

School week	Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Aug <b>7:00am</b> Distance <b>3:20-4:15pm</b> Relays/Sprint/Hurdles	5 <b>3:20-4:15pm</b> Throws/Jumps/Sprints Distance	6	7 <b>7:00am</b> Distance <b>3:20-4:15pm</b> Throws/Jumps	8
4	11 <b>7:00am</b> Distance <b>3:20-4:15pm</b> Relays/Sprint/Hurdles	12 <b>3:20-4:15pm</b> Throws/Jumps/Sprints Distance	13	14 <b>7:00am</b> Distance <b>3:20-4:15pm</b> Throws/Jumps	15
5	18 <b>7:00am</b> Distance <b>3:20-4:15pm</b> Relays/Sprint/Hurdles	19 <b>3:20-4:15pm</b> Throws/Jumps/Sprints Distance	20	21 <b>7:00am</b> Distance <b>3:20-4:15pm</b> Throws/Jumps	22 <b>No school</b>
6	25 <b>No school</b>	26 <b>3:20-4:15pm</b> Throws/Jumps/Sprints Distance	27	28 <b>7:00am</b> Distance <b>3:20-4:15pm</b> Throws/Jumps	29
7	1 Sep <b>7:00am</b> Distance <b>3:20-4:15pm</b> Relays/Sprint/Hurdles	2 <b>3:20-4:15pm</b> Throws/Jumps/Sprints Distance	3	4 <b>7:00am</b> Distance <b>3:20-4:15pm</b> Throws/Jumps	5

8	8	9	<b>10</b> <u>Squad Training Day</u> Ern Clarke Aths Centre	11	12
9	<b>15</b> <b>7:00am</b> Distance <b>3:20-4:15pm</b> Relays/Sprint/Hurdles	<b>16</b> <b>3:20-4:15pm</b> Throws/Jumps/Sprints Distance	17	<b>18</b> <u>ACC Carnival</u> State Athletics Stadium, Mt Claremont	

**Training Schedule 2014**