

Shine@Athletics

Weekly Schedule

Monday

Athletes will train in four of these events (group dependent):

Discus
Medicine Ball
High Jump
Endurance running
Shot Put
Triple Jump

All Sports Quiz

Relay practice and competitive relay

Agility Challenge consisting of:

Speed Bounce
Standing Long Jump
Balance Test
Vertical Jump
Standing Triple Jump
Chest Push

Yoga cool down

Tuesday

Athletes will train in the remaining two of these events (group dependent):

Discus
Medicine Ball
High Jump
Endurance running
Shot Put
Triple Jump

Team Leaders' Events Quiz

Treasure Hunt and Capture the Flag

Athletes will train in three of these events (group dependent):

Hammer
Long Jump
Sprints
Javelin
Hurdles
Pole Vault

Team Competition:
Combination Jumps
Obstacle Relay
Overhead Medicine Ball Throw

Wednesday

Athletes will train in the remaining three of these events (group dependent):

Hammer
Long Jump
Sprints
Javelin
Hurdles
Pole Vault

Abbreviations Quiz/ Tokyo World Championships 2025 Quiz

Shine Awards

Athletes compete in as many events for their age group as possible, including a sprint, endurance event, throw and jump to attain a personal score

Walking technique practice & walking races

Yoga cool down

Friday

Strength and Conditioning:

- Medicine Ball exercises
- Conditioning and stability
- Speed and agility exercises

Athlete Appreciation where one or two of our national and international standard athletes talk about their careers to date and take questions from the athletes

Final Quiz

Orienteering

Tug of War

Grand Prix Relay

Awards for the Week