

WEEK ONE

(EARLY 1500m WALK at 5.45pm)

*1st

6B	6G	7B	7G	8B	8G	9B	9G	10B	10G
50	200	SP3	LJ3	60H	60H*	SP4	#HJ3	800*	LJ4
LJ 5	50	200	70	70	200	60H	60H	SP1	800
70	LJ6	LJ4	200	LJ3	DISC2	#HJ3	200	60H	60H
200	70	70	SP3	200	70	200	800	70	DISC1
SKILLS	SKILLS	SKILLS	SKILLS	DISC3	LJ4	800	SP4	200	100
								LJ3	200

11B	11G	12B	12G	13B/G	14B/G	15B/G	17B/G
DISC1	200*	800	TJ1	TJ2	DISC3	100	HJ2
800	DISC2	200	800	200	800	SP2	100
TJ2	80H	TJ1	HJ1	800	100	200	800
80H	800	80H	80H	SP1	80/90H	800	SP2
200	TJ2	HJ2	200	80H	LJ1	90/100H	200
					200	LJ2	100/110H

WEEK TWO*(Invitational 1500m RUN)*

6B	6G	7B	7G	8B	8G	9B	9G	10B	10G
SKILLS	50	DISC2	LJ4	SP3	70	LJ3	DISC1	#HJ3	SP1
300pack	LJ6	100	50	100	SP4	70	400	70	400
50	300pack	LJ3	100	400	400	400	LJ4	LJ2	70
LJ5	SKILLS	50	DISC2	LJ4	100	DISC1	100	400	#HJ3
		SKILLS	SKILLS	70	LJ3	100	70	100	100

11B	11G	12B	12G	13B/G	14B/G	15B/G	17B/G
1500	1500	1500	1500	200H	200H	300H	300H
LJ2	HJ1	100	HJ2	SP2	TJ1	DISC3	400
400	100	DISC1	100	400	HJ2	400	DIS3
HJ1	SP1	400	SP2	LJ2	400	TJ1	100
100	400	HJ2	400	DISC2	SP2	100	TJ1
SP1	LJ4	LJ1	LJ2	100			

WEEK THREE

(EARLY 1500m WALK)

6B	6G	7B	7G	8B	8G	9B	9G	10B	10G
LJ6	70	200	SP3	60H	60H	#HJ3	LJ4	800	DISC1
70	LJ5	DISC2	50	700	200	60H	60H	DISC1	200
100	DISC1	50	LJ3	DISC2	SP4	800	#HJ3	60H	60H
SKILLS	100	LJ4	200	200	700	200	200	SP1	800
DISC1	SKILLS	70	70	SP3	DISC2	LJ3	800	200	#HJ3
				70	70	70	70	LJ4	LJ3

11B	11G	12B	12G	13B/G	14B/G	15B/G	17B/G
LJ1	JAV	SP1	200	HJ1	HJ2	SP2	DISC3
200	200	800	TJ2	DISC3	800	200	800
80H	80H	JAV	800	200	200	LJ1	SP2
JAV	LJ2	80H	80H	800	DISC3	800	200
800	800	200	JAV	80H	80/90H	HJ1	LJ1
SP2	SP1	TJ2	DISC2	100	100	90/100H	100/110H

WEEK FOUR*(Invitational 3000m RUN)*

6B	6G	7B	7G	8B	8G	9B	9G	10B	10G
100	LJ5	LJ3	DISC1	LJ4	70	DISC2	700 WALK	DISC3	100
LJ6	100	500	100	400	#HJ3 (Prac)	700 WALK	SP2	100	1100 WALK
70	SKILLS	SP3	LJ3	70	400	100	400	1100 WALK	SP1
Disc O ring	70	100	500	#HJ3 (Prac)	LJ4	SP2	DISC1	400	400
SKILLS	Disc O ring	SKILLS	SKILLS	100	100	400	100	HJ3	70
								70	LJ4

11B	11G	12B	12G	13B/G	14B/G	15B/G	17B/G
HJ1	HJ2	SP1	LJ1	JAV	400	400	LJ2
100	400	100	400	HJ1	JAV	DISC3	100
LJ1	DISC1	DISC2	SP2	100	100	100	400
1100 WALK	100	400	100	400	LJ1	JAV	HJ1
DISC3	1100 WALK	LJ2	DISC2	LJ2	SP1	HJ2	JAV
400	LJ3			3000	3000	3000	3000