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| **Week 1 Program** | | | | | | |
|  |  |  |  |  |  |  |
| **U6B** |  | 70m | 200m |  | Discus (350g) | Turbo Javelin |
| **U6G** |  | 70m | 200m |  | Long Jump | Shot Put (1kg - blue) |
| **U7B** |  | 70m | 200m |  | Discus (350g) | Turbo Javelin |
| **U7G** |  | 70m | 200m |  | Long Jump | Shot Put (1kg - blue) |
| **U8B** |  | 70m | 200m |  | Discus (500g) | Turbo Javelin |
| **U8G** |  | 70m | 200m |  | Long Jump | Shot Put (1.5kg – yellow) |
| **U9B** |  | 70m | 200m |  | Discus (500g) | High Jump (Start 0.75cm) |
| **U9G** |  | 70m | 200m |  | Shot Put (2kg - orange) | High Jump (Start 0.75cm) |
| **U10B** | 1500m | 70m | 200m |  | High Jump (Start 0.85cm) | Long Jump |
| **U10G** | 1500m | 70m | 200m |  | High Jump (Start 0.85m) | Turbo Javelin |
| **U11B** | 1500m |  | 200m | 100m | Discus (750g) | Long Jump |
| **U11G** | 1500m |  | 200m | 100m | High Jump (Start 0.95m) | Javelin (400g) |
| **U12B** | 1500m |  | 200m | 100m | Discus (750g) | Long Jump |
| **U12G** | 1500m |  | 200m | 100m | High Jump (Start 1.00m) | Javelin (400g) |
| **U13B** | 1500m |  | 200m | 100m | Discus (1kg) | Long Jump |
| **U13-14G** | 1500m |  | 200m | 100m | Shot Put (3kg) | Triple Jump |
| **U14-17B** | 1500m |  | 200m | 100m | Discus (1kg & 1.5kg) | Long Jump |
| **U15-17G** | 1500m |  | 200m | 100m | High Jump (Start 1.15 & 1.20m) | Javelin (500g) |

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| **Week 2** | | | | | | |
| **U6B** |  | 50m | 100m |  | Discus (350g) | Long Jump |
| **U6G** |  | 50m | 100m |  | Discus (350g) | Turbo Javelin |
| **U7B** |  | 50m | 100m |  | Discus (350g) | Long Jump |
| **U7G** |  | 50m | 100m |  | Discus (350g) | Turbo Javelin |
| **U8B** |  | 50m | 100m |  | Discus (500g) | Long Jump |
| **U8G** |  | 50m | 100m |  | Discus (500g) | Turbo Javelin |
| **U9B** | 700 Walk |  | 100m | 400m | Long Jump |  |
| **U9G** | 700 Walk |  | 100m | 400m | Long Jump |  |
| **U10B** | 1100 Walk |  | 100m | 400m | Discus (500g) |  |
| **U10G** | 1100 Walk |  | 100m | 400m | Shot Put (2kg - orange) |  |
| **U11B** | 1100 Walk |  | 100m | 400m | High Jump (Start 0.95m) | Javelin (400g) |
| **U11G** | 1100 Walk |  | 100m | 400m | Shot Put (2kg - orange) | Triple Jump |
| **U12B** | 1500 Walk |  | 100m | 400m | High Jump (Start 1.00m) | Javelin (400g) |
| **U12G** | 1500 Walk |  | 100m | 400m | Shot Put (2kg - orange) | Triple Jump |
| **U13B** | 1500 Walk |  | 100m | 400m | High Jump (Start 1.05m) | Triple Jump |
| **U13-14G** | 1500 Walk |  | 100m | 400m | High Jump (Start 1.05 – 1.10m) | Javelin (400 – 500g) |
| **U14-17B** | 1500 Walk |  | 100m | 400m | High Jump (Starts 1.10, 1.15 & 1.20m) | Javelin (600 & 700g) |
| **U15-17G** | 1500 Walk |  | 100m | 400m | Shot Put (3kg) | Triple Jump |

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| **Week 3** | | | | | | |
| **U6B** |  |  | 70m | 100m | Shot Put (1kg - blue) | Turbo Javelin |
| **U6G** |  |  | 70m | 100m | Turbo Javelin | Shot Put (1kg - blue) |
| **U7B** |  | 60 Hurdles |  | 100m | Shot Put (1kg - blue) | Turbo Javelin |
| **U7G** |  | 60 Hurdles |  | 100m | Discus (350g) | Shot Put (1kg - blue) |
| **U8B** |  | 60 Hurdles |  | 100m | Shot Put (1.5kg - yellow) | Turbo Javelin |
| **U8G** |  | 60 Hurdles |  | 100m | Discus (500g) | Shot Put (1.5kg - yellow) |
| **U9B** | 800m | 60 Hurdles |  |  | Shot Put (2kg - orange) | Turbo Javelin |
| **U9G** | 800m | 60 Hurdles |  |  | Discus (500g) | Turbo Javelin |
| **U10B** | 800m | 60 Hurdles |  |  | Shot Put (2kg - orange) | Turbo Javelin |
| **U10G** | 800m | 60 Hurdles |  |  | Discus (500g) | Long Jump |
| **U11B** | 800m | 60 Hurdles |  |  | Shot Put (2kg - orange) | Triple Jump |
| **U11G** | 800m | 60 Hurdles |  |  | Discus (750g) | Long Jump |
| **U12B** | 800m | 60 Hurdles |  |  | Shot Put (3kg - white) | Triple Jump |
| **U12G** | 800m | 60 Hurdles |  |  | Discus (750g) | Long Jump |
| **U13B** | 800m | 80 Hurdles | 200 Hurdles |  | Shot Put (3kg - white) | Javelin (600g) |
| **U13-14G** | 800m | 80 Hurdles | 200 Hurdles |  | Discus (750g – 1kg) | Long Jump |
| **U14-17B** | 800m | 90 & 100 Hurdles | 200 Hurdles |  | Shot Put (3, 4 & 5kg) | Triple Jump |
| **U15-17G** | 800m | 90 & 100 Hurdles | 200 Hurdles |  | Discus (1kg) | Long Jump |