

Coaching Session Plan 9. – Long run Groups A & B Endurance / social			
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		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 & pace for endurance taking account of different terrain. Chat to other athletes whilst running.		Personal Coaching Goals (HOW): By the end of the session I will have... Organised & explained session taking continued account of safety points. Provided guidance on optimum form & pace if needed.	
Practical Session			
Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points
Warm Up [5 minutes]	Depending on route and group the run could start with slow jog and evolve into the run.	Start slow to allow warm up.	Range of ages/ abilities/ any injuries or disabilities Number/ register Hi-Vis Clothing vs weather Crossing roads = keep group together
Main Session [50 minutes]	Run leaders to communicate the route(s) to all of group. Target time 50-60 minutes. Arrange stopping / regrouping points. RPE 4-6	Route to take account of possible need for different lengths of route to suit range of speeds and maximum safe run length for Inters.	Need at least two leaders / helpers matched to group ability Leaders to ensure athletes are organised so that no one is alone and no one is left behind. Uneven paths. Pedestrians, dogs on path. Cars when crossing roads Notify if leave early
Cool Down [5 minutes]	Slow to jog on return, stopping for stretches close to Leisure Centre.	Advice on stretching techniques and appropriate practices.	Jog if anyone is cold. Notify if leave early Crossing roads = keep group together Range of ages or disabilities