

## Athletics Training GPS 2011

	Week 6					Week 7				
	Monday	Tuesday	Wednesday	Thursday	Sunday	Monday	Tuesday	Wednesday	Thursday	Sunday
	22/08/2011	23/08/2011	24/08/2011	25/08/2011	28/08/2011	29/08/2011	30/08/2011	31/08/2011	1/09/2011	4/09/2011
Sprints Hurdles	4:00pm Jamie Moore	4:00pm Alex Davis	4:00pm Alex Davis			4:00pm Jamie Moore	4:00pm Alex Davis	4:00pm Alex Davis		
Middle Distance	4:00pm Jim Pennington		4:00pm Jim Pennington			4:00pm Jim Pennington		4:00pm Jim Pennington	4:00pm Jim Pennington	
Long Jump							4:00pm Jim Pennington			
High Jump					4:00pm Jim Cameron					4:00pm Jim Cameron
Shot Put		4:00pm Alex Smith					4:00pm Alex Smith		4:00pm Alex Smith	
	Week 8					Week 9				
	Monday	Tuesday	Wednesday	Thursday	Sunday	Monday	Tuesday	Wednesday		
	5/09/2011	6/09/2011	7/09/2011	8/09/2011	11/09/2011	12/09/2011	13/09/2011	14/09/2011		
Sprints Hurdles	4:00pm Jamie Moore	4:00pm Alex Davis	4:00pm Alex Davis			4:00pm Jamie Moore	4:00pm Alex Davis			
Middle Distance	4:00pm Jim Pennington		4:00pm Jim Pennington	4:00pm Jim Pennington		4:00pm Jim Pennington		4:00pm Jim Pennington		
Long Jump		4:00pm Jim Pennington					4:00pm Jim Pennington			
High Jump					4:00pm Jim Cameron					
Shot Put		4:00pm Alex Smith		4:00pm Alex Smith			4:00pm Alex Smith			
Relay								4:00pm Alex Davis		