

## Glendale LAC training program

Monday training is for U10 +

Wednesday training is predominantly for U7 – U10, however, U11 + are welcome

Day	Warm up 5 – 5.15 pm	Session 1 5.15 – 5.45 pm	Session 2 5.50 – 6.20 pm	Cool down 6.20 – 6.30 pm	Program focus
Wednesday, 20 <sup>th</sup> September	All ages <i>Dave</i>	U11+ B/G: general fitness ( <i>Gareth</i> ) U7 → U10 G: shotput ( <i>Dave</i> ) U7 → U10 B: long jump ( <i>Brendan</i> )	U11+ G: triple jump ( <i>Brendan</i> ) U11+ B: shot put ( <i>Dave</i> ) U7 → U10 B/G: general fitness ( <i>Gareth</i> )	All ages <i>Gareth</i>	General fitness Program 1 reduced – all ages
Wednesday, 27 <sup>th</sup> September	All ages <i>Gareth</i>	U11+ B/G: HIIT training – fitness ( <i>Ange</i> ) U7 → U10 G: long jump ( <i>Brendan</i> ) U7 → U10 B: discus ( <i>Dave</i> )	U11+ G: shot put ( <i>Dave</i> ) U11+ B: triple jump ( <i>Brendan</i> ) U7 → U10 B/G: HIIT training – fitness ( <i>Ange</i> )	All ages <i>Dave</i>	General fitness Program 2 reduced – all ages
Monday, 2 <sup>nd</sup> October	All ages <i>Dave</i>	U10 → U12 G: turbo/javelin ( <i>Dave</i> ) U10 → U12 B: shot put ( <i>Jacob</i> ) U13+ G: triple jump ( <i>Brendan</i> ) U13+ B: sprints ( <i>TBC</i> )	U10 → U12 G: sprints ( <i>TBC</i> ) U10 → U12 B: long jump ( <i>Brendan</i> ) U13+ G: discus ( <i>Jacob</i> ) U13+ B: 800m ( <i>Dave</i> )	All ages <i>Dave</i>	Program 1 reduced – U10 +
Wednesday, 4 <sup>th</sup> October	All ages <i>Kellie</i>	U7/8 G: vortex/turbo ( <i>Jan/Jacob</i> ) U7/8 B: shot put ( <i>Gareth</i> ) U9/10 G/B: sprints ( <i>Kellie/Dave</i> )	U7/8 G/B: sprints ( <i>Kellie/Dave</i> ) U9/10 G: discus ( <i>Jacob/Jan</i> ) U9/10 B: shot put ( <i>Gareth</i> )	All ages <i>Kellie</i>	Program 1 reduced – U7 → U10
<b>Saturday, 7<sup>th</sup> October: Competition Program 1 reduced Week 1</b>					
Monday, 9 <sup>th</sup> October	All ages <i>Kellie</i>			All ages <i>Kellie</i>	Program 2 reduced – U10+
Wednesday, 11 <sup>th</sup> October	All ages <i>Kellie</i>			All ages <i>Kellie</i>	Program 2 reduced – U7 → U10
<b>Saturday, 14<sup>th</sup> October: Competition Program 2 reduced Week 2</b>					
Monday, 16 <sup>th</sup> October	All ages <i>Kellie</i>			All ages <i>Kellie</i>	Program 1 – U10 +
Wednesday, 18 <sup>th</sup> October	All ages <i>Kellie</i>			All ages <i>Kellie</i>	Program 1 – U7 → U10
<b>Saturday, 21<sup>st</sup> October: Competition Program 1 Week 3</b>					

<b>Day</b>	<b>Warm up 5 – 5.15 pm</b>	<b>Session 1 5.15 – 5.45 pm</b>	<b>Session 2 5.50 – 6.20 pm</b>	<b>Cool down 6.20 – 6.30 pm</b>	<b>Program focus</b>
Monday, 23 <sup>rd</sup> October	All ages <i>Kellie</i>			All ages <i>Kellie</i>	Program 2 – U10+
Wednesday, 25 <sup>th</sup> October	All ages <i>Kellie</i>			All ages <i>Kellie</i>	Program 2 – U7 → U10
<b>Saturday, 28<sup>th</sup> October: Competition Program 2 Week 4</b>					
Monday, 30 <sup>th</sup> October					Program 1 – U10 +
Wednesday, 1 <sup>st</sup> November					Program 1 – U7 → U10
<b>Saturday, 4<sup>th</sup> November: Competition Program 1 Week 5 – PCH Fundraising Day</b>					
<b>Sunday, 5<sup>th</sup> November: LAWA Bravehearts Challenge U7 – U10</b>					
Monday, 7 <sup>th</sup> November					Program 2 – U10 +
Wednesday, 9 <sup>th</sup> November					Program 2 – U7 → U10
<b>Saturday, 11<sup>th</sup> November: Competition Program 2 Week 6</b>					
Monday, 13 <sup>th</sup> November					Program 1 – U10 +
Wednesday, 15 <sup>th</sup> November					Program 1 – U7 → U10
<b>Saturday, 18<sup>th</sup> November: Competition Program 1 Week 7</b>					
Monday, 21 <sup>st</sup> November					Program 2 – U10 +
Wednesday, 23 <sup>rd</sup> November					Program 2 – U7 → U10
<b>Saturday, 25<sup>th</sup> November: Competition Program 2 Week 8 – Hamersley Gift</b>					
State relay training only					
State relay training only					
<b>Saturday, 2<sup>nd</sup> December: State Relay Championships</b>					

Day	Warm up 5 – 5.15 pm	Session 1 5.15 – 5.45 pm	Session 2 5.50 – 6.20 pm	Cool down 6.20 – 6.30 pm	Program focus
Monday, 4 <sup>th</sup> December					Program 1 – U10 +
Wednesday, 6 <sup>th</sup> December					Program 1 – U7 → U10
<b>Saturday, 9<sup>th</sup> December: Competition Program 1 Week 9</b>					
Monday, 11 <sup>th</sup> December					Program 2 – U10 +
Wednesday, 13 <sup>th</sup> December					Program 2 – U7 → U10
<b>Saturday, 16<sup>th</sup> December: Competition Program 2 Week 10 – Christmas Theme</b>					
No training over Christmas break – recommences on Monday, 8 <sup>th</sup> January 2018					
Monday, 8 <sup>th</sup> January					Program 1 – U10 +
Wednesday, 10 <sup>th</sup> January					Program 1 – U7 → U10
<b>Saturday, 13<sup>th</sup> January: Competition Program 1 Week 11</b>					
Monday, 15 <sup>th</sup> January					Program 2 – U10 +
Wednesday, 17 <sup>th</sup> January					Program 2 – U7 → U10
<b>Saturday, 20<sup>th</sup> January: Competition Program 2 Week 12</b>					
Monday, 22 <sup>nd</sup> January					Program 1 – all ages
<b>Wednesday, 24<sup>th</sup> January: Competition Program 1 Week 13 – Twilight Competition</b>					
Monday, 29 <sup>th</sup> January					Program 2 – U10 +
Wednesday, 31 <sup>st</sup> January					Program 2 – U7 → U10
<b>Saturday, 3<sup>rd</sup> February: Competition Program 2 Week 14</b>					
<b>Saturday, 3<sup>rd</sup> February: State combined event Championships (multi-event) U14 – U17 only</b>					

<b>Day</b>	<b>Warm up 5 – 5.15 pm</b>	<b>Session 1 5.15 – 5.45 pm</b>	<b>Session 2 5.50 – 6.20 pm</b>	<b>Cool down 6.20 – 6.30 pm</b>	<b>Program focus</b>
<b>Sunday, 4<sup>th</sup> February: State combined event Championships (multi-event) U11 – U17 only</b>					
Monday, 5 <sup>th</sup> February					Medal Day Program – U10 +
Wednesday, 7 <sup>th</sup> February					Medal Day Program – U7 → U10
<b>Saturday, 10<sup>th</sup> February: Medal Day Program Week 15</b>					
<b>Saturday, 17<sup>th</sup> February: Zone Championships</b>					
<b>Sunday, 18<sup>th</sup> February: Zone Championships</b>					
<b>Saturday, 24<sup>th</sup> February: Hamersley LAC Presentation and wind-up 9 am</b>					
<b>Friday, 2<sup>nd</sup> March: State Championships</b>					
<b>Saturday, 3<sup>rd</sup> March: State Championships</b>					
<b>Sunday, 4<sup>th</sup> March: State Championships</b>					
<b>Sunday, 11<sup>th</sup> March: Glendale LAC Presentation and wind-up 4 pm</b>					