

Cairns Athletics Training Program – 2016 Season (Rotation 5)

WEEK	Mon	Tuesday	Wed	Thursday	Fri	Sat	Sun
18 (22/8 to 28/8)		Juniors (Madeline & Nicky) Long Jump Level 1 (Heather and Nicole) Hurdles Level 2 (Shane) Long Jump		Juniors (Nicky & Troy) Shot Level 1 (Shane & Nicole) High Jump Level 2 (Heather and Blaise) Sprints			CLUB DAY #13
19 (29/8 to 04/09)		Juniors (Nicky & Madeline) High Jump Level 1 (Shane & Nicole) Discus Level 2 (Heather & Madelaine) Hurdles		Juniors (Heather & Blaise) Sprints Level 1 (Nicole and Troy) Shot Level 2 (Shane & Nicky) High Jump	CLUB DAY #14		
20 (05/09 to to 11/09)		Juniors (Heather & Nicole) Middle Distance Level 1 (Nicky & Madeliane) Long Jump Level 2 (Shane) Javelin		Juniors (Heather, Nicky & Blaise) Strength and conditioning Level 1 (Shane & Troy) Javelin Level 2 (Nicole) Middle Distance	CLUB DAY #15		
21 12/09 to 18/8)		Juniors (Heather & Nicky) Hurdles Level 1 (Nicole & Madelaine) Middle Distance Level 2 (Shane) Discus		FINAL CLUB TRAINING DAY Juniors (Nicky and Troy) Discus Level 1 (Heather and Blaise) Sprints Level 2 (Shane) Shot	FINAL CLUB DAY		
Athletes specifically looking for pre-competition training for ANQ Champs are to see Shane regarding a training program for their chosen events. A special training session will be held in Week 22 for athletes competing at ANQ Championships.						ANQ CHAMPIONSHIPS	

Performance Levels – All 8, 9 and 10yr olds follow the junior program. 11yr – Seniors are in their relevant category except on Level 1 Javelin where they join juniors.

	Sprints	Hurdles	Middle Distance	Shot	Discus	Javelin	Long Jump	High Jump
Juniors (8, 9 & 10)	ALL	ALL	ALL	ALL	ALL	N/A	ALL	ALL (scissor)
Level 1	Up to Level 2 standard							
Level 2	100m - Sub 14.0	60m – Sub 12.00 80 – 100m – Sub 17.00 110m- Sub 18.00	400 – sub 60.0 800 – sub 2:30 1500 – sub 6:00	7m +	20m +	20m+	4.5m +	1.3+