

## Under 6 program schedule

### Week 1

On Track training in running

50m sprint

100m sprint

### Week 2

On Track training in running

70m sprint

200m sprint

### Week 3

On Track training in vertical jumps

50m sprint

100m sprint

### Week 4

On Track training in horizontal jumps

70m sprint

Long jump

### Week 5

On Track training in throws

50m sprint

100m sprint

### Week 6

On Track training in throws

70m sprint

200m sprint

Turbo

### Week 7

On Track training in throws

50m sprint

100m sprint

Discus

### Week 8

On Track training in throws

70m sprint

200m sprint

Shot put