

Athletics Training Schedule 2022

Time: Monday, Wednesday 7:00-7:50am Friday 7:00-7:45am

Monday – Sprints, Distance, Hurdles

Wednesday – Throws and Jumps (Term 2) Sprints added to Wednesday Term 3

Friday – Sprints, Distance, Hurdles, Throws

| Week | Monday | Tuesday | Wednesday | Thursday | Friday |
|------|---|----------|---|----------|--|
| 8 | 13/6 Sprints Distance Hurdles | 14/6 | 15/6 Throws Long / High Jump | 16/6 | 17/6 Sprints Distance Hurdles Throws |
| 9 | 20/6 Sprints Distance Hurdles | 21/6 | 22/6 Throws Long / High Jump | 23/6 | 24/6 Sprints Distance Hurdles Throws |
| 10 | 27/6 Sprints Distance Hurdles | 28/6 | 29/6 Throws Long / High Jump | 30/7 | 1/7 Sprints Distance Hurdles Throws COMFY DAY |
| | HOLIDAYS | HOLIDAYS | HOLIDAYS | HOLIDAYS | HOLIDAYS |
| 1 | 18/7 NO TRAINING | 19/7 | 20/7 NO TRAINING | 21/7 | 22/7 NO TRAINING |
| 2 | 25/7 Sprints Distance Hurdles | 26/7 | 27/7 Throws Long / High Jump Sprints | 28/7 | 29/7 Inter-House Athletics Carnival 🎉 |
| 3 | 1/8 Sprints Distance Hurdles | 2/8 | 3/8 Throws Long / High Jump Sprints | 4/8 | 5/8 NO TRAINING John XXIII Day 🎉 |
| 4 | 8/8 Sprints Distance Hurdles Throws | 9/8 | 10/8 Throws Long / High Jump Sprints | 11/8 | 12/8 Sprints Distance Hurdles Throws |

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| 5 | 15/8 Sprints Distance Hurdles Throws | 16/8 | 17/8 Long / High Jump Sprints | 18/8 | 19/8 Sprints Distance Hurdles Throws |
| 6 | 22/8 NO TRAINING Pupil Free Day | 23/8 NAS Athletics Carnival | 24/8 Throws – Challenge Morning @ JTC Long / High Jump Sprints | 25/8 | 26/8 ACC Squad Training HBF Athletics Stadium All events Challenge Morning Team finalised |
| 7 | 29/8 Sprints Distance Hurdles | 30/8 | 31/8 Throws Long / High Jump Sprints Final Team Announced | 1/9 | 2/9 ACC Squad Training HBF Athletics Stadium All events Compulsory Session for team |
| 8 | 5/9 Sprints Distance Hurdles | 6/9 | 7/9 Throws Long / High Jump Sprints | 8/9 | 9/9 Sprints Distance Hurdles Throws |
| 9 | 12/9 ACC SQUAD Training/Team Breakfast Compulsory Session | 13/9 | 14/9 ACC A' Division Carnival 😊 | | |

2022 Coaches

Sprints Monday – Jess Pillera, Wednesday – Yagan Williams, Friday – Jess Pillera

Hurdles Lyn Foreman

Distance Marie Armand

Throws Tim Lyons (Discus and Shot Put) / Michael Reynolds (Javelin)

High Jump Donna Kolka

Long Jump Ella Brindley