

A&T Track Coaching Session Plan

Date: 12/07/21	Time: 18:30
Venue: Leigh Sports Village	Duration: 60 mins
Stage: Foundation / Event - 800m	Group Size: 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:

2x Agility Ladders, 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) Core Circuit 3 Sets - 30 Secs Active, 15 Secs Recovery 1-minute rest between sets. (Total 13.5 mins) 1 - Ladder Drill 2 - Mountain Climbers / Squat thrusts 3 - Hollow body hold 4 - Rear Plank Hold 5 - Twisting Lunge	* 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 Ladder Drills forwards, x Ladders, keep moving for whole 30 secs. Squat thrust if mountain climbers burn legs too much. Bring knees in on hollow body if it gets hard as the time goes on, do not drop feet to ground. On Elbows and keep hips as high as possible for Rear Plank Hold. 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. Spread out as per COVID requirements. Ask about injuries and advise on alternative exercises if needed.
Main Session 18:50 - 19:20 30 mins	Endurance efforts. 6x 600m Efforts at 800m Pace. 90 Secs Recovery. Holding form throughout, work out 75% of your 800m time and this will be your time to beat on all 6 sets of 600m. For example, if you got 4:00 for the 800m 2 weeks ago, all of your 600's tonight need to be quicker than 3:00 (or you are in trouble). All recoveries are static and you start the next effort where you finished the previous.	1.5 laps of track. Do not go too hard in first 2 sets otherwise likely to miss times in the last couple due to fatigue. Remind all athletes throughout the sets of what we are aiming to do in each part and why it is important. * Form development * Strength building * Increased efficiency * Aerobic and speed endurance * Increased speed * Developing 'Good' habits. 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.	Ensure all athletes are sufficiently warm from before starting.
Cool Down 19:20 - 19:30 10 mins	Easy jog, 1x lap of track, walk last 50m 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 Check for injuries Collect equipment on cool down lap



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