

Monthly Trainings Plan May 2013 Evie Bartl (U14)

Week 1		date	venue	Event(s)				
1	T	29	Linwood	Javelin				
2	T	30	Harriers	Hurdles	High Jump	Pole Vault	Sprints 5x 60m	
3	C	01	Grangemouth	Hurdles	Javelin	Pole Vault		
4	T	02	Harriers	Pole Vault Drills		Shot	800m (5x200m/40sec)	
5	T	03	AAA	Hurdles	Shot	Javelin	Discus	
6		04	Rest					
7	C	05	YAL Grangemouth (shot, javelin, discus)					
Week 2								
1	T	06	Linwood	Javelin				
2	T	07	Harriers	Hurdles	High Jump	Sprints 10x 60m/3x100		
3	T	08	AAA	Pole Vault Drills		Shot		
4	T	09	Harriers	Hurdles	Shot	Javelin	800m (6x200m/40sec)	
5	T	10	AAA	Hurdles	Shot	High Jump	Javelin	
6			Rest					
7			Rest					
Week 3								
1	T	13	Scotsoun	Javelin				
2	T	14	Harriers	Hurdles		High Jump	Sprints 10x 60m/3x100	
3	T	15		Pole Vault Drills		Shot		
4	T	16	Harriers	Hurdles	Javelin	High Jump	800m (6x200m/40sec)	
5		17	AAA	Pole Vault		Hurdles	Shot	
6	C	18	Kugelfest	Shot			Javelin	
7			Rest					
Week 4								
1	T	20	Scotstoun	Javelin				
2	T	21	Harriers	Hurdles		High Jump	Sprints 10x 60m/3x100	
3		22	AAA	Pole Vault Drills		Shot	800m (6x200m/40sec)	
4	T	23	Harriers	Hurdles	Shot	Javelin		
5	T	24	AAA	Hurdles	Shot			
6	C	25	West District (hurdles, shot, javelin)					
7			Rest					
Week 5								
1	T	27	Scotstoun	Javelin				
2	T	28	Harriers	Shot	High Jump		Sprints 10x 60m/	
3	T	29			High Jump	shot	800m (6x200m/40sec)	
4	T	30	Harriers		Shot	High Jump		
5	C	01	Schools Multi		Shot	High Jump	600m	
6			Rest					
7			Rest					