

# Coaching Session Plan 18. – 200m reps Industrial Estate - Groups A, B Speed

<b>Date:</b> As schedule <b>Time:</b> Meet 6pm	<b>Stage of Athlete Development:</b> <b>Group A</b> <15 – Foundation; >15 & Adults – Event group development <b>Group B</b> <15 – Foundation; >15 & Adults – Foundation /Event group development
<b>Venue:</b> Meet outside Enterprise House, Industrial Estate	<b>Age group of Athletes:</b> Over 11/ adults <b>Size of group:</b> up to 12

**Equipment:** Phone for emergency

<b>Session Goals for the Athletes (WHAT):</b> 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.	<b>Personal Coaching Goals (HOW):</b> 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.
--	---

## Practical Session

Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points
<b>Warm Up</b> [15 minutes]	Dynamic warm up along Harmire Industrial Estate road from Enterprise House  Strides to lengthen stride and increase turn over	Warm up moves match and progresses to session –speed (arms/ knees/ posture)	<b>Actions to address Covid 19 risk</b> Range of ages/ abilities/ any injuries or disabilities Number/ register Clothing vs weather
<b>Main Session</b> [30 minutes]	Start at far end of road outside S&A Builder's merchant. <b>Line up across the road to start then as gradually space out keep to left on both out and back legs.</b>  1 <sup>st</sup> 200m - Run length of straight road. Stopping at junction and turn Right for walk recovery around cul de sac and back to junction. 2 <sup>nd</sup> 200m - Run length of straight road back to S&A. Stop at drain and walk recovery to far end of road then back.  <b>RPE about 9</b>  Repeat  <b>Group A</b> Inters 12 x 200m; Seniors 16 x 200m. <b>Group B</b> Inters 10 x 200m; Seniors 14 x 200m. <b>Group C</b> Seniors 10 x 200m;	<b>Feedback on form:</b> <b>Speed:</b> 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.  <b>Recover fully between reps</b>  <b>Consistent pace across reps.</b>	<b>Actions to address Covid 19 risk</b> Cars especially coming round corners with poor visibility, keep clear of parked lorries.  Notify if leave early
<b>Cool Down</b> [10 minutes]	Standing to recover Slow jog to warm down then static stretches outside Enterprise House	Reminder of function of individual stretches. Feedback for correct stretching	<b>Actions to address Covid 19 risk</b> Range of ages or disabilities If cold jog to keep warm.