

# A&T Track Coaching Session Plan

<b>Date:</b> 15/11/2021	<b>Time:</b> 18:30
<b>Venue:</b> Leigh Sports Village	<b>Duration:</b> 60 mins
<b>Stage:</b> Foundation / Event - 5km	<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 5k time over an 8-week block of training. Athletes are to use the 1-mile time achieved in previous block 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 5k 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, 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 (8x Each Side) -2 Sets 3 - Carioca (8x each side) - 2 Sets 4 - A-Skip (16x skips) - 2 Sets 5 - Bounding skips (8x skips) - 2 Sets *** 5-Steps recovery between each set *** Lunge Matrix - 5 of each Leg Swings - 8 of each	* 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	Efforts Pyramid Set: 400, 800, 1200, 1600 ..... Increase by 400m every effort for 20mins. 30 Secs recovery between efforts 2mins Rest 1600, 1200, 800, 400 Decrease by 400m every effort for 20 mins. Start from 1600 regardless of where you finished on set 1. If you finish 400 early, repeat 400's until 20mins has elapsed. 30 Secs recovery between efforts	Use average pace from previous block as a benchmark. Divide time by 4 for Avg Lap Pace: 8:00 Mile = 2:00 per Lap Add 7 seconds to this = 2:07/400m This is your target pace for each effort.	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.	Check for injuries Collect equipment on cool down lap



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