

Coaching Session Plan 5a. – Teesdale School lower field 400m 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 on Teesdale School lower field		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 around 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]	Start in approximate order of ability / speed close to footpath (level with goal posts), run with fast pace for complete anticlockwise circuit of main field only (400m). Recover by walking (or slow jog) across field from close to the footpath to close to the goal posts then back to close to the footpath to restart next lap of field. RPE about 9 Group A - 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. Groups B & C adjust as below. 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) Group C total 6 x 400m as 3 sets x 2 legs with 5 mins rest between each set.	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.	Actions to address Covid 19 risk 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. Static stretches.	Reminder of function of individual stretches. Feedback for correct stretching.	Actions to address Covid 19 risk Range of ages or disabilities

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