

Coaching Session Plan 7. – Fast Miles - Groups A, B, C			
Endurance/ Speed – with focus on pacing			
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 Group B <15 – Event group development	
Venue: Meet at junction of Montalbo Road & Fairfield Road (closest to Galgate)		Age group of Athletes: Over 11/ adults Size of group: up to 12	
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. Decide their target pace for a future event and maintain this through laps and/or judge optimum pace to maintain consistent effort through laps.		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 pace selection based on event times and target race. 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 on Fairfield Road. Strides to extend stride length and increase turnover.	Warm up moves match and progress to session – endurance & speed (arms/ knees/ posture).	Actions to address Covid 19 risk 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 in approximate order of ability / speed at junction of Montalbo Road and Fairfield Road. Head North along Montalbo Road. Turn Left along Woodside Road. Turn Left along Wellington Road. Turn Left along Cecil Road. Turn Left along Raby Avenue. Turn Left along Vere Road. Stop at junction with Baliol Street. Walk or walk then slow jog recovery through alley & Mayfield back to start. RPE depends on target pace: Marathon/ half – RPE 4; 10k – RPE 6; 5k – RPE 7 Repeat for total laps of: Group A x3 (Inters) x4 (Adults) Group B x3 (Inters) x3 (Adults) Group C x3(or2) (Adults) https://www.mapmyrun.com/routes/view/2535271753	Feedback on form: Endurance: Tall posture with high hips Relaxed shoulders with efficient backward driving arm action Rhythm guides optimal speed and efficiency Foot lands naturally underneath centre of mass, moving down & backwards 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. Athlete specific target pace. Consistent pace across laps.	Actions to address Covid 19 risk Uneven pavements & kerbstones. Pedestrians, dogs on path. Overtaking runners Cars when crossing roads Notify if leave early

Cool Down [10 minutes]	Standing to regroup Walk then slow jog return to meeting place, stopping for stretches along Mayfield.	Reminder of function of individual stretches. Feedback for correct stretching.	Actions to address Covid 19 risk Jog if anyone is cold Notify if leave early Crossing roads = keep group together Range of ages or disabilities
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