



North Bondi Nippers

Competition Beach Training



Training Structure: Sprint/Flags

- Goal:
 - Improved performance at Branch and State titles in all disciplines and significant improvement in beach relay results
 - Focus on baton changes
- Beach team:
 - Pre-season coaching (optional)
 - In-season 3 sessions per week + Sunday
 - In-season



Training Structure: Sprint/Flags

- Pre-Season (optional):
 - Tuesday 4.30-5.30pm, Venue: ES Marks (Eastern Suburbs Little Athletics), Fee: \$40 for 6 weeks, Contact: Drew
 - Friday 18 Sept (20 weeks), Venue: ES Marks, Fee: \$200
 - Focus 1: Sprint (Starts, technique and speed), OR
 - Focus 2: Distance option for 2km and 3km



Training Structure: Sprint/Flags

- In-Season (commences Sunday 8 October):
 - 2 sessions per week required
 - Tuesday 6.15-7.05am, Focus: Sprints
 - Friday 5-6pm, Venue: ES Marks, as per Pre-Season training
 - Sunday 7.50 – 8.50am, Focus: Speed, starts and flags
 - Wednesday 4pm, Focus: Starts and flags [TBC]
 - Guest Coaches: Dean Scarff, multiple National and State Champions across sprint, flags and relay

