

Coaching Session Plan			
Date: 16 November 2022 Time: 19:00		Stage of Athlete Development: Mixed	
Venue: Athletics Track		Age group of Athletes: Adult	
		Size of group: c70	
Equipment: stopwatch, whistle			
Session Goals for the Athletes (WHAT):		Personal Coaching Goals (HOW): Experience in coaching mixed ability adult group.	
Practical Session			
Session Component	Unit Detail	Coaching Points	Adaption for main session
Warm Up [10 minutes]	Warm up jog round the track at a slow pace – Zone 1. Followed by drills suitable for general running, high knees, high skips, lunges, squats, kick-backs (cycle style), sprints	Ensure the drills are carried out using correct form emphasising the necessary points such as dorsi-flexion of the ankle, foot strike position	This session is time based so adaption is within the gift of the runners. Options to skip a rep or part of one are available but should be managed by the runner. Similarly, water and drinks requirements should be managed by the runner.
Main Session Over/Unders	5 min in Zone 2 – easy pace. Then 3 reps of: 3 min at Zone 3, 3 mins slightly above Zone 3 (Zone Y) and 3 mins recovery. Finish	See notes below. Introduce the LT pace – around what can be managed for 60 mins (roughly 10k for a lot of runners, 12-14k for the faster ones. Zone Y will be unfamiliar territory for most so introduce the concept and where it is in the HR zones – possibly 5-7k pace or about what can be managed for 30 mins.	
Cool Down [5 minutes +]	This could be self-managed and cooling down from an easy pace to a walk.		

Over/Under Intervals Runs feature intervals in which the intensity fluctuates between slightly above and slightly below the lactate threshold (LT). The harder segments target Zone Y, which occupies the small space between Zone 3 and Zone 4, while the easier segments target Zone 3, whose upper limit aligns with LT.

Like Tempo Runs and other runs that directly target LT, Over/Under Intervals develop the ability to run relaxed and efficiently at moderate speeds, but their variable-pace format offers the additional benefit of teaching the body to recover from a harder effort while still running somewhat aggressively.

In doing this or any Over/Under Intervals Run, focus on oscillating gently around the high end of Zone 3, going from just below it in the Zone 3 segments to just above it in the Zone Y segments.