

A&T Track Coaching Session Plan

Date: 19/07/21	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:

Cones, Hurdles, 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 (Total 9 mins) 1 - Jump Squats 2 - Front Plank - Cone Drill 3 - High Knees over Hurdles 4 - Rear Plank Hold	* 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 32X1 for Jump Squats. Go as low as possible. Cone onto back with one hand, off with other. Run with high knees over hurdles, keep going for full 30. On Elbows and keep hips as high as possible for Rear Plank Hold.	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. 4x 1,000m Efforts at 80%. 90 Secs Recovery. Holding form throughout, try and maintain same effort throughout, legs should be heavy in second half of last set. Lungs should be heavy after every one. All recoveries are static and you start the next effort where you finished the previous.	2.5 laps of track. Find a rhythm and stick to it, try not to speed up or slow down throughout the efforts, maintain a steady tempo. 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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