

A&T Track Coaching Session Plan

Date: 25/04/2022	Time: 18:30
Venue: Leigh Sports Village	Duration: 60 mins
Stage: Development - Speed Development	Group Size: up to 16 Adults - Incl . 2x Coaches/Leaders

Session Goals For Athletes (What-2):

This block of training is aimed at taking the speed endurance that we have worked on over the past 2 months and adding power to the efforts and focussing on efficiency over 8 sessions to increase running speed. The efforts in these sessions will generally be between 400m and 1-mile and will focus between all-out speed with long recoveries and long hard efforts with relatively short recoveries to boost VO2 Max for speed endurance.

Personal Coaching Goals (HOW-2):

Push importance of form and effort. Explain sessions 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 18:30-18:45 15 mins	1x steady lap of the track 1 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 Matrixes * Watch and guide if required * Reduce depth of lunge if lack of strength * 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 18:45 - 19:25 40 mins	40 mins Continuous: 800m Tempo (5k pace) 200m Easy Jog 100m Walk 300m Best Effort 1-min Rest 100m Walk 100m Easy Jog Repeat.	Really focus on holding form and executing the correct pacing for the 300m effort. Focus is on holding correct form and posture whilst executing this at high speed output. Holding Tempo for 800m will be the toughest part of this session if you work at the correct effort on the 300m efforts.	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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