

A&T Track Coaching Session Plan

Date: 06/09/2021	Time: 18:30
Venue: Leigh Sports Village	Duration: 60 mins
Stage: Foundation / Event - 1-Mile	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 develop a 1-Mile time over an 8-week block of training. Athletes are to use the 800m time 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 achieve best possible 1-Mile time at the end of the block.
Personal Coaching Goals (HOW-2):
Try and be as Athlete focussed as possible. Ensure all athletes are working hard on the circuits/drills 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 Drills: 1x Lap of track with following drills: 1 - High Knee/Elbow Walk (20m) 2 - Side Skip with Arm Swing (20m Each Side) 3 - Carioca (20m each side) 4 - A-Skip (2x 20m) Lunge Matrix - 5 of each Leg Swings - 8 of each Core Circuit 3 Sets - 20 Secs Active, 10 Secs Recovery (Total 7.5 mins) 1 - Squat Hold (Thighs & Arms horizontal) 2 - High Plank (On Hands) 3 - Good Mornings 4 - Alt Stepping Lunges 5 - Hollow Rocks (Reviving Fly)	* Don't spend too long explaining * Walk and Talk through Drills * 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	Develop a baseline for 1-mile. 3x400m @ 800m pace 2x600m @ 800m pace 2-min rest between efforts **** 3-5 Mins Recovery **** 1-Mile Best Effort **** Record Time and tell Dave/Gary ****	First section of session is to be run at same pace as recent 800m TT. First part of the session should feel fast and slightly uncomfortable without tiring the legs too much For 1-Mile - Utilise all of the training from the last block. Hold form as long as possible whilst working hard. First lap should be the fastest due to the start, even speed off after initial 100-150m acceleration then maintain high intensity for the next 1200m. Finish strong for the last 200-300m to make last lap second fastest one.	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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