

A&T Track Coaching Session Plan

Date: 14/03/2022	Time: 18:30
Venue: Leigh Sports Village	Duration: 60 mins
Stage: Development - Speed Endurance	Group Size: up to 16 Adults - Incl . 2x Coaches/Leaders

Session Goals For Athletes (What-2):

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.

Personal Coaching Goals (HOW-2):

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.

Equipment Required:

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 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.
Main Session Part 1 18:40 - 19:10 30 mins Part 2 19:10 - 19:25 15 mins	Part 1 4-5 x 1,000m @ 85% 60 Secs Recovery Part 2 3x 400 @ 90-95% 3mins Recovery	Part 1 is about speed endurance, Work at a good strong pace where you can hold your form and know that by the last effort you will be working hard to hold the pace/ Part 2 is about turning the speed on. In the first effort, the effects of the Part 1 will reduce the speed a little, but as you get into a longer stride and better form for these shorter efforts each set will get faster so that by the final effort you are trying to get your best 400m time for the year so far.	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.
Cool Down 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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