

A&T Track Coaching Session Plan

Date: 28/06/21	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 6. 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, 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: * 2x Agility Ladders - Lateral * 40x Mountain Climbers * 6x7 Jump Hurdles (Scale - up to hopping) * Plank Hold - Put cone onto back 8 times (Scale with rests) * 2x Agility Ladder - Forwards * 5x Broad Jump * 10x Plank March * 20x Twisting Lunges (Rear knee to ground) 1x Easy Jog lap with 3x Strides	* 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. * Lateral Agility Ladder - 2-in-2-out, Lead with forward leg, One time Left, One Time Right * 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, repeat opposite. * Broad Jump - Try and reach same cone each time. Walk back. * Plank March - Elbows, up to Hands and back down = 1 Rep.	* 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.
Main Session 18:50 - 19:20 30 mins	Speed Endurance - Benchmark 1x 800m 1x 400m Best effort, holding best form whilst running as fast as possible. Recovery time between efforts 5:00	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 be at 100% form and best possible speed. Key is to show that you athletes can implement the training form last 10 weeks. Allow longer break if time allows.	Run in same groups of 3-4 Ensure all athletes are sufficiently warm from before starting. Get athletes to move around and have a light jog between the efforts.
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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