

03/04

03/05

03/06

03/07

03/08

03/04	03/05	03/06	03/07	03/08
Distance Road Run 40 minutes 5- 300	Distance Road Run 40 minutes 3- 600	Team circuit	Distance Road Run 40 minutes 3-1000 1-800	Distance Road Run 40 minutes Dirty Dozen 1 min on/off
Javelin Track Work- Crossovers 20mx4 No Jav- Approach w/crossovers Finish Drills	Javelin 1 step 3 step Approach with javelin Full throws		Javelin Cone and Hurdle drill C drill working over the top Moving with jav drills	Javelin Prepare like a meet Jav flexibility Warm ups 4 throws