

ATHLETICS CLUB TRAINING

Mondays	Tuesday	Thursday
Floaters: JWH		
7am <ul style="list-style-type: none">• Track work		7am <ul style="list-style-type: none">• Track work
3.20pm-4.15pm <ul style="list-style-type: none">• Relays• Sprints/Hurdles	3.20pm-4.15 <ul style="list-style-type: none">• Throws• Jumps• Sprints• Distance	3.20-4.15pm <ul style="list-style-type: none">• Throws• Jumps

- All students to meet in the gym and sign on
- Breakfast will be supplied Mondays and Thursday Mornings