



ATHLETICS WAIKATO BAY OF PLENTY PRESENTS

# SPORT SPEED DEVELOPMENT PROGRAMME

## One session. Two pathways. Every speed quality. Every week.

A 12-month, 48-week dual-pathway speed programme for NZ secondary school athletes. Track & Field and Field/Court athletes train together in a shared 60-minute session — each following an appropriately periodised pathway. All six speed qualities are developed every single week without exception.

12 MONTHS · 48 WEEKS

60-MIN SESSIONS · 2 PER WEEK

TRACK & FIELD PATHWAY

FIELD & COURT PATHWAY

EVIDENCE-BASED

### PATHWAY 1

#### TRACK & FIELD

- › Linear sprint mechanics & upright rhythm
- › Flying sprints, in-and-outs & relay work
- › Seasonal peak aligned to athletics meets

### PATHWAY 2

#### FIELD & COURT SPORTS

- › Sport-ball integration every session
- › Reactive agility & decision-speed training
- › Seasonal peak aligned to winter sport

SIX SPEED QUALITIES — PRESENT IN EVERY SESSION, EVERY WEEK — ONLY EMPHASIS RATIOS SHIFT BY BLOCK

**ACCELERATION**  
First-step & drive

**MAX SPEED**  
Flying sprints

**AGILITY**  
Brake & re-accel

**REACTIVE WORK**  
Decision-based

**REPEAT SPEED**  
Quality under fatigue

**ENDURANCE**  
Tempo & base

### 12-MONTH BLOCK STRUCTURE

B1-2 · WKS 1-8

**Foundation & Acceleration**  
Movement literacy · falling starts · tag games

B3-6 · WKS 9-16

**Force & Projection**  
Resisted sprints · drop-jump combos · flying starts

B5-8 · WKS 17-24

**Max Speed & Elastic Power**  
Flying sprints · 60-80m efforts · plyometrics

B7-8 · WKS 25-32

**COD & Reactive Agility**  
Deceleration · shadow drills · unplanned CoD

B9-10 · WKS 33-40

**RSA & Speed Endurance**  
Sprint shuttles · tempo runs · speed games

B11-12 · WKS 41-48

**Integration & Testing**  
Full reassessment · multi-sport challenge events



#### DELIVERED BY CERTIFIED ATHLETICS COACHES ONLY

Every session planned and delivered exclusively by Athletics New Zealand certified coaches through Athletics Waikato Bay of Plenty. Consistent technical language, real-time individualisation, and maturity-aware loading. No session runs without a certified AWBOP coach present.

### SAMPLE 60-MINUTE SESSION

0-10' Dynamic warm-up · joint mobility · skip series · progressive accels

10-22' **ACCELERATION** — falling starts, partner reset, wall drives, drive mechanics

22-34' **AGILITY** — deceleration box, zig-zag patterns, lateral hurdle series

34-44' **REACTIVE WORK** — colour-call COD, ball-release tag, shadow drills

44-52' **REPEAT SPEED** — sprint relay races, pursuit shuttles, sport-ball games

52-60' **PATHWAY SPLIT** — Track & Field lane | Field & Court lane

### SEASONAL ALIGNMENT

JUL – SEP

**Track: OFF-SEASON**  
General prep & foundations  
**Field/Court: IN-SEASON**  
Maintenance & freshness

OCT – DEC

**Track: PRE-SEASON**  
Early competition & speed dev  
**Field/Court: OFF-SEASON**  
Regeneration & structural rebuild

JAN – MAR

**Track: IN-SEASON**  
Performance peak & championships  
**Field/Court: OFF-SEASON**  
Max speed & elastic power

APR – JUN

**Track: OFF-SEASON**  
Regeneration & reset  
**Field/Court: PRE-SEASON**  
Preparation & maintenance

### ENROL YOUR ATHLETES

Open to all NZ secondary school athletes. Two sessions per week, 60 minutes each. Suitable for all field, court, and track sports. Delivered by AWBOP certified athletics coaches only.

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Organisation: Athletics Waikato Bay of Plenty

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NZ Secondary Schools · Field & Court · Track & Field  
Certified Athletics Coaches Only · Evidence-Based · 12 Months