

## WEEKLY PROGRAMS 2022/2023 SEASON



	Tiny Tots	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15 & U/17
<b>WEEK 1 (A)</b>	50m*	50m	50m	400m	400m	400m	400m	400m	400m	400m	400m
	100m*	Play Hurd*	Play Hurd*	60m/h	60m/h	60m/h	80m/h	80m/h	200m/h-200m	200m/h-200m	300m/h-200m
	Long Jump*	150m	Discus	Shot	Long Jump	Long Jump	Shot	Triple Jump	Shot	Shot	Shot
	Discus*	Discus	Turbojav*	High Jump*	Shot	Discus	Javelin	Javelin	High Jump	High Jump	High Jump

<b>WEEK 2 (B)</b>	70m*	200m	200m	200m	200m	200m	200m	200m	800m	800m	800m
	100m*	70m	70m	70m	70m	70m	800m	800m	80m/h	80-90m/h	90-100-110m/h
	Turbojav*	Discus	Shot	Discus	Shot	Long Jump	Triple Jump	Discus	Discus	Discus	Discus
	Play Hurdle*	Turbojav*	High Jump*	Long Jump	Turbojav*	Turbojav*	High Jump	High Jump	Triple Jump	Triple Jump	Triple Jump

<b>WEEK 3 (C)</b>	70m*	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
	100m*	300m	500m	700m	800m	800m	1500m	1500m	1500-3000m	1500-3000m	1500-3000m
	Long Jump*	Long Jump	Long Jump	Shot	Discus	High Jump	Discus	Shot	Javelin	Javelin	Javelin
	Ten Ball Shot*	Shot	Discus	Turbojav*	High Jump	Shot	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump

\* Denotes Playtraining Event

Shading Indicates The First Event For Each Age Group