



MCA TRACK AND FIELD



TERM 3 TRAINING SCHEDULE

WEEK 7 - 10

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING TRAINING: 6:50 - 8:15am

Hurdles (Yr 7 - 12)

Javelin and
Long/Triple Jump

Middle Distance

AFTERNOON TRAINING: 3:30 - 4:55pm

ALL EVENTS:

Sprints and Middle
distance

Jumps and Throws

EVENT:

Sprints and Middle
distance

Throws

GYM

3.20 - 4.00pm

3.20 - 4.00pm

3.20 - 4.00pm