

2019 ATHLETICS AUCKLAND

ASPIRE DEVELOPMENT ACADEMY PROGRAMME

EACH DAY: 9:30am to 3.00pm

WHERE: Mt Smart stadium (51 O'rorke Road, Penrose)

BRING: Training gear and food for the day. Note: MEASLES ALERT: If unwell, please stay away

<u>DAY 1</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:30am	Welcome to the 2019 Aspire Development Academy Programme (subject to change)			
9:45am	Team Building and Group Drill session + Group photo			
10:15am	Morning Tea Break			
10:30am	Jumps Warm up	Sprint Warm up	Throws Warm up	Distance Warm up
11:15am	Short Jumps session	Sprints Accel Dev	Med ball drills	Technical running
12:00pm	Lunch Break			
12:30pm	Guest Speaker – Hamish Meacham Athletics NZ Community Manager – The Athlete journey			
1:00pm	Long Jump technique	Sprint Max Vel. Warm up	Discus Practical	vVo2 Max Testing
1.45pm		Sprint Technique Dev Hurdle Technique Dev	Shot Put Practical	Max Velocity test session
2.30-3.00pm	DVD Sprint Training USA			Day 1 complete

<u>DAY 2</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:30am	Welcome to Day 2			
9:35am	Team Building and Group Drill Session + Group photo			
10:15am	Morning Tea Break			
10.15am		DVD Jumps Training	USA	
10.40am	Circuits: Hurdle Drills	Gym Technique	Med ball routine - Core	Resistance band work
12:00pm	Lunch Break			
12.30pm	Relay Baton practice –4 x 100m Sprint/Jump/Throw athletes - 4 x400m Distance athletes			
1:00pm to 1.30pm	Mixed Relay races (2 Boys/2 Girls)	Mixed relay races (2 Boys/2 Girls)	Mixed Relay races (2 Boys/2 Girls)	Long tempo run
1.30pm	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea
1.45pm	Group Recovery session	Group Recovery session	Group Recovery session	Group Recovery session
2:30pm	DVD Throws Training USA			Day 2 Complete

<u>DAY 3</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:30am	Welcome to Day 3 + Group photo			
9:35am	Jump Warm up	Sprint Warm up	Throwers Warm up	Distance- Technique Drills
10:15am	Morning Tea Break			
10:30am	Long/High Jump drills	Sprint Warm up	Shot Put Development	Interval session
11:15am	Long/High Jump technique	Sprint Development	Discus Development	Recovery warm down
12:00pm	Lunch break			
12.30pm	Guest Speaker- t.b.c			
1:00pm	Jump Group mobility	Sprint Group mobility	Throw Group mobility	Distance Group mobility
1.20pm	Jumpers Multi comp	Sprinters Multi comp	Throwers Multi comp	Distance Multi comp
2:40pm	Wrap Up, Photo and Survey			
3:00pm	Day 3 Complete			



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