

A&T Track Coaching Session Plan

Date: 22/11/2021	Time: 18:30
Venue: Leigh Sports Village	Duration: 60 mins
Stage: Foundation / Event - 5km	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 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
Warm Up 18:30-18:40 10 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.	Stay as a group on the track whilst doing drills. Be aware of other track users Keep out of inside lane when moving slowly. Lunge Matrix and leg swings to be done off-track. Check track both directions before crossing.
Main Session 18:40 - 19:20 40 mins	Efforts 3-5x 1 Mile 90 Secs Recovery	Use 1mile TT result from previous block as a benchmark working at 5% slower than this per effort. Example: 8:30 Mile Add 5% to this: $8 \times 60 \text{secs} = 480 \text{seconds}$ $480 + 30 = 510 \text{Seconds (8:30)}$ $510 \times 1.05 = 535.5 \text{Seconds}$ $535.5/60 = 8.92 \text{minutes}$ $0.92 \times 60 = 55.5 \text{Seconds}$ Target Time: 8:55.5 per Effort.	Ensure all athletes are sufficiently warm from before starting. Be mindful of all track users. Adapt session to suit individual needs and ability.
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.	Check for injuries Collect equipment on cool down lap



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