

ALL YEARS TRAINING. (STARTING MONDAY 24th FEB 2025.)

	Monday	Tuesday	Wednesday	Thursday	Friday
7.45 a.m. Morning.	YR 9/10/11 SHOT(BB) YR 8 HIGH JUMP (CB) YR 7 FOOTBALL (RC) WEIGHTS (BC)	YR 9/10/11 HAMMER(LG/BB) YR 9,10, 11 HURDLES (RC) YR 8 FOOTBALL (CB)	YR 8 HURDLES(RC) YR 9 FOOTBALL (LG) YR 7/8 SHOT(BB) WEIGHTS (CB)	YR 9/10/11 HIGH JUMP(BC/CB) YR 8 HAMMER (LG/BB) YR 7 HURDLES (RC)	YR 7 HIGH JUMP (BC/RC) YR 10 FOOTBALL (JB) YR 10/11 WEIGHTS (CB)
Lunchtime	YR 8 FOOTBALL (CB) YR 11 FOOTBALL (BB) YR 7 HIGH JUMP (RC/BC)	YR 10 FOOTBALL (JB) YR 9 FOOTBALL (LG) YR 7 HURDLES (RC) YR 8 HIGH JUMP (CB)	YR 9,10, 11 HIGH JUMP (CB/BB) YR 7 FOOTBALL (RC)	YR 9/10/11 HAMMER(LG/BB) YR 7/8 SHOT (CB) YR 8/9/10/11 HURDLES(RC) WEIGHTS (BC)	YR 8 POLE VAULT (RC) YR 8 HAMMER (LG/BB) YR 9, 10,11 SHOT (CB) WEIGHTS (BC)
3.30pm	ALL YRS DISCUS (starts 3 rd March)		YR 8 POLE VAULT (RC)		YR 8/9/10 POLE VAULT(RC) YR 8/9/10 HAMMER(LG) WEIGHTS (CB)