

A&T Track Coaching Session Plan

Date: 23/08/2021	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, 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 4 Sets - 20 Secs Active, 10 Secs Recovery (Total 12 mins) 1 - Squat Jumps 2 - Front Plank 3 - Good Mornings 4 - Marching Plank 5 - Plyo Lunges 6 - Hollow Hold (Dead Fly)	* 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 Keep everybody motivated, this will be tough.	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. All do same activity together. Everybody face inwards.
Main Session 18:50 - 19:20 30 mins	Prepare and Test. 1x 400m @ 70% 2x 200m @ 80% 2 mins Recovery. Utilising what we have worked on over past two training blocks. Hold form throughout each effort. * Relaxed Shoulders * High Elbows to Rear * High Knee Lift * Strong Hamstring Pull * High Hips * No Lateral Rotation * Helium Balloon Start from where you finish, static recoveries. ***** 800m Time Trial ***** * Try to beat previous 800m time set 8 weeks ago utilising the form and fitness developed over past 8-weeks.	400 & 200's are an extended warm-up to prepare body to work with correct form and at right effort level without burning out the legs. For Time Trial: Start hard, treat like a race. Test your body and mind to work at high intensity. Holding form will help athletes to run faster for longer. *** Trust the training ***	Ensure all athletes are sufficiently warm from before starting. Do not rush recoveries to get through set in first part of session as likely to be hanging around waiting for others to finish. Take a bit more time so that we all finish around the same time to get ready for the Time Trial.
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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