

Cumnock Little Athletics Club Pre Christmas Program 2020

One		Two		Three		Four		
Training	Competition	Training	Competition	Training	Competition	Competition	Competition	Xmas Party
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
October			November				December	
16	23	30	6	13	20	27	4	11
Starts	50m	Starts	70m	Hurdles	Hurdles	200m	1500m	
Long Jump	Long Jump	High Jump	High Jump	Long Jump	Long Jump	High Jump	long jump	
Agility	70m	Agility	100m	Agility	70m	400m		
Discus	Discus	Plyometrics	200m	Javelin	Javelin	300 pack	800m	
						500 pack		
Plyometrics	100m	Shot Put	Shot Put	Plyometrics	100m	Shot Put	Discus	
Testing	Testing	Testing	Testing	Testing				
Beep Test	Standing Long Jump	Vertical Jump	Plank	Sit & Reach				