

# A&T Track Coaching Session Plan

<b>Date:</b> 11/04/2022	<b>Time:</b> 18:30
<b>Venue:</b> Leigh Sports Village	<b>Duration:</b> 60 mins
<b>Stage:</b> Development - Speed Endurance	<b>Group Size:</b> up to 16 Adults - Incl . 2x Coaches/Leaders

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

<b>Equipment Required:</b>
Watch

PRACTICAL SESSION			
COMPONENT	DETAIL	COACHING POINTS	ORG./SAFETY POINTS
<b>Warm Up</b> 18:30-18:40 10 mins	2x very easy laps of the track Lunge Matrix - 5 of each Leg Swings - 8 of each	* 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.
<b>Main Session</b> Part 1 18:40 - 19:05 25 mins Part 2 19:05 - 19:25 20mins	40 mins Continuous: 400m Effort, start at 85% and build every effort until 100% effort. 1-min static recovery 100m Walk 300m easy jog, straight into the next 400m effort, repeat as above.	Really focus on holding form and executing the correct pacing for a 400m effort. Drive for first 50m, Hold form and 'cruise' for 200m, Open up stride for 75m, Increase foot speed for last 75m. Focus is on holding correct form and posture whilst executing this, so start steady and try and add more speed to each effort whilst maintaining good form.	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.
<b>Cool Down</b> 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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