

# A&T Track Coaching Session Plan

<b>Date:</b> 07/03/2022	<b>Time:</b> 18:30
<b>Venue:</b> Leigh Sports Village	<b>Duration:</b> 60 mins
<b>Stage:</b> Development - Speed Endurance	<b>Group Size:</b> up to 16 Adults - Incl . 2x Coaches/Leaders

<b>Session Goals For Athletes (What-2):</b>
A 2-month block of training to continue to develop speed endurance in preparation for new road/trail running Champs and spring distance events (10k > Marathon+). Main aim for the athlete it to become more efficient and stronger for longer periods of time through hard longer efforts than previous training blocks and sufficient recovery to repeat.
<b>Personal Coaching Goals (HOW-2):</b>
Push importance of form and effort. Explain drills properly and observe, giving feedback where required. Support athletes where session needs to be tailored for individual needs and ensure environment is safe for all those taking part and others using the facilities.

<b>Equipment Required:</b>
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 Lunge Matrix - 5 of each Leg Swings - 8 of each 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 - Hopscotch (16x skips) - 2 Sets 5 - Bounding skips (8x skips) - 2 Sets *** 5-Steps recovery between each set ***	* 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 - 19:25 45 mins	Efforts 45mins continuous repeats of: 1-Mile effort 100m walk 300m recovery jog	The aim of this session is to work very hard on the efforts and recover well to go again at the same effort. If in doubt, slow down the recovery speed and work harder on the efforts. This is not a 'Jog' session, it should feel like a 9.5/10 at the end of every effort and the whole session should feel long and tough (as a guide to effort expectations to maximise results from this session). This is the start of re-finding Pre-COVID fitness.	Ensure all athletes are sufficiently warm from before starting. Be mindful of all track users. Adapt session to suit individual needs and ability. Really try to motivate people to work together and push outside their comfort zones.
<b>Cool Down</b> 19:25 - 19:30 5 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 Answer and questions Advise on any Club news / upcoming races. Congratulate efforts in session and advise on what we will be doing next week.



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