

# A&T Track Coaching Session Plan

<b>Date:</b> 09/05/2022	<b>Time:</b> 18:30
<b>Venue:</b> Leigh Sports Village / Pennington Flash	<b>Duration:</b> 60 mins
<b>Stage:</b> Development - Speed Development	<b>Group Size:</b> up to 16 Adults - Incl . 2x Coaches/Leaders

<b>Session Goals For Athletes (What-2):</b>
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.
<b>Personal Coaching Goals (HOW-2):</b>
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.

<b>Equipment Required:</b>
Watch

PRACTICAL SESSION			
COMPONENT	DETAIL	COACHING POINTS	ORG./SAFETY POINTS
<b>Warm Up</b> 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.	Warm-up and drills to be done around Stadium. Ensure our activities do not affect public use of this area. Check and confirm route / area before session starts.
<b>Main Session</b> 18:45 - 19:25 40 mins	40 mins Continuous: 1x 1200m - Steady Tempo 2x 800m @ 1-Mile Pace 2x400m @ 1-Mile Pace 90 Secs Recovery Between Efforts 5mins Rest 1-Mile Time Trial	Get your body used to running at this pace on the chosen route before we do the TT. TT route to be confirmed, likely to be 3.2 laps of the Stadium or a loop around JPR trail.	Ensure all athletes are sufficiently warm from before starting. Be mindful of all public using surrounding areas. 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 stadium, 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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