

A&T Track Coaching Session Plan

Date: 21/03/2022	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 - 19:00 20 mins Part 2 19:00 - 19:25 25 mins	Part 1 1000m 800m 600m 400m (Time dependant) *All at 85-90% getting slightly quicker each time as the distance reduces. **60 Secs Recovery between efforts** Part 2 3k Time Trial. 6 1/2 Laps best effort.	Part 1 is about warming up properly to have a good go at the 3k TT. By working hard in the early sets and holding form throughout your body will be ready to hit the TT with muscles fully warmed, technique on point and effort dialed in. Part 2 is where we pull everything together from the past 3 months and show yourself how much you have come on this year and what potential you have for the coming months as we build into the Spring.	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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