

# A&T Track Coaching Session Plan

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|-----------------------------------------|----------------------------------------------------------------|
| <b>Date:</b> 05/07/21                   | <b>Time:</b> 18:30                                             |
| <b>Venue:</b> Leigh Sports Village      | <b>Duration:</b> 60 mins                                       |
| <b>Stage:</b> Foundation / Event - 800m | <b>Group Size:</b> up to 16 Adults - Incl . 2x Coaches/Leaders |

## Session Goals For Athletes (What-2):

Foundation level performance, concentrating on event specific training to improve 800m time over an 8-week block of training. Athletes are to use the times achieved in recent timetrial as a baseline pace for all sessions in this block, all sets will be relative to this benchmark performance with the aim to improve it at the end of the training block.

## Personal Coaching Goals (HOW-2):

Try and be as Athlete focussed as possible. Ensure all athletes are working hard on the circuits as these are an important part of the progression. Explain aims of each section of the session so that the athletes know how to apply themselves, be available to ask questions and try to notice if there are un-asked questions that require answering, Coaches to communicate around visual queues on this.

## Equipment Required:

Cones, Watch

## PRACTICAL SESSION

| COMPONENT                                       | DETAIL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | COACHING POINTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | ORG./SAFETY POINTS                                                                                                                                                     |
|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warm Up</b><br>18:30-18:50<br>20 mins        | 2x very easy laps of the track<br>Lunge Matrix - 5 of each<br>Leg Swings - 8 of each<br>(See previous sessions)<br>Core Circuit<br>3 Sets - 30 Secs Active, 15 Secs Recovery<br>1-minute rest between sets. (Total 13.5 mins)<br>All do same exercise in same space at once.<br>1 - Plank Hold<br>2 - Mountain Climbers / Squat thrusts<br>3 - Hollow body hold<br>4 - Good Mornings<br>5 - Twisting Lunge                                                                                                          | * Don't spend too long explaining<br>* Watch and guide if required<br>* Reduce depth of lunge if lack of strength<br>* Reduce to squat if required for strength / injury<br>Planks on elbows, and feet. Knees if absolutely necessary but not as standard.<br>Squat thrust if mountain climbers burn legs too much.<br>Bring knees in on hollow body if it gets hard as the time goes on, do not drop feet to ground.<br>Good Mornings nice and slow, 2 secs down, hold for 1, 2 secs up, hold for 1 (5 reps per set)<br>Twisting Lunge - Hold knee 1/2" off the ground to keep tension. Twist over support leg, slower is better. | Put out cones for circuit beforehand, arrange in circle.<br>Spread out as per COVID requirements.<br>Ask about injuries and advise on alternative exercises if needed. |
| <b>Main Session</b><br>18:50 - 19:20<br>30 mins | Acceleration on bend, hold speed on straight<br>8x 150m Efforts.<br>3mins Recovery.<br>In groups of 4, Start on stagger at 150m on bend.<br>On 'GO' accelerate to first cone<br>Cones 1-2 - Come up into good running posture, High Elbows, square shoulders, neutral spine, high hips, fast feet hold form and run fast.<br>Cone 2 to Finish - Hold form and posture, increase hamstring pull, knee lift and foot speed simultaneously for strong finish.<br>Recovery Jog/Walk around the track in same direction. | Really drive home the importance of form and what the benefits will be. Lead by Example.<br>Remind all athletes throughout the sets of what we are aiming to do in each part and why it is important.<br>* Form development<br>* Strength building<br>* Increased efficiency<br>* Increased speed<br>* Developing 'Good' habits.<br>Explain that we should be thinking about all of these points on all runs if we really want to improve and prevent injury. Slow down the steady runs and work on form.                                                                                                                          | Run in same groups of 3-4<br>Ensure all athletes are sufficiently warm from before starting.<br>Get athletes to jog/walk to start line after circuits.                 |
| <b>Cool Down</b><br>19:20 - 19:30<br>10 mins    | Easy jog, 1x lap of track, walk last 50m<br>Light hip, back, hamstring & calf stretches                                                                                                                                                                                                                                                                                                                                                                                                                             | Check for injuries, ask for feedback on the session. Be available for questions.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Use cones to keep SD during stretches<br>Check for injuries<br>Collect equipment on cool down lap                                                                      |



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