

Coaching Session Plan 26. – Social runs Groups A / B /C – adults			
Date: As schedule Time: As schedule		Stage of Athlete Development: Group A Adults – Event group development Group B Adults – Event group development or Foundation Group C Adults – Foundation	
Venue: As schedule		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 have... Met with other athletes socially. Achieved their training aims for the session, if any.		Personal Coaching Goals (HOW): By the end of the session I will have... Organised & explained session taking continued account of safety points.	
Practical Session			
Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points
Warm Up [as needed]	Depending on the session sufficient warm up may vary from an initial walk and slow jog to a full structured warm up.	Warm up moves match and progresses to session.	Actions to address Covid 19 risk Range of ages/ abilities/ any injuries or disabilities Number/ register Hi-Vis Clothing vs weather
Main Session [as needed]	Session may be: - a free run individually on a <u>defined route</u> with or without an end meeting place or - a collective group run on a <u>defined route</u> either entirely or partially together. The define route must take account of the aims of the session, the abilities of the expected athletes and any risks involved from e.g. the distance, terrain, hill profile, season and expected weather. Meeting point assembly, warm up, running and cool down must all follow social distancing rules.	Ensure sufficient athletes are aware of the route. If not staying together then agree the approach to ending the session e.g. starting out only, having a back marker or a meeting point at the end. If staying together then agree process for looping back, intermediate reassembly points, extra loops, out and back route etc	Actions to address Covid 19 risk Range of ages/ abilities/ any injuries or disabilities Walkers Vehicles
Cool Down [as needed]	Walk then assemble and encourage stretches.	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 Range of ages or disabilities