

## Daily Timetable

Monday 16 December	Tuesday 17 December	Wednesday 18 December
<b>8am</b> – Meet & Greet: <b>Running</b>	<b>8am</b> – Meet & Greet: <b>Jumps</b>	<b>8am</b> – Meet & Greet: <b>Throws</b>
<b>8:15am</b> – Warm-Ups: Drills	<b>8:15am</b> – Warm-Ups: Drills	<b>8:15am</b> – Warm-Ups: Drills
<b>8:30am</b> – Mini Hurdles, Running Technique, Ladders, Agilities Poles & Acceleration, Blocks: Starts & Standing, Finishes.	<b>8:30am</b> – Long Jump: Run Up & Technique, Triple Jump: Run Up & Technique, Bounding, Plyometrics, Take-Off & Landing.	<b>8:30am</b> – Shot Put   Discus   Javelin Technique, Rules, Circle Entry & Exit, Standing Start & Spin Technique.
<b>9:45am – 10am</b> Running Session: Main Set, Sprints & Agility, Sleds & Hills.	<b>9:30am – 10am</b> High Jump Flop, Hurdle Drills, Circle Work, Bends, Rollies, Back Over.	
<b>10am – 10:15am</b> – Small Break	<b>10am – 10:15am</b> – Small Break	<b>10am – 10:15am</b> – Small Break
<b>10:15am – 10:45am</b> Running Tactics: Middle Distance Technique, Tempo, Race Tactics: 800m - 1500m, Race Tactics: 400m.	<b>10:15am – 10:45am</b> High Jump Run-Up, High Jump Flop Technique From Beginner To Advanced, Video Evidence.	<b>10:15am – 10:50am</b> Measure Throws, Work On Personal Best Throws, End With Core Body Work.
<b>10:45am – 11am</b> Warm Down: Stretches & Rolling	<b>10:45am – 11am</b> Warm Down: Stretches & Rolling	<b>10:50am – 11am</b> Warm Down: Stretches
<b>11am</b> – Pick Up	<b>11am</b> – Pick Up	<b>11am</b> – Pick Up