

Coaching Session Plan 16. – Woodside/ Wellington Road double loops Groups A, B, C - Endurance/ Speed

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 C <15 – Event group development	
Venue: Meet – corner of Woodside & Wellington Roads		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. Judge optimum pace to maintain consistent effort through each lap and through all laps.		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. Provided guidance on pace if needed. 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 along Woodside Road. Stop in safe location. 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 at junction of Woodside Road and Wellington Road in approximate order of ability/ speed. Head along Wellington Road, following all the way round to Woodside Road. Turn Right and Woodside road back to start. Continue straight through for a second lap. After two laps stop and cross over the road, walk recovery back along Woodside for 2 lamp posts and back to start. RPE 7 Repeat (double laps) Group A x3 (Inters) x4 (Adults) Group B x3 (Inters) x3 (Adults) Group B x3 (Adults)	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. 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 Stretches at corner of Woodside & Wellington Roads.	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

