

NEW ZEALAND
INSTITUTE OF SPORT



ATHLETICS AUCKLAND



DIANNE MANSON/PHOTOSPORT

2020 ASPIRE DEVELOPMENT ACADEMY PROGRAMME

Monday 28 September – Wednesday 30 September 2020

ATHLETICS AUCKLAND

ASPIRE DEVELOPMENT ACADEMY PROGRAMME

Grade 10-11

28-29 September 2020

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: COVID ALERT: If unwell, please stay home

<u>DAY 1: Grade 10-11</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:30am	Welcome to the 2020 Aspire Development Academy Programme (subject to change)			
9.45am	Team Building and Group Drill session + Group photo			
10:15am	Morning Tea Break			
10.30am	Circuits- Hurdle drills	Intro to Gym	Med Ball routine	Distance warm-up
11:15am	Run-ups- Short Jumps session	Sprints- Acceleration	Throw Drills	Mobility & Plyometrics
12:00pm	Lunch Break			
12:30pm	Guest Speaker – Hamish Meacheam Athletics NZ Community Manager – The Athlete journey T.B.C.			
1:00pm	Long Jump Technique	Sprint Max Velocity W-up	Discus Practical	vVo2 Max Testing
2:00pm	Intro to Triple Jump High Jump Drills	Sprint Technique Dev Hurdle Technique Dev	Shot Put Practical	Max Velocity test session
2.45-3.00pm	Wrap-up of day 1			Day 1 complete

<u>DAY 2: Grade 10-11</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:30am	Welcome to Day 2			
9:40am	Team Building and Group Drill Session			
10:00am	Morning Tea Break			
10.15am	DVD	Youth Conditioning	Mike Boyle USA	Anaerobic Speed Reserve
10.45am	High Jump Technique	Sprint Technique Dev	Intro to Javelin & Hammer	Distance Drills session
12:00pm	Lunch Break			
12.30pm	Relay Baton protocols – All Sprint, Jump, Throw and Distance athletes			
1:00pm to 1.45pm	2 x 100m Relay races (2 x as Starter & Receiver)	2x 100m Relay races (2 x as Starter & Receiver)	2 x 100m Relay races (2 x as Starter & Receiver)	Interval session runs
1.45pm to 2.00pm	Afternoon tea Group Recovery session	Afternoon tea Group Recovery session	Afternoon tea Group Recovery session	Afternoon tea Group Recovery session
2:45-3.00pm	Wrap-up of day 2			Day 2 complete

<u>DAY 3: Grade 10-11</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:30am	Rest day at home			
9:35am				
10:15am	Morning Tea Break			
10:30am				
11:15am				
12:00pm	Lunch break			
12.30pm				
1:00pm				
1.20pm				
2:40pm				
3:00pm				