

## Overview of 2-year Regional Development Activity

### RDP 1

Technical	Physical Preparation	Lifestyle
<p><b>Endurance</b> Introduction to aerobic intervals – off track</p> <p><b>Throws</b> Power Standing throws – the importance of and how to execute</p> <p><b>Jumps</b> Warm ups and run ups – all jumps</p> <p><b>Speed</b> Acceleration Development</p>	<p><b>ABCs in Action</b></p> <p>Revisiting the ABCs and exploring ways to implement them in training sessions</p>	<p>What it takes to develop – Playing the long game</p>

**RDP 2**

Technical	Physical Preparation	Lifestyle
<p><b>Endurance</b> Speed and Power Development – Exploring basic speed mechanics</p> <p><b>Throws</b> Shot – Full Glide and the progression from power stand throw to full glide Discus – Progression from the power stand throw to the South African discus throw</p> <p><b>Jumps</b> Take offs – all jumps</p> <p><b>Speed</b> Maximum Velocity</p>	<p><b>Fundamental movements</b> <b>Squat, Hinge and Lunge</b></p> <p>Exploring the Fundamental movements through warm ups and circuits</p>	<p>Healthy Eating and Fuelling the Young Athlete</p> <p>Exploring nutrition in action</p>

**RDP 3**

Technical	Physical Preparation	Lifestyle
<p><b>Endurance</b> An introduction to race tactics and long-term anaerobic development</p> <p><b>Throws</b> Javelin – Progression from the release into short approach for the javelin Hammer – Introduction of heel toe turns into the release</p> <p><b>Jumps</b> Flight Plans</p> <p><b>Speed</b> Developing speed endurance</p>	<p><b>Fundamental movements</b> <b>Push, Pull and Brace</b></p> <p>Exploring the Fundamental movements through warm ups and circuits</p>	<p>Coping skills/stress management in life and athletics including making race day timelines</p>

**RDP 4**

Technical	Physical Preparation	Lifestyle
<p><b>Endurance</b> An Introduction to Aerobic Intervals – on Track</p> <p><b>Throws</b> Shot put – progression from the power stand throw into Rotational shot put</p> <p>Discus – Progression into to full discus throws</p> <p><b>Jumps</b> Triple and High Jump – exploring progressions</p> <p><b>Speed</b> Full Dribble Series: Correct application of dribble series and the potential use in A: return to full training protocol post injury B: plan B training mode for athletes with minor injury limitations</p>	<p><b>Fundamental movements</b> Squat, lunge, hinge, push, pull, rotate.</p> <p>Exploring fundamental movements through warm-ups and circuits</p>	<p>Goal setting – an introduction</p>

**RDP 5**

Technical	Physical Preparation	Lifestyle
<p><b>Endurance</b> An introduction to hurdling</p> <p><b>Throws</b> Hammer Principles of the 3 heel toe turn throw and drills and training methods to assist</p> <p>Javelin – Principles of the short approach into a longer approach. (drills and training methods)</p> <p><b>Jumps</b> Competition Preparation for Jumps</p> <p><b>Speed</b> Acceleration, Max Velocity &amp; Power Development</p>	<p><b>Fundamental Movements</b> <b>Bracing and Postural control</b></p> <p>Exploring fundamental movements through warm-ups and circuits</p>	<p>Recovery – what is it, why is it important and what impacts on it</p>

**RDP 6**

Technical	Physical Preparation	Lifestyle
<p><b>Endurance</b> Developing Speed and Power – Exploring power development through hills</p> <p><b>Throws</b> Drills to develop shot (glide and rotational) and discus (full throw)</p> <p><b>Jumps</b> Competition Experience – mock competition to develop competition day skills</p> <p><b>Speed</b> Race Preparation: event specific race preparation sessions</p>	<p><b>Fundamental movements</b> – Exploring plyometrics through ABCs and Fundamental movements</p>	<p>Communicating with those around you – including dealing with feedback and use of training diaries.</p>