

Coaching Session Plan 25a. – Fartlek session, Teesdale School Lower Field

Groups A, B, C

Speed

Date: As schedule Time: Meet 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 Adults – Event group development
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Venue: Meet at Teesdale School lower field	Age group of Athletes: Over 11/ adults Size of group: up to 12
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Equipment: Phone for emergency; Whistle

Session Goals for the Athletes (WHAT): By the end of the session the athlete will be able to... Run with optimum form for speed. Judge optimum pace to maintain consistent effort.	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. Observed athletes from a number of perspectives. Provided positive feedback to reinforce.
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Practical Session

Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points
Warm Up [15 minutes]	Dynamic warm up around field to increase heart rate Strides to lengthen stride and increase turn over	Warm up moves match and progresses to session –speed (arms/ knees/ posture)	Range of ages/ abilities/ any injuries or disabilities Number/ register Clothing vs weather Actions to address Covid 19 risk
Main Session [30 minutes]	Assemble group ready to set off to run around the perimeter of both fields, in approximate speed order with 2m separation. Use whistle to indicate start to run; end of run/ start recovery and end recovery/ start to run. Timings for intervals to be random between about 30 seconds and about 2 minutes each followed by the same time for jog (or walk) recovery. During recovery the faster athletes jog back to regroup (2m separation) with everyone. RPE about 8 Seniors 30 minutes, Inters 20 minutes	Feedback on form: 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. Consistent pace for the session.	Actions to address Covid 19 risk Other users of field? Notify if leave early
Cool Down [10 minutes]	Standing / slow jog to recover Static stretches	Reminder of function of individual stretches. Feedback for correct stretching	Actions to address Covid 19 risk Range of ages or disabilities

