



Week A Program

6's	7's	8's	9's	10's	11's	12's	13's-20's
100m	100m	60m/H	60m/H	60m/H	80m/H	80m/H	80m-100m/H
300m	500m	200m	200m	200m	1500m	1500m	200m
Sth SHOT	Sth DISCUS	700m	800m	800m	HIGH JUMP	HIGH JUMP	1500m
LONG JUMP		LONG JUMP	DISCUS	SHOT	DISCUS	JAVELIN	Nth LONG JUMP
							JAVELIN

TINY TOTS: 1 Hour program: Assemble at the Baskets each week.



Week B Program

6's	7's	8's	9's	10's	11's	12's	13's-20's
50m	50m	70m	70m	70m	200m	200m	800m
70m	70m	100m	100m	800m	800m	800m	200m-400m/H
200m	200m	400m	800m	LONG JUMP	Sth TRIPLE	TRIPLE	HIGH JUMP
DISCUS	SHOT	DISCUS	Nth LONG JUMP	TURBO JAV	JAVELIN	DISCUS	SHOT

TINY TOTS: 1 Hour program: Assemble at Baskets each week.



Week C Program

6's	7's	8's	9's	10's	11's	12's	13's-20's
70m	70m	70m	100m	100m	100m	100m	100m
100m	100m	100m	400m	400m	400m	400m	400m
LONG JUMP	SHOT	SHOT	SCISSOR HIGH	SCISSOR HIGH	Nth LONG JUMP	LONG JUMP	3000m
SHOT PUT	LONG JUMP	HIGH ELASTIC	SHOT	Sth DISCUS	SHOT	SHOT	Sth TRIPLE
							DISCUS

TINY TOTS: 1 Hour program: Assemble at the Baskets each week.