

A&T Track Coaching Session Plan

Date: 28/03/2022	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 18:40 - 19:25 45 mins	Main Set Working at same average pace as last week's 3k TT: 5x 1,000m Efforts with reducing recoveries: - Effort 1 - 60secs - Effort 2 - 50secs - Effort 3 - 40secs - Effort 4 - 30secs (Don't slow down) Bonus Set: If you finish before 19:25 - 3mins rest (after last 1k effort) - Every Minute repeat the below until 19:25: Minute 1 - Agility Ladder x2 Minute 2 - Hurdle bounds x2 Minute 3 - 3x Jump Minute 4 - Start again at Minute 1	Main Set - With this we are trying to take existing speed over the 3k distance and develop it over a longer distance through working at increasing effort under fatigue. Bonus Set: For those fortunate to run fast enough to complete the Main Set, have a short rest then work through the circuit to start building some core strength under fatigue that will allow you to hold form under fatigue in the later stages of longer races.	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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