

## Track Session 3

### Warm up

Laps **as a group** - 3 in total

Start warm up slowly for first lap

2<sup>nd</sup> and 3<sup>rd</sup> laps introduce drills for 2 x 10 seconds each :-

- High Knees – keep cadence same but raise knees higher
- High Heel – as above but kick heels up towards bum
- Soft feet – try and run making minimal sound
- Strong arms – strong arm swing aiming for thumb moving from ‘pit to hip’
- Spring Step – aka Morecambe and Wise

This helps with posture, firing up specific muscle groups as well as engaging core.

### Progressive Strides –

use lanes 4 + 5 on way out and lanes 3 and 6 for return

3 markers needed –

- Start – 0m
- Mid point - approx. 15m
- End point - approx. 30m

Forming 2 lines in lanes 4 and 5, Runners **gradually accelerate** from Start to Midpoint then decelerate to End point before turning off into lanes 3 and 6 respectively to return. **NO SPRINT STARTS.**

A gap of 3-5 seconds between runners is needed to maintain safety and avoid collisions

After each runner has completed the first rotation, move the markers 5m until runner are completing approx. 50-60m

Aim for about 4 – 6 reps per runner

For larger Groups – split into 3 groups running in lanes 1, 3 and 5 then returning on lanes 2,4 and 6.

### Reducing Recovery

This session works on a reverse pyramid of recovery time.

Purpose of this is to better understand pace judgement and stick with a set of repetitions when the going gets tough.

1 Minute effort run (60-70% effort) alternating with the following **STANDING** recovery

1min, 50 secs, 40 secs, 30 secs, 20 secs, 30 secs, 40 secs, 50 secs, 1 min –

(This could be adjusted to 1:15 or 1:30 efforts with reduced recovery time for faster groups.)

Run	00:01:00
<b>Recover</b>	<b>00:01:00</b>
Run	00:01:00
<b>Recover</b>	<b>00:00:50</b>
Run	00:01:00
<b>Recover</b>	<b>00:00:40</b>
Run	00:01:00
<b>Recover</b>	<b>00:00:30</b>
Run	00:01:00
<b>Recover</b>	<b>00:00:20</b>

Run	00:01:00
<b>Recover</b>	<b>00:00:30</b>
Run	00:01:00
<b>Recover</b>	<b>00:00:40</b>
Run	00:01:00
<b>Recover</b>	<b>00:00:50</b>
Run	00:01:00
<b>Recover</b>	<b>00:01:00</b>
<b>Total</b>	<b>0:15:20</b>

1 x Lap easy jog recovery

Depending on time ....

2- 3 reps of 1:45 run – Positive split

Run for 1:45 and on each rep the objective is to run SLOWER than on the previous rep.

Objective of this is pace judgment (no watches allowed) and also leading into cool down

### **Cool down as group – 2 laps**

No one should be breathing heavily at the end of warm down.

Walk if necessary