



# MCA TRACK AND FIELD



## TERM 3 TRAINING SCHEDULE

WEEK 5 - 9

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### MORNING TRAINING: 6:50 - 8:15am

Javelin and  
Long/Triple Jump

### AFTERNOON TRAINING: 3:30 - 4:55pm

#### ALL EVENTS:

Sprints and Middle  
distance (boys not  
involved in XC)

Jumps and Throws

**ALL TO MEET AT  
MCMAHON OVAL**

#### EVENT:

Sprints and Middle  
distance (boys not  
involved in XC)

Throws

**ALL TO MEET AT  
HAYDEN OVAL**

GYM

3.20 - 4.00pm

3.20 - 4.00pm

3.20 - 4.00pm