

Lincoln Wellington AC Multi-Event Programme

Coach: Keith Ridgeway Level 4

	Time 10.00-1100	Age 8-14	Time 11.00- 12.00	Age 15 and up	12.00-12.30
Week 1 13 th Nov Track		Shot Put		Warm up 10mins 50mins Shot Put 10mins warm down	Specialist training
Week 2 20 th Nov Sports Hall		Long Jump		Warm up 10mins 50min Long Jump 10mins warm down	Specialist training
Week 3 27 th Nov Sports Hall		Pole Vault		Warm up 10mins 50min Pole Vault 10mins warm down	Specialist training
Week 4 4 th Dec Gym		Javelin		Warm up 10mins 50min Javelin 10min warm down	Specialist training
Week 5 11 th Dec Gym		Hurdles		Warm up 10mins 50min Hurdles 10mins warm down	Specialist training
Week 6 18 th Dec Sports Hall		High Jump		Warm up 10mins 50min High Jump 10mins warm down	Specialist training
Week 7 8 th Jan 06 Sports Hall		Discus		Warm up 10mins 50min Discus 10mins warm down	Specialist training
Week 8 15 th Jan Sports Hall		Hammer		Warm up 10mins 50min Hammer 10min warm down	Specialist training
Week 9 22 nd Jan Sports Hall		Triple Jump		Warm up 10mins 50min Triple Jump 10min warm down	Specialist training
Week 10 29 th Jan Sports Hall		Walking		Warm up 10mins 50min Walking 10min warm down	Specialist training

Cost: Members £1.50 Non Members £2.50