

COACHING SESSION PLAN			
DATE:	21 st December, 2022	STAGE OF ATHLETE DEVELOPMENT:	Mixed
DURATION:	60 mins – 7pm start		
VENUE:	Peterborough Athletics Track	AGE GROUP OF ATHLETES:	Mixed
		SIZE OF GROUP:	c. 60+
EQUIPMENT:	Session display poster. Prize(s).		
	PERSONAL COACHING GOALS : To deliver my instructions in a clear and concise manner, especially the drills		
PRACTICAL SESSION			
SESSION COMPONENT	UNIT DETAIL	COACHING POINTS	ADAPTION FOR MAIN SESSION
WARM UP (10 Mins)	2 laps of the track. Jogging forwards circling the arms forwards Jogging forwards circling the arms backwards Sidesteps with full arm swing Walking lunge Sumo squats	Do we make this 1 lap because of time?	To split group, count athletes, get all runners to run a 400m lap. As they cross the line, number the first half as 1's Get the No 2's to choose a partner?
RUNNING DRILLS (10 Mins)	The walk through of the A skip The A walk with switch	This is the 1 st time of introducing these. Make sure I'm familiar to ensure continuity	Explain carefully No 1's go 300m forward 200m back. No 2's go 200m forward 100m back.
MAIN SESSION UNIT A (30 Mins)	PAARLAUF RELAY (WITH A "TWIST") a) Split group into pairs of "fast" & "slower" runners. b) Number each pair as No 1 for the faster group & No 2 for the slower c) Both pairs at Start / finish point. d) On go, no 1's run anti-clockwise 300m. No 2's jog clockwise 100m e) When runner 1 & 2 meet, No 2 then runs anti-clockwise for 200m , whilst No 1 jogs back clockwise 200m f) Continue for <u>7 changeovers</u> until No 1 & 2 are both back at the start position. Runner 2 will be at "pace", Runner 1 will be on "jog" return	The "Twist" is keeping the athletes moving (and on the track) rather than the normal movement across the centre of the arena to wait. Also getting the faster runners to run further by 100m Need to get the athletes, as far as possible, in pairs of unequal pace. Make sure they know their partner	Lane Discipline important Lane 5, 6 & 7 for anti-clockwise running. Lane 3 & 4 separation lanes / waiting area for changeover Lane 1 & 2 for clockwise jog back to changeover point Emphasize avoidance of collision danger In the case of an odd number of runners, make a team of 3 where the two members have to run together.
MAIN SESSION UNIT B (0 Mins)	Only if time allows finish off with strides		
COOL DOWN (5 Mins)	2 lap jog		

Post session footnote

The main session didn't work well as a competition: -

- i. Too many runners for this session which proved difficult to monitor where each pair was.*
- ii. It was impossible to ensure the 36 runners were put into pairs of roughly equal abilities, which created an issue with at least one runner during the session*
- iii. Difficult to get the explanation of runner movement across until they had actually run a couple of changeovers*
- iv. The pairs were getting to the changeovers too quickly meaning there was no recovery*