

## Pre-season training schedule : August - November

	<b>Sprints</b>	<b>Hurdles</b>	<b>High jump</b>	<b>Long jump</b>	<b>Javelin</b>	<b>Shotput</b>	<b>Discus</b>	<b>Middle distance</b>
<b>Monday</b>	4:15 – 5:15		4:15 – 5:15	5:15 – 6:15	Cancelled till further notice			Training start in Sept Middle distance athletes must please fall in with cross country athletes at school
<b>Tuesday</b>		4:15 – 5:15 Long hurdles train till 5:45				3:45 – 4:30	4:30 – 5:15	
<b>Wednesday</b>	4:15 - 5:15		4:15 – 5:15	5:15 – 6:15		3:45 – 4:30	4:30 – 5:15	
<b>Thursday</b>		4:15 – 5:15 Long hurdles train till 5:45						