

# Wellfit Training Schedule 2023 – 2024



## U7 & U9 Schedule

Young athletes aged 5 – 8 years old

Day	Time	Venue	Session
Tuesday	6:00pm – 7:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Thursday	6:00pm – 7:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Saturday	8:00am – 9:00am	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Sunday	6:00pm – 7:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle Distance, Hurdles Long jump, High jump, Shot put, Javelin

## U11 & U13 Schedule

Young athletes aged 9 – 12 years old

Day	Time	Venue	Session
Tuesday	6:00pm – 7:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Thursday	6:00pm – 7:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Saturday	8:00am – 9:00am	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Sunday	6:00pm – 7:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle Distance, Hurdles Long jump, High jump, Shot put, Javelin

## U15, U17 & U20 Schedule

Athletes aged 13 – 19 years old

Day	Time	Venue	Session
Tuesday	7:00pm – 8:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Thursday	7:00pm – 8:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Saturday	9:00am – 10:00am	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Sunday	7:00pm – 8:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle Distance, Hurdles Long jump, High jump, Shot put, Javelin

## Senior Schedule

Athletes aged over 19 years old

Day	Time	Venue	Session
Tuesday	7:00pm – 8:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Thursday	7:00pm – 8:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Saturday	9:00am – 10:00am	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle distance, Hurdles Long jump, High jump, Shot put, Javelin
Sunday	7:00pm – 8:00pm	Wellfit Track Meydan	<b>Run Jump Throw Session</b> Sprints, Middle Distance, Hurdles Long jump, High jump, Shot put, Javelin