

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 12-17

28-30 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 12-17</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			
10:00am	Morning Tea Break			
10.15am	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 Meacham Athletics NZ Community Manager – The Athlete journey			
1:00pm	Long Jump Technique	Sprint Max Vel. Warm-up Wicket Drills	Discus Practical (break from 1.45-2.00pm)	Distance warm up Drills 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 12-17</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 12-17</u>				
TIME	JUMPS	SPRINTS/HURDLES	THROWS	DISTANCE
9:30am	Welcome to Day 3 + Group photo			
9:40am	Jump Warm up	Sprint Warm up	Throw Warm up	Distance- Technical Drills
10:15am	Morning Tea Break			
10:30am	High Jump technique	Sprint Warm up	Shot Put Development	Technique session
11:15am	Long Jump technique	Sprint Development	Discus Development	Recovery warm down
12:00pm	Lunch break			
12.30pm	Discussion- Nutrition			
1:00pm	Multi event comp	Multi event comp	Multi event comp	Aerobic run
2.20pm	Warm down recovery	Warm down recovery	Warm down recovery	Warm down recovery
2:45pm	Wrap-up of day 3		Day 3 complete	
3:00pm	Aspire Academy complete			