

Coaching Session Plan 1. – Tees Cottage 2min out & back repetitions Groups A & B Speed			
Date: As schedule Time: Meet 6pm		Stage of Athlete Development: Group A <15 – Foundation; >15 & Adults – Event group development Group B <15 – Foundation; >15 & Adults – Foundation /Event group development	
Venue: Meet at Teesdale Leisure Centre		Age group of Athletes: Over 11/ adults	
		Size of group: up to 15	
Equipment: Phone for emergency			
Session Goals for the Athletes (WHAT): By the end of the session the athlete will be able to... Run with optimum form for speed. Judge optimum pace to maintain consistent effort.		Personal Coaching Goals (HOW): By the end of the session I will have... Organised & explained session taking continued account of safety points. Demonstrated optimum form if needed depending on experience & ability. Observed athletes from a number of perspectives. Provided positive feedback to reinforce.	
Practical Session			
Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points
Warm Up [15 minutes]	Slow run with dynamic warm en route up to increase heart rate Strides to lengthen stride and increase turn over	Warm up moves match and progresses to session –speed (arms/ knees/ posture)	Range of ages/ abilities/ any injuries or disabilities Number/ register Clothing vs weather
Main Session [30 minutes]	Start near gate; run with fast pace for complete 2 mins until sound of whistle. Recover by standing at the position reached on the road for 2 mins until sound of whistle. Run back with fast pace for complete 2 mins until sound of whistle – all athletes should reach gate at same time (2 mins). Repeat for total reps. Group A total 4 x 2 mins fast run out and back with 2 mins standing rest after each leg. (Inters 3 x 2 min out & back) Group B total 3 x 2 mins fast run out and back with 2 mins rest after each leg. (Inters 2 x 2 min out & back) RPE about 8-9	Feedback on form: Speed: Shoulders low & relaxed Fast arms driving backward Tall posture & high hips Heel up under buttock Knees up, toes up Land on front half of foot, drive down and back. Recover fully between legs. Consistent pace for each out and back leg and across all legs (similar distance covered in 2 mins).	Other users of road. Animals. Notify if leave early
Cool Down [10 minutes]	Standing to recover. Slow jog back to Leisure centre then static stretches.	Reminder of function of individual stretches. Feedback for correct stretching.	Range of ages or disabilities