

Day 1

Introduction	(5 mins)
2 laps (EASY) warm-up, stretch	(10 mins)
Half the group (Alex-Eugene) will go to one side of the track to do 60m trials. * 2 timers and 1 counter needed	(20 mins)
The other half will go to the other side to do their standing long jump and 5 bounds. * 1 measurer needed	
Break	(10 mins)
200m sprint - 2/3 shifts	(10-15 mins)
Go back to school to determine vertical jump stats	(rest - practice over)
Optional distance run.	