

Coaching Session Plan			
Date: 01 February 2023 Time: 19:00		Stage of Athlete Development: Mixed	
Venue: Athletics Track		Age group of Athletes: Adult	
		Size of group: c80	
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 – 2 laps. Followed by drills: Jog circling arms forward, then backwards, sidesteps (w arms) Walking lunge, sumo squats, feed the chickens, walk through A skip, A walk with switch	Ensure the drills are carried out using correct form emphasising the necessary points such as dorsi-flexion of the ankle, foot strike position – particularly important on the A walk/skip	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 Speed repeats 28 mins	5 min in Zone 2 – easy pace, 5 mins at Tempo (zone 3). Then: 5 x 60 s on, 60 s recovery @ 10k target pace + 10% (faster) Then 4 x 60s on, 60s recovery @ 10k target pace + 20% (but controlled, no sprinting)	Pacing is key on this session which is designed to help with overall fitness and Threshold pace. See below for explanation of pacing.	
Cool Down [5 minutes +]	This could be self-managed and cooling down from an easy pace to a walk.		

Target pace min/km (min/mile)	60s on the track (m)	5k time	10k time	1 st section	2 nd section
3:20 (5:38)	300	16:39	33:18	330	360
4:00 (6:26)	250	20:00	40:00	275	300
4:27 (7:09)	225	22:12	44:24	247.5	270
5:00 (8:00)	200	25:00	50:00	220	240
5:42 (9:12)	175	28:34	57:08	197.5	210
6:00 (9:40)	167	30:00	60:00	183.7	200.4
6:40 (10:43)	150	33:20	1:06:40	165	180
7:00 (11:30)	142	35:00	1:10:00	156.2	170.4
8:00 (12:53)	125	40:00	1:20:00	137.5	150

How to use: I want to run a 10k at 57 mins, so my pace is 5:42 min/km (9:12 min/mile). During 60 seconds at that pace I would run 175m on the track. 10% faster would be just under 200m (197.5m), 20% faster would be 210m – so during the 1st part of the session I should be aiming for 200m and in the 2nd part I should be aiming for 210m.

I want to run a 10k at 50 mins, so my pace is 5 min/km (8 min/mile). During 60 seconds at that pace I would run 200m on the track. 10% faster would be 220m, 20% faster would be 240m – so during the 1st part of the session I should be aiming for 220m and in the 2nd part I should be aiming for 240m.

The table provides guides for a variety of paces but is guidance only.