

NEW ZEALAND
INSTITUTE OF SPORT



ATHLETICS AUCKLAND



DIANNE MANSON/PHOTOSPORT

2018 ASPIRE DEVELOPMENT ACADEMY PROGRAMME

Monday 1 – Wednesday 3 October 2018

2018 ATHLETICS AUCKLAND

'DRAFT ASPIRE DEVELOPMENT ACADEMY PROGRAMME'

EACH DAY: 9:30am to 3.00pm

WHERE: Athletics Auckland Mt Smart stadium (O'Rorke Road, Penrose)

BRING: Training gear and food for the day (prepare yourself)

<u>DAY 1</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:30am	Welcome to the 2018 Aspire Development Academy Programme (subject to change)			
9:45am	Event Group warm up and Drill session			
10:45am	Morning Tea Break			
11:00am	Pole Vault/L.J. Warm up	Sprint Warm up	Discus Warm up	Distance Warm up
11:15am	Short Jumps session	Sprints/Hurdles Accel Dev	Progressive Throws	Pace Judgement reps
12:00pm	Lunch Break			
12:30pm	Guest Speaker – Tim Driesen Athletics NZ H.P. Development Leader -P2P, Skill Development & LTAD			
1:00pm	High Jump Practical	Hurdle Tech Sprint Max Vel Warm up	Shot Putt Practical	Track session
2:00pm - 2:15pm	Afternoon tea Warm up (on own)	Afternoon tea Warm up (on own)	Afternoon tea Warm up (on own)	Afternoon tea Warm up (on own)
2:30pm	Medley relay event Teams of 5. (2x100m, 1x200m, 1x400m & 1x800m in any order) Day 1 complete			

<u>DAY 2</u>				
TIME	Multi- Disciplined	Skill and Conditioning	Training sessions	
9:30am	Welcome to Day 2			
9:45am	Team Building and Group Drill Session – Mixed event athletes			
10:45am	Morning Tea Break			
11:00am	Hurdle Drills- Mini	Hurdle Drills - High	Hurdle Drills -Mobility	Hurdle Drills-Stability
11:30am	Hurdle Drills-Skipping	Hurdle Drills-Running	Hurdle Drills	Hurdle Drills
12:00pm	Lunch Break			
12:30pm	Guest Speaker – Imogen Ayris P2P Athlete World U20 rep Pole vault			
1:00pm 1:30pm	Med ball circuit Plyometric routines	Med ball circuit Plyometric routines	Med ball circuit Plyometric routines	Med ball circuit Plyometric routines
2:00pm- 2:15pm	Afternoon tea Warm up (on own)	Afternoon tea Warm up (on own)	Afternoon tea Warm up (on own)	Afternoon tea Warm up (on own)
2:30pm	Running Game and Day 2 Complete			

<u>DAY 3</u>				
TIME	Multi-Disciplined	Skill and Conditioning	Training sessions	
9:30am	Welcome to Day 3			
9:45am	Multi-Disciplined Training session			
10:45am	Morning Tea Break			
10:15am	Run – Build ups	Run -Sprint Float Sprint	Run – Polish wave	Run- Lactate Threshold
11:00am	Gym session	Gym session	Gym session	Gym session
12:00pm	Lunch break			
12:30pm	Event Group Skill based warm up			
1:00pm	Multi event competition:	Obstacle run	OHB Med Ball	2 stride Triple Jump
2:00pm	Hurdle run-100m	Jav Throw	Backwards run -60m	Endurance run-300m
2:30pm	Wrap Up, Photo and survey			
3:00pm	Day 3 Complete			



The New Zealand Institute of Sport provides specialist courses in sport management, exercise prescription, personal training and pre-police training.

We also offer fees free study pathways with our courses in Auckland, Christchurch, Manukau and Wellington for students aged 16-19 years.