Mark Andrea Training Systems

Ready to Run Jump Throw

This athletics based programme is designed to support people of all abilities who are looking for a little help to run jump or throw faster longer and further and considered the basis for many sports. The aim is move faster, increase distance or add some variety to your current fitness programme.

Run Jump Throw was developed as part of the Kiwisport education programme, a skills based programme. While the emphasis is on skill development, we will be looking to do some training to better our chances when we are looking to compete.

PROF DEVELOPMENT PROGRAMME

The aim is to support teachers with their classroom activities by taking them through some of the key technical aspects plus key mantra's that kids respond to. This provides the opportunity to start or improve the development of children for athletics.

This is a practical course and very hands on. This course is aimed at people who will be organising and teaching/coaching Run Jump Throw lessons and Athletic Sports Events. The Emphasis is on the development of fundamental movement patterns, and is the foundation to correct movement techniques.

MARK HARRIS

Mark was an experienced middle distance runner who represented New Zealand at the World Student Games twice. Mark's career has seen him employed as High Performance Manager for New Zealand Squash and Cycling New Zealand. He has also lectured at UCOL on their sports course (sports practical) and nursing courses (human biology).

Mark is an internationally and nationally certified athletics coach and is endorsed by the IAAF with Level 3 Sprints and Hurdles and as a lecturer for Level 2 Multi Events and Level 1 Kids Athletics.

For Athletics New Zealand Mark is certified as a Master Coach for Run Jump Throw (the only person in the whole Wellington region).

COSTS

2 Hour Class $100.00

Each additional hour $50.00

Mileage $0.45 per km

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