

Coaching Session Plan 5. – Barnard Castle School track 400m 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]	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]	Start at marked point on one straight side of track, run with fast pace for complete circuit of track (400m). Recover by walking (or slow jog) across track to the middle then back to the marked point on the straight side of track. Repeat until 4 x 400m legs have been completed, then stop for standing 5 min rest; repeat set i.e. a total of 2 sets. RPE about 9 Group A total 8 x 400m as 2 sets x 4 legs with 5 mins rest between. (Inters 2x3x400m) Group B total 6 x 400m as 2 sets x 3 legs with 5 mins rest between. (Inters 3x400+2x400m)	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) on mid point of straight sides on opposite sides of track. 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