

Coaching Session Plan 8. – Bowes Museum Laps - Groups A, B Speed			
Date: As schedule Time: 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 - Teesdale Leisure Centre Session – Bowes Museum grounds		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 endurance / 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 jogging to Bowes Museum Stop in safe location or continue to Bowes Museum grounds as needed. Strides in Bowes Museum to lengthen stride and increase turnover	Warm up moves match and progresses to session – speed (arms/ knees/ posture)	Range of ages/ abilities/ any injuries or disabilities Number/ register Hi-Vis Clothing vs weather Crossing roads = keep group together
Main Session [30 minutes]	Start at top of right hand path near Tennis Court. Fast circuit of perimeter path taking left path to avoid steps near bottom to cross entrance drive and finish in bottom right hand corner. (1 Loop) Recovery walk or v slow jog up hill to start. Repeat RPE 7 / 8 Group A x5 (Inters) x6 (Adults) Group B x4 (Inters) x5 (Adults)	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 laps Consistent pace across laps.	Walkers, dogs on path Overtaking runners Any fallen branches etc Cars when crossing entrance Notify if leave early
Cool Down [10 minutes]	Standing to regroup Walk to top of hill Slow jog return stopping for stretches close to Leisure Centre	Reminder of function of individual stretches. Feedback for correct stretching	Jog if anyone is cold Notify if leave early Crossing roads = keep group together Range of ages or disabilities