

## KLAC Modified Week 1 Program

|          | <b>6</b>          | <b>7</b> | <b>8</b>          | <b>9</b>  | <b>10</b>         | <b>11</b> | <b>12</b>         | <b>13-17</b> |
|----------|-------------------|----------|-------------------|-----------|-------------------|-----------|-------------------|--------------|
| <b>1</b> | Long Jump (Lower) | Discus   | 100m              | High Jump | 70m               |           | 1500m             | 200m         |
| <b>2</b> |                   | 100m     | 200m              |           | Discus            | 1500m     | Long Jump (Lower) |              |
| <b>3</b> | 50m               | 70m      | 700m PS           | 200m      | Long Jump (Lower) | High Jump |                   | 400m         |
| <b>4</b> | 100m              | 50m      |                   | 800m      |                   |           | 400m              | 100m         |
| <b>5</b> | Discus            | 500m PS  | Long Jump (Lower) | 70m       | 60m H             | 400m      | 100m              | High Jump    |
| <b>6</b> | 300m PS           |          |                   |           | 400m              | 100m      | Discus            |              |