

Coaching Session Plan 1. – Tees Cottage 90s out & back repetitions Groups A / B /C - 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 Group C >15 & Adults – Foundation	
Venue: Meet at Tees Cottage		Age group of Athletes: Over 11/ adults Size of group: up to 5	
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 to increase heart rate Strides to lengthen stride and increase turn over	Warm up moves match and progresses to session – speed (arms/ knees/ posture)	Actions to address Covid 19 risk Range of ages/ abilities/ any injuries or disabilities Number/ register Clothing vs weather
Main Session [30 minutes]	Start near gate lined up along road in approximate order of ability / speed. Run with <u>fast pace</u> for complete 90s until sound of whistle. Recover by standing at the position reached on the road, <u>remaining in order</u> , for 90s until sound of whistle. Run back with <u>fast, but slightly slower</u> pace for complete 90s until sound of whistle – <u>all athletes should remain in order</u> (90s). Repeat for total reps. RPE about 8-9 Group A total 4 x 90s fast run out and back with 90s standing rest after each leg. (Inters 3 x 90s out & back) Group B total 3 x 90s fast run out and back with 90s rest after each leg. (Inters 2 x 90s out & back) Group C total 3 x 90s fast run out and back with 90s rest after each leg.	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 legs. Consistent pace for each out leg (similar distance covered in 90s). Consistent pace for each back leg (similar distance covered in 90s).	Actions to address Covid 19 risk Other users of road. Animals. Notify if leave early
Cool Down [10 minutes]	Standing to recover. Static stretches.	Reminder of function of individual stretches. Feedback for correct stretching.	Actions to address Covid 19 risk Range of ages or disabilities