

## Recommended Program

*May be altered to suit presenter(s)*

8:00 am	Arrival / Registration / Introduction	30 mins
8:30 am	Coaching Young Athletes (1/2) - theory	15 mins
8:45 am	Warm Up	15 mins
9:00 am	Running (including starts and Middle Distance)	45 mins
9:45 am	<b>MORNING BREAK</b>	15 mins
10:00 am	Hurdles	25 mins
10:25 am	Relays	20 mins
10:45 am	Race Walking	20 mins
11:05 am	Long Jump	25 mins
11:30 am	Triple Jump	20 mins
11:50 am	<b>LUNCH</b>	40 mins
12:30 pm	High Jump (scissors)	30 mins
1:00 pm	Shot Put	20 mins
1:20 pm	Discus	20 mins
1:40 pm	Javelin	20 mins
2:00 pm	Cool Down	10 mins
2:10 pm	Conclusion	20 mins
2:30 pm	<b>Finish</b>	