

# A&T Track Coaching Session Plan

<b>Date:</b> 20/09/2021	<b>Time:</b> 18:30
<b>Venue:</b> Leigh Sports Village	<b>Duration:</b> 60 mins
<b>Stage:</b> Foundation / Event - 1-Mile	<b>Group Size:</b> 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 1-mile time achieved in week 1 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 when re-tested 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, Hurdles 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 Drills: 1x Lap of track with following drills: 1 - High Knee/Elbow Walk (16x Steps) - 2 Sets 2 - Side Skip with Arm Swing (6x Each Side) - 2 Sets 3 - Carioca (6x each side) - 2 Sets 4 - A-Skip (16x skips) - 2 Sets 5 - Bounding skips (6x skips) - 2 Sets *** 5-Steps recovery between each set *** 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 - Mountain Climbers 2 - Squat Jumps 3 - 90deg hop & Hold (Right) 4 - 90 deg hop holds (Left) 5 - Good Mornings	* 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.	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.
<b>Main Session</b> 18:50 - 19:20 30 mins	<b>Pyramid Session</b> (Time Limit 30mins) Start at 400m and increase effort each time by 400m. i.e. 400, 800, 1200..... At 15 mins, complete current/next effort then start making way back down in 400's. i.e. if on 1600, then do 1200, 800... Recovery is 30sec for every 400m run in previous effort. Aim is to run hard, but be able to finish strong. NB - Recoveries will be longer in second half, so you can work harder!	Maintain good steady pace around 5k intensity for the duration, do not go off too hard. After first set then try and push yourself to go as far as possible in first 15mins.	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



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