



NDLAC Weekly Training



Training Schedule for Weeks A–F

	Age Group: 6's & 7's	Age Group: 8's, 9's & 10's						Age Groups: 11's, 12's & 13's					
		Week A	Week B	Week C	Week D	Week E	Week F	Week A	Week B	Week C	Week D	Week E	Week F
5:30 - 6pm	Junior Training	LJ	HJ	LJ	LJ	HJ	LJ						
6 - 6:30pm		Discus	SP	SP	Discus	SP	Discus	LJ	HJ	TJ	LJ	HJ	TJ
6:30 - 7pm		Sprint	Distance	Hurdles	Sprint	Distance	Hurdles	Discus	SP	Jav	Discus	SP	Jav
7 - 7:30pm								Sprint	Distance	Hurdles	Sprint	Distance	Hurdles

★ Weekly Coach's Awards can be earned for top training effort in each age group!

Visit ndlac.org.au for weekly program rotation and updates

Note: Age Groups 14+ please contact president@ndlac.org.au for tailored training programs