

**Winter Training schedule for:
Ralph Newton**

Monday 10th May to Thursday 26th August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long/Triple	Throws		Hurdles			High Jump
Sprints						Pole Vault
	400m		400/800m			

Training Times:

Monday: 6pm-7.30pm @ Jimboomba

Tuesday: 4.30pm-6pm @ Jimboomba

Thursday: 4pm-5.30pm @ Jimboomba

Sunday: 3pm-5pm @ QSAC By appointment only please phone 0431474149