

Coaching Session Plan 24. – Pyramid session, Teesdale School lower field

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 Teesdale School lower field	Age group of Athletes: Over 11/ adults Size of group: up to 5
Equipment: Phone for emergency; Whistle	
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 field 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]	Arrange group in approximate order of ability/speed to run anticlockwise round field. Faster athletes stay to outside of field slower one can run slightly inside perimeter. RPE 8-9 Use whistle to indicate start to run; end of run/ start recovery and end of recovery. Run 30 seconds; then walk or jog recovery for 30 seconds. Run 60 seconds; then walk or jog recovery for 60 seconds. Run 90 seconds; then walk or jog recovery for 90 seconds. Run 120 seconds; then walk or jog recovery for 120 seconds. Run 90 seconds; then walk or jog recovery for 90 seconds. Run 60 seconds; then walk or jog recovery for 60 seconds. Run 30 seconds; then walk or jog recovery for 30 seconds. After 5 minutes standing recovery, repeat Pyramid session.	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 across sets.	Actions to address Covid 19 risk Possible slippery wet grass Rabbit holes Other users of field Notify if leave early
Cool Down [10 minutes]	Standing to recover, then jog around field followed by static stretches	Reminder of function of individual stretches. Feedback for correct stretching	Actions to address Covid 19 risk Range of ages or disabilities

