

NEW ZEALAND
INSTITUTE OF SPORT



2020 ASPIRE DISTANCE ACADEMY

July 13-14 2020 ATHLETICS AUCKLAND 'ASPIRE DISTANCE ACADEMY'

EACH DAY: 9:30am to 3.00pm

WHERE: Bruce Pulman park (90 Walters Rd Gate A) Day 1: Mt Smart stadium Day 2:

BRING: All your running gear (flats and spikes) plus food and drink

<u>DAY 1</u>				
TIME	DISTANCE			
9:30am	Welcome to the 2020 Aspire Distance Academy Programme (subject to change)			
9:50am	Group Team Building Session + Cross country rules and design			
10:30am	Morning Tea Break			
10:50am	In Teams	Design a XC course	Plan what you want	
11:00am	In Teams	Mark out your course	Measure your course	
12:00pm	Draw your Cross Country course on a map and plan how to present to attendees			
12:30pm	Lunch break			
1:00pm	In Teams	Present your course	One course selected	
1:30pm	Warm up for cross country run	Complete drills and strides	Run Cross country course	Warm down pack run
2:45pm	Discussion on learnings and Day 1 complete			

<u>DAY 2</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:30am	Welcome to Day 2			
9:45am	Group Team Building Session + Mental skill development			
10:30am	Morning Tea Break			
10:50am	Warm up for test session	Complete 8 min vV02 max		
11:45am	Warm up for test session	Complete 60m sprint test		
12:20pm	Warm down after testing protocols			
12:30pm	Lunch break			
1:00pm	Debrief test results	Discuss training needs		
1:30pm	REDs talk with Girls- Alana	Nutrition talk with Boys- James		
2:00pm	Two groups: Band workout Alana and Mobility with James + wrap up and Day 2 complete at 2.45pm			

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.

