

WEEKLY SCHEDULED PROGRAM

WEEK B

BOYS

**3000m starts 7.45am

6	7	8	9	10	11	12	13	14	15	17
70	70									
200	200	200	200	200	200	200	200	200	200	200
		700								
			800	800			800	800	800	800
					1500	1500				
							3000**	3000**	3000**	3000**
		60H	60H	60H	80H	80H	80H	90H	100H	100H
SHOT	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					

GIRLS

6	7	8	9	10	11	12	13	14	15	17
70	70									
200	200	200	200	200	200	200	200	200	200	200
		700								
			800	800			800	800	800	800
					1500	1500				
							3000**	3000**	3000**	3000**
		60H	60H	60H	80H	80H	80H	80H	90H	100H
SHOT	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