUMP (elastic)	LONG JUMP (north)	TURBO JAV	TRIPLE (south)	HIGH JUMP	200-400m/h
		LONG JUMP (north)	DISCUS	DISCUS	SHOT PUT	JAVELIN	SHOT PUT
Tiny tots: 1 hour program							LONG JUMP (south)



WEEK C							
6's	7's	8's	9's	10's	11's	12's	13-20's
70m	70m	70m	70m	70m	200m	200m	200m
100m	100m	100m	100m	400m	1500m	1500m	1500m
LONG JUMP (north)	DISCUS	400m	400m	LONG JUMP (north)	JAVELIN	TRIPLE (south)	HIGH JUMP
		SHOT PUT	HIGH JUMP (scissor)	SHOT PUT	LONG JUMP (south)	DISCUS	DISCUS
Tiny tots: 1 hour program							