

**Dover Roadrunners A/C
Coaching Session plan**

18/05/21 Time: 18:15	Stage of Athlete Development: Foundation
Venue: Seafront Pebbles End to far wall and if appropriate once towards fish stall and back	Age group 20 to 60
	Size of group: 8
Equipment Cones, hurdles, markers, signage, first aid kit, hand sanitiser	
Session Goals for the Athletes (WHAT) Interval training – maintain 10k pace over 800m distance	Personal Coaching Goals (HOW): Observation, form correction, clear instruction

Practical Session

Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points
Warm Up 7 Minutes	<p>1) Dynamic warm up-between cones x 2, then include dynamic exercises: Jogging with High knees, Buttkicks, skipping, side to side each way, sprint out jog back x 2</p> <p>2) Hurdles drills for agility incl. lateral chops 2 feet each, lateral jumps, forward weave, jump and stick, front chops with 3 steps, sprint</p>	<p>Ensure pace is inclusive for all levels and that athletes are warmed up for next stage</p> <p>Ensure warm up last exercise links into drill and last drill links into main session</p>	<p>Ensure only those who have booked the session are in attendance.</p> <p>Ensure all can hear the instructions and are clear on turning points and pace</p> <p>Ensure one way system around the water station observed</p> <p>Verbal screening: Enquire that everyone is fit and healthy and happy to take part</p> <p>Enquire about any injuries and advise on adapted pace/effort</p>
Main Session 28 minutes Interval sections: 800m at 10km speed 400m recovery 1 mile timed mile	<p>800m sprint, 400m recovery Timed mile</p>	<p>Clear instructions especially on maintaining pace</p> <p>Ensure runners stay on left of path and give room when overtaking</p> <p>Encourage and motivate runners</p> <p>Explain how to access/leave water station</p>	
Cool Down 10 minutes	<p>Static stretches as a group for hamstrings, quads, calves, hips, glutes, core, shoulders, IT band, inner thighs</p>	<p>Put on warm clothes</p> <p>Correct technique</p>	

