

A&T Track Coaching Session Plan

Date: 21/06/21	Time: 18:30
Venue: Leigh Sports Village	Duration: 60 mins
Stage: Fundamental / Foundation	Group Size: up to 16 Adults - Incl . 2x Coaches/Leaders

Session Goals For Athletes (What-2):

Fundamental / Foundation week 5. Continue to build strength and speed from the base we have developed during fundamental phase. Continuing with the Fundamental drills we will begin to add in some more specific RUN movements and efforts to build strength for speed endurance work through the Summer.

Personal Coaching Goals (HOW-2):

Keep all athletes safe by observing COVID safety protocols. Remind of the importance of continuing with the Fundamental movement patterns and link these to the Foundation RUN movements. Ensure all athletes are suitably warm through drills and movements before doing acceleration work.

Equipment Required:

Hurdles, Agility Ladder, Plyo Box, Cones, Watch

PRACTICAL SESSION

COMPONENT	DETAIL	COACHING POINTS	ORG./SAFETY POINTS
Warm Up 18:30-18:50 20 mins	2x very easy laps of the track Lunge Matrix - 5 of each Leg Swings - 8 of each (See previous sessions) Agility Slalom 3 Sets: * Hollow Body Hold - 2x 15 Secs * 40x Mountain Climbers * 6x7 Jump Hurdles (Scale - up to hopping) * Plank Hold - Put cone onto back 8 times (Scale with rests) * 12 x Squat Jump - 32X2	* Don't spend too long explaining * Watch and guide if required * Reduce depth of lunge if lack of strength * Reduce to squat if required for strength / injury. * Hollow Body - Lay on back, lift knees and chin to chest and touch heels. Time starts when you extend legs out off the ground and arms above head. Scale by reducing distance held out. * Mountain Climbers - From Press-up position, bring one knee at a time up to between arms, not putting foot onto ground. * For jump hurdles, start double footed with pause inbetween. Build to continuous. When ready, hop, one set left, one set right. * Front Plank - Start with cone on left, lift and place in small of back with left hand, remove with Right hand and place on floor to right. * Jump squats - Scale by depth of squat.	* Set up slalom before session starts * Check for injuries before start * Ensure all athletes use sanitiser when entering track * Space out stations to keep SD * Explain all drills to new attendees, watch and correct if required. * Scaling option for squat jumps is to reduce depth of squat.
Main Session 18:50 - 19:20 30 mins	Part 1 - 6 Sets - Sit to Run From a seated position, runners will turn from a setaed position on the track to a sprint start and accelerate to a cone 15 m down track. Part 2: Speed Endurance 1x 800m 2x 600m 2x 400m Best effort, holding best form whilst running as fast as possible. Recovery time between efforts 2:00	From a sitting position, facing away from the direction of running athletes on the call of LEFT or RIGHT will roll in that direction into a hand-plank position, lift the same sided leg into a sprint position leaving the other extended backwards and push off into an acceleration of 75% effort into a short run of 15m. Part 2: All athletes should aim to run a consistent effort without any accelerations at the end whilst using the form practiced during the 'HOLD' phase of previous sessions. Effort should feel like 80% setting off, but by holding same speed should feel closer to 90% by the end of set.. Key is to work hard and be consistent. As the sets get shorter the efforts should feel similar as your legs get tired, so you need to work hard from the first effort to get the benefit from this session.	Part 1: Groups of 3-4 with one lane space between each. Ensure track clear before next group set off on effort. separate efforts from recovery by cones by creating lanes. Part 2: Run in same groups of 3-4 Ensure all athletes are sufficiently warm from Part 1 before starting. If not do a few sets of strides to wake hamstrings up.
Cool Down 19:20 - 19:30 10 mins	Easy jog, 1x lap of track, walk last 50m Light hip, back, hamstring & calf stretches	Discuss new session format and what people think about it as a concept. How do people feel about the speed work? Have the previous sessions helped confidence to do the harder sessions/ Do people feel they are missing out on their opportunities to run?	Use cones to keep SD during stretches Check for injuries Collect equipment on cool down lap



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