

NEW ZEALAND  
INSTITUTE OF SPORT



# ATHLETICS AUCKLAND



DIANNE MANSON/PHOTOSPORT

## 2017 ASPIRE DEVELOPMENT ACADEMY PROGRAMME

*Monday 9 – Wednesday 11 October 2017*

# 2017 ATHLETICS AUCKLAND

## 'ASPIRE DEVELOPMENT ACADEMY'

EACH DAY: 9:00am to 3.00pm

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

BRING: Water Bottle, Sun Screen, Hat, Running Shoes, Track Shoes, Sweat Towel, Morning Tea, Lunch, Snacks, Running Gear, Hoodie.

<u>DAY 1</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:00am	Welcome to the 2017 Aspire Development Academy Programme (subject to change)			
9:30am	Group Icebreaker Session			
10:00am	Morning Tea Break			
10:15am	Long Jump DVD	Warm Up Drills	Discus drills	Pace Drills
11:00am	Long Jump Drills	Sprints/Hurdles Accel Dev	11.30am Discus DVD	Pace calculation
12:00pm	Guest Speaker – Tim Driesen Athletics NZ H.P. Development Leader P2P programme			
12:30pm	Lunch break			
1:00pm	Long Jump Practical	Hurdle Tech Sprint Max Vel Warm up	Discus Rotation Practical	Track Theory
2:00pm	Long Jump Practical	Hurdle Practical Sprints Max velocity	Discus Competition	Track Lactate threshold
2:30pm	Discussion on becoming a successful athlete and Day 1 Complete			

<u>DAY 2</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:00am	Welcome to Day 2			
9:15am	Gym Session –Neil Bartlett			
10:00am	Morning Tea Break			
10:15am	High Jump DVD	Tech. Development	Shot Drills	Track Biomechanics
11:00am	High Jump Drills	Sprint Session	11.30am Shot DVD	Strength and Conditioning
12:00pm	Guest speaker – Willie Toelau NZ Institute of Sport			
12.30pm	Lunch break			
1:00pm	High Jump Drills	Sprint DVD	Shot Glide Practical	Tech dev
2:00pm	High Jump Competition	1.45pm Speed Endurance	Shot Competition	Speed dev
2:30pm	Goal setting session and Day 2 Complete			

<u>DAY 3</u>				
TIME	JUMP	SPRINT	THROW	DISTANCE
9:00am	Welcome to Day 3			
9:15am	Nutrition discussion – Neil Bartlett			
10:00am	Morning Tea Break			
10:15am	LJ Pole Vault Drills	Sprint Drills	Shot Discus Hammer Jav DVD	Recovery Protocols
11:00am	LJ Pole Vault Practical	Sprints Accel Practical	Shot Putt / Jav Practical	Racing tactics
12:00pm	LTAD discussion			
12.30pm	Lunch break			
1:00pm	LJ HJ Pole Vault Drills	Sprints Max vel warm up	Shot Discus Drills	Lactate Threshold
2:00pm	LJ HJ Pole Vault Practical	Sprints Speed dev	Shot Discus Practical	Hill repeats
2:30pm	Wrap Up and Photo			
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.*