

KLAC Modified Week 1 Program

	6	7	8	9	10	11	12	13-17
								1500m or U13 Jav
1	Long Jump (Lower)	Discus	70m	High Jump	70m	Shot Put	1500m	200m
2			200m		Discus	1500m	Long Jump (Upper)	Shot Put
3	50m	70m	Shot Put	200m	800m	High Jump		400m
4	70m	50m	700m PS	Shot Put	60m H		400m	800m
5	Discus	Shot Put	Long Jump (Lower)	800m	400m	400m	60m H	High Jump
6	300m PS	500m PS		70m		60m H	Discus	