

PM SHRI KENDRIYA VIDYALAYA EBS BABUGARH CANTT 2025-26

NATIONAL COACHING CAMP FOR ATHLETICS BOYS (UNDER 14 – 17 -19)

SCHEDULE FOR TRAINING CAMP MORNING SESSION 6:20 AM TO 8:20 AM

DURATION – 12/08/2025 TO 03/09/2025

WARM UP, SKILL PRACTICE AND TIME TRIAL FOR ALL

DAY	GENERAL WARMUP (20 MIN)	SPECIFIC EXERCISE (20 MIN)	MAIN PARTS (60 MIN)	COOL DOWN (20 MIN)
DAY-1	2 ROUND OF TRACK ,TOP TO BOTTOM – NECK ROTATION,ARM ROTATION,,SIDE WARD BENDING,FORWARD AND BACKWARD BENDING,THREE TOUCHES ,ALTERNATE TOE TOUCHING,SIDE WARD LOUNGING,	RELATED TO THE GAME EXERC. WITH EQUIPMENT EXAMP.SHOTPUT,STRIDE	WALKER -2000 X 3, THROWER - THROWING DRILL,ROTATION RUNNER-500 X4 INTENSITY 70 %	STRETCHING ALL BODY PARTS AND COOLING DOWN
DAY-2	TWO ROUND OF TRACK,BOTTOM TO TOP -ANKLE ROTATION,SIDE WARDUP AND DOWN ,HIP ROTAION IN EIGHT FORMATION ,FORWARD AND BACKWARD BENDING,SOULDER ROTATION ,ARM ROTATION ,WRIST UP AND DOWN ,WRIST ROTATION ,NECK UP AND DOWN ,SIDEWARD AND BACK WARD, UP AND DOWN	RELATED TO THE GAME EXERC. WITH EQUIPMENT EXAMP.SHOTPUT,STRIDE	WALKER -8000 PACE RUNNING, THROWER -THROWING DRILL,ROTATION ,T- FORMATION,BALANCING MIDDLE DISTANCE RUNNER - SLOW CONTINOUS RUN	STRETICHING ALL BODY PARTS AND COOLING DOWN

DAY-3	TWO ROUND OF TRACK,JUMPING EXERCISE -JUMP ON TOES 10 TIMES,JUMP ON TOES &MAKE CROSS,AND MULTIPLY FORMATION ,HIGH JUMP TEN TIMES,JUMP AND TOUCHE HIPS FIVE TIME ,JUMPING JACK 20 TIMES,JUMP AND SIDE TWIST 30 TIMES,SPOT RUNNING 30 TIMES,BURPEE 8 TIMES,	RELATED TO THE GAME EXERC. WITH EQUIPMENT EXAMP.SHOTPUT,STRIDE	WALKER -SLOW CONTINOUS WALK 40 MINUTES THROWER -THROWING DRILL,ROTATION ,PARI O" VARIYAN FULL TECHNICH ,BALANCING MIDDLE DISTANCE RUNNER -30 MINUTES SLOW PACE RUN,20 MINUTE SLOW RUN ABS EXERCISE FOR ALL	STRETICHING ALL BODY PARTS AND COOLING DOWN
DAY-4	2 ROUND OF TRACKTOP TO BOTTOM – NECK ROTATION,ARM ROTATION,SIDE WARD BENDING,FORWARD AND BACKWARD BENDING,THREE TOUCHES ,ALTERNATE TOE TOUCHING,SIDE WARD LOUNGING,	RELATED TO THE GAME EXERC. WITH EQUIPMENT EXAMP.SHOTPUT,STRIDE	WALKER - 7 KM SLOW PACE RUN THROWER -THROWING DRILL,ROTATION ,PERIOBRIEN FULL TECHNICH ,BALANCING MIDDLE DISTANCE RUNNER - 1200,800,400,200 X2	STRETICHING ALL BODY PARTS AND COOLING DOWN
DAY-5	TWO ROUND OF TRACK,BOTTOM TO TOP -ANKLE ROTATION,SIDE WARD ,UP AND DOWN ,HIP ROTAION IN EIGHT FORMATION ,FORWARD AND BACKWARD BENDING,SOULDER ROTATION ,ARM ROTATION ,WRIST UP AND DOWN ,WRIST ROTATION ,NECK UP AND DOWN ,SIDEWARD AND BACK WARD UP AND DOWN	RELATED TO THE GAME	WALKER - 7 KM SLOW PACE RUN THROWER -THROWING DRILL,ROTATION ,PERIOBRIEN FULL TECHNICH ,BALANCING MIDDLE DISTANCE RUNNER - 1200,800,400,200 X2	STRETICHING ALL BODY PARTS AND COOLING DOWN
DAY-6	TWO ROUND OF TRACK,JUMPING EXERCISE -JUMP ON TOES 10 TIMES,JUMP ON TOES MAKE CROSS,AND MULTIPLY FORMATION ,HIGH JUMP NTEN TIMES,JUMMP AND TOUCHE HIPS FIVE TIME ,,JUMPING JACK 20 TIMES,JUMP AND SIDE TWIST 30 TIMES,SPOT RUNNING 30 TIMES,BURPEE 8 TIMES,	RELATED TO THE GAME	WALKER -100 MTS SLOW FAST WALK FOR 40 MINUTES THROWER -THROWING DRILL,ROTATION ,PERIOBRIEN FULL TECHNICH ,BALANCING MIDDLE DISTANCE RUNNER - 1200,800,400,200 X2 WEIGHT TRAINING FOR ALL	STRETICHING ALL BODY PARTS AND COOLING DOWN