

Coaching Session Plan 4. – 200m Paarlauf 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			
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]	Pair up athletes into pairs with similar pace - one is in Team 1 and other in Team 2. Team 1 starts from opposite side of track vs Team 2. Team 1 start and run 200m anticlockwise round track to tag their waiting Team 2 partner who then runs 200m anticlockwise round track to original starting point for Team A. Meanwhile Team A have jogged back across the track to be back in their starting position ready to be tagged and start the next 200m leg. Repeat until 4 x 200m legs complete, then stop for standing 5 min rest; repeat set twice i.e. a total of 3 sets. Groups A & B total 12 x 200m as 3 sets x 4 legs with 5 mins rest between. RPE about 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 sets Consistent pace within and across sets.	Marker (coat etc) at opposite sides of track, ensuring even split of 200m round track either way. “Tagee” to get in position ready for easy tag by “Tager” avoiding any crashes 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