# EDLA Training Calendar 2026-2027

## Weekly Sessions

## WEEK 1: Horizontal Jumps, Sprints/Relays & Throws

| Age Group | Warm-up 5:00pm-5:15pm | Session 1 5:15pm-5:40pm | Session 2 5:40pm-6:05pm | Session 3 6:05pm-6:30pm |
|---|---|---|---|---|
| **U6–U8** | | Long Jump | Sprints / Relay | Shot Put |
| **U9–U10** | | Discus | Long Jump | Sprints / Relay |
| **U11–U12** | | Sprints / Relay | Javelin | Triple Jump |
| **13>** | Deb Gayen coordinating (6:00pm-7:30pm) | | | |

## WEEK 2: High Jump, Running & Throws

| Age Group | Warm-up 5:00pm-5:15pm | Session 1 5:15pm-5:40pm | Session 2 5:40pm-6:05pm | Session 3 6:05pm-6:30pm |
|---|---|---|---|---|
| **U6–U8** | | Flexi Jump | Vortex | Middle Distance |
| **U9–U10** | | Middle Distance | Scissor Jump | Shot Put |
| **U11–U12** | | Discus | Middle Distance | High Jump |
| **13>** | Deb Gayen coordinating (6:00pm-7:30pm) | | | |

## WEEK 3: Hurdles & Technical Rotation

| Age Group | Warm-up 5:00pm-5:15pm | Session 1 5:15pm-5:40pm | Session 2 5:40pm-6:05pm | Session 3 6:05pm-6:30pm |
|---|---|---|---|---|
| **U6–U8** | | Hurdles | Long Jump | Discus |
| **U9–U10** | | Vortex | Hurdles | Long Jump |
| **U11–U12** | | Triple Jump | Shot Put | Hurdles |
| **13>** | Deb Gayen coordinating (6:00pm-7:30pm) | | | |