

Coaching Session Plan 24. – Pyramid session, Barnard Castle School 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; Whistle			
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 around grass track with 2 or 3 times round 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]	Groups A & B run together anticlockwise round track RPE 8-9 Use whistle to indicate start to run; end of run/ start recovery and end of recovery. Run 30 seconds; then walk or jog recovery for 30 seconds. Run 60 seconds; then walk or jog recovery for 60 seconds. Run 90 seconds; then walk or jog recovery for 90 seconds. Run 120 seconds; then walk or jog recovery for 120 seconds. Run 90 seconds; then walk or jog recovery for 90 seconds. Run 60 seconds; then walk or jog recovery for 60 seconds. Run 30 seconds; then walk or jog recovery for 30 seconds. After 5 minutes standing recovery, repeat Pyramid session.	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 sets Consistent pace across sets.	Possible slippery wet grass Other users of field? Notify if leave early
Cool Down [10 minutes]	Standing to recover Jog back to Leisure Centre for static stretches	Reminder of function of individual stretches. Feedback for correct stretching	Range of ages or disabilities

