

Spring Athletics Camp Schedule - Junior Programme

Time						
Date	8:30am - 9am	9am - 9:45am	9:45am - 10.30am	10:30am - 11:15am	11:15am - 12pm	12pm - 1pm
Monday, 27 March 2023	Warm up	Long jump	Sprints	Javelin	Lunch	Relays
Tuesday, 28 March 2023	Warm up	High jump	Hurdles	Shot put	Lunch	Sprints
Wednesday, 29 March 2023	Warm up	Sprints	Triple jump	Javelin	Lunch	Hurdes
Thursday, 30 March 2023	Warm up	Middle distance	High jump	Shot put	Lunch	Sprints
Friday, 31 March 2023	Warm up	Long jump	Sprints	Lunch	Athletics Competition	
Saturday, 1 April 2023	NO TRAINING					
Sunday, 2 April 2023						
Monday, 3 April 2023	Warm up	Long jump	Sprints	Javelin	Lunch	Relays
Tuesday, 4 April 2023	Warm up	High jump	Hurdles	Shot put	Lunch	Sprints
Wednesday, 5 April 2023	Warm up	Sprints	Triple jump	Javelin	Lunch	Hurdes
Thursday, 6 April 2023	Warm up	Middle distance	High jump	Shot put	Lunch	Sprints
Friday, 7 April 2023	Warm up	Long jump	Sprints	Lunch	Athletics Competition	