

# A&T Track Coaching Session Plan

<b>Date:</b> 29/11/2021	<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> 18:30-18:40 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.
<b>Main Session</b> 18:40 - 19:20 40 mins	Efforts 12x 400m 1x200m Continuous running with 100m 'Float' recovery between each effort.	An opportunity to test out your planned 5k pace. After every 400m you will slow down for 100m to briefly catch your breath before going again. This is not to let your HR drop, just a mental break. This should be a tough Threshold session to simulate the 5k TT in 2-weeks time. try to get slightly quicker in the last 3 efforts to test your fitness, but don't hold back to save the legs for this, be honest with yourself.	Ensure all athletes are sufficiently warm from before starting. Be mindful of all track users. Adapt session to suit individual needs and ability.
<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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