

Coaching Session Plan 18. – 200m reps Industrial Estate - Groups A, B Speed			
Date: As schedule Time: Meet 6pm Barnard Castle School playing fields		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 Grass track Barnard Castle School playing fields		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]	Dynamic warm up en route to Harmire Industrial Estate 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 at far end of road outside S&A Builder’s merchant. 1 st 200m - Run length of straight road. Stopping at junction and turn Right for walk recovery around cul de sac and back to junction. 2 nd 200m - Run length of straight road back to S&A. Stop at drain and walk recovery to far end of road then back. RPE about 9 Repeat Group A Inters 12 x 200m; Seniors 16 x 200m. Group B Inters 10 x 200m; Seniors 12 x 200m. .	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 reps Consistent pace across reps.	Cars especially coming round corners with poor visibility, parked lorries. Notify if leave early
Cool Down [10 minutes]	Standing to recover Slow jog round track to warm down the static stretches	Reminder of function of individual stretches. Feedback for correct stretching	Range of ages or disabilities If cold jog to keep warm.