


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 4-7 Skills 8-10: High Jump scissors 11+: High Jump 11+Adv: Sprints or L Jump	2	3 8-11: Long Jump & Running 12+: Hurdles & Running 12+Adv: Hurdles	4	5
6	7	8 4-7 Skills 8-11:Shot + Sprints 12+: Long Jump 12+Adv: Sprints or H Jump	9	10 8-11 Hurdles + Javelin 12+: Hurdles & Running 12+Adv: Hurdles	Club Day	11 12
13	14	15 4-7 Skills 8-11: Sprints & Long Jump 12+: Javelin 12+Adv: Sprints &Blocks	16	17 8-11:Discus & Hurdles 12+: Hurdles & Running 12+Adv: Hurdles	18	19 Twilight meet
20	21	22 4-7 Skills 8-11: Hurdles + Mini Javelin 12+: Shot Put 12+Adv: Sprints or L Jump	23	24 8-11: High Jump scissors & Running 12+: Hurdles & Running 12+Adv: Hurdles	Club Day	25 26
27 Mulgrave Relay Day	28	29 4-7 Skills 8-11: Discus + Running 12+: Discus 12+Adv: Sprints or H Jump	30	31 8-11:Sprints & Shot 12+: Hurdles & Running 12 +Adv: Hurdles	Club Day	June 1

Above training program is subject to change at any time depending on coach's availability, weather and number of athletes on day.

 <p>CAIRNS ATHLETICS TRAINING PROGRAM CONTACT: NIC SORENSEN COACHING COORDINATOR SKIPPY121@AAP.T.NET.AU</p>	<p>All sessions include age appropriate:</p> <ol style="list-style-type: none"> Speed work Co-ordination Skill & technique instruction Strength & Conditioning Fitness, endurance Stretching <p>Not necessarily in that order or in equal measure.</p>	<p>4-7 years Coach: Heather Vaughan</p>	<p>8-11 years Coaches: Nic Sorensen Felicia Miles Glenn Carpenter</p>	<p>12+ years Coaches: Nicole Stroud - Tue Troy Richardson - Tue Heather Vaughan - Thur</p>	<p>12+ years Advanced Coaches: Nicole Stroud - Tue Troy Richardson - Tue Heather Vaughan - Thur</p>
		<p>Tuesday 5:15 to 6pm</p>	<p>Tuesdays & Thursdays 5.15 to 6.30pm</p>	<p>Tuesdays & Thursdays 5.15 to 6.30pm</p>	<p>Tuesdays & Thursdays 5.15 to 6.30pm</p>

Advanced Throws and Combined Events Training: Mondays and Thursdays **5.15pm** - 6:30pm Contact: Shane Watson 0417 754 952 or wattoincairns@gmail.com