

## Training Schedule for AUGUST 2024!

### PLEASE READ THE BELOW FIRST:

- \* Please note that the focus for August is on Functional training and development
- \* The specific events on the track and field will only be for u/10's of 2025 as they start with field items and Hurdles for the first time
- \* Normal training schedule will apply to all athletes of all ages from September
- \* Sprinters for all ages needs to attend the functional sessions in August
- \* Long distance will only start after the cross country season. They are more than welcome to join the functional training in August

Event	Monday	Tuesday	Wednesday	Thursday
<b>Functional Training</b> (Available to all club athletes and all the age groups)		14:00 - 15:00	14:00 - 15:00	16:00 - 17:00
<b>Hurdles(u/10 of 2025)</b>		16:30 - 17:30		
<b>Long jump(u/10 of 2025)</b>				17:00 - 18:00
<b>High jump(u/10 of 2025)</b>			16:15 - 17:15	
<b>Shot put and Discuss (u/10 of 2025)</b>		16:30 - 17:30		

