

Athletics Auckland Coaching Course Calendar: Feb 2018

Thursday 1 Feb: Developing the Long Jumper

(Int. to Advanced level DVD. Presented by Jeremy Fischer USA Head Jumps coach)

Presenter is coach of Tyron Stewart USA Indoor champ P.B. 8.39m and Brittany Reece Olympic & 7 x World champion. Indoor P.B. 7.23m

Learn the technical elements of the penultimate stride, crucial to performance.

This will be held at Mt. Smart stadium on Thursday evening from 7.30pm to 9.00pm.

Thursday 15 Feb: Basics of Lactate Threshold training for the Distance athlete

(Int. to Advanced level DVD. Presented by Marcus O'Sullivan Villanova University)

Presenter is a 4 x Olympian, 100 sub 4 minute miles in 15 year pro career.

Learn the basics of this training method. Will it be a revelation to your distance training programme?

This will be held at Mt. Smart stadium on Thursday evening from 7.30pm to 9.00pm.

Thursday 22 Feb: Developing Speed & Power for the Sprint athlete

(Int. to Advanced level DVD. Presented by Joey Woody University of Iowa Head coach. Silver medallist at the 2003 World champs in the 400m Hurdles)

Learn new drills to advance your sprint programme to the next level.

This will be held at Mt. Smart stadium on Thursday evening from 7.30pm to 9.00pm.

Thursday 1 March: Developing a high school Cross Country programme

(Basic to Intermediate level DVD. Presented by Tim Ives Dowling Catholic High)

Course designed for club coaches at Junior/College level to enhance their knowledge in preparation for the up-coming cross country season. Full seasonal schedules provided covering a three month period.

This will be held at Mt. Smart stadium on Thursday evening from 7.30pm to 9.00pm.

To enrol for any course or requests for further information on any coaching course, please email Neil Bartlett at development@athleticsauckland.co.nz