



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