

WEEKLY SCHEDULED PROGRAM

WEEK A

BOYS

6	7	8	9	10	11	12	13	14	15	17
50	50	70	70	70						
100	100	100	100	100	100	100	100	100	100	100
		400	400	400	400	400	400	400	400	400
300	500									
					800	800				
							1500	1500	1500	1500
							200H	200H	300H	300H
		SHOT		SHOT	SHOT					
DISCUS			DISCUS			DISCUS	DISCUS	DISCUS	DISCUS	DISCUS
	LONG	LONG	LONG		LONG					
						TRIPLE	TRIPLE	TRIPLE	TRIPLE	TRIPLE
				HIGH	HIGH					
						JAVELIN	JAVELIN	JAVELIN	JAVELIN	JAVELIN

GIRLS

6	7	8	9	10	11	12	13	14	15	17
50	50	70	70	70						
100	100	100	100	100	100	100	100	100	100	100
		400	400	400	400	400	400	400	400	400
300	500									
					800	800				
							1500	1500	1500	1500
							200H	200H	300H	300H
		SHOT		SHOT	SHOT		SHOT	SHOT	SHOT	SHOT
DISCUS	DISCUS		DISCUS			DISCUS				
		LONG	LONG		LONG		LONG	LONG	LONG	LONG
						TRIPLE				
				HIGH	HIGH		HIGH	HIGH	HIGH	HIGH
						JAVELIN				