

# A&T Track Coaching Session Plan

<b>Date:</b> 26/07/21	<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

<b>Session Goals For Athletes (What-2):</b>
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.
<b>Personal Coaching Goals (HOW-2):</b>
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.

<b>Equipment Required:</b>
Cones, Watch

PRACTICAL SESSION			
COMPONENT	DETAIL	COACHING POINTS	ORG./SAFETY POINTS
<b>Warm Up</b> 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 11 mins) 1 - Jump Squats 2 - Front Plank - Cone Drill 3 - Twist Lunges 4 - Hollow Hold (Dead Fly) 5 - 90Deg Hop & 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. Hollow Hold - Start tucked up on back with fingers touching outside of ankles. Extend arms above head and feet straight out so 6" off the Floor. Bring legs in if too difficult. Hop & Hold - Hop 2x out and back on each leg holding in landing position for 2 secs. On return to centre, come up onto toes and hold for 5secs. repeat on other leg.	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. Everybody does the same exercise together.
<b>Main Session</b> 18:50 - 19:20 30 mins	Part 1 - 6 Sets - Sit to Run From a seated position, runners will turn from a setaeed position on the track to a sprint start and accelerate to a cone 15 m down track. Part 2 - Speed Endurance 4x 300m Best effort, holding best form whilst running as fast as possible. Recovery time between efforts 1:30	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 85% 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 Part 1. Effort should feel like 80% setting off, but by holding same speed should feel closer to 90% by the end of effort 4. Key is to work hard and be consistant. * If in doubt, go harder, it's only short!!	Ensure all athletes are sufficiently warm from before starting.
<b>Cool Down</b> 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



# A&T Track Coaching Session Plan