

Track Session 6 – Continuous relay 100' and 200''s

Warm up

Laps **as a group** - 3 – 4 in total

Lap 1 + 2 – Steady

Lap 3 – Leg and Arm Drills

Lap 3 - Lift pace and include Strides for 30-40 metres

For groups of up to 18 people

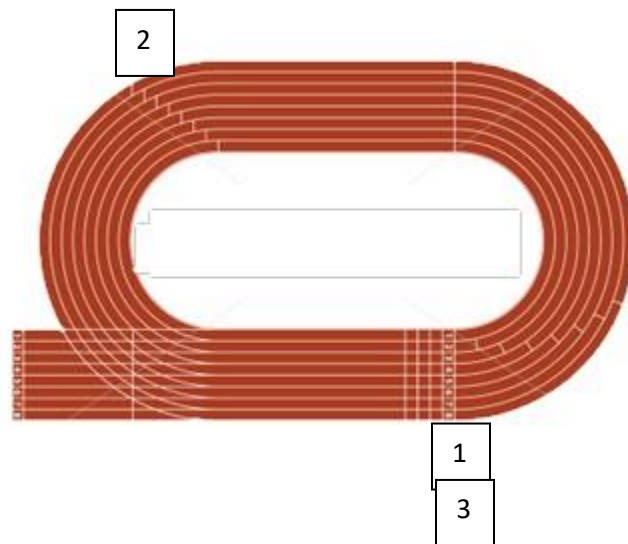
200's continuous relay

Split the group into teams of 3

Runner 1 and 3 stay on the start / finish line while runner number 2 goes to the 200m mark.

You could create a hand over zone using the cones.

Group faster runners together and put them in the outside lanes and slower runners in the inside lanes



Upon GO runner 1 runs 200m and takes the baton to runner 2 and hands over.

Runner 1 stops running and rests at that point.

Runner 2 take over the baton and runs to runner 3, then rests.

Runner 3 then take baton to Runner 1 etc. etc.

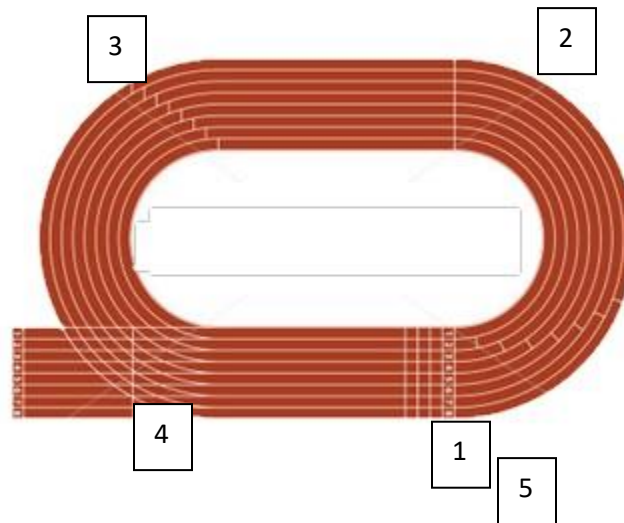
For groups of over 18 people

100's continuous relay

Split the group into teams of 5

Runner 1 and 5 stay on the start / finish line while other runner go to their station at as shown

Group faster runners together and put them in the outside lanes and slower runners in the inside lanes



Upon GO runner 1 runs 100m and takes the baton to runner 2 and hands over.

Runner 1 stops running and rests at that point.

Runner 2 take over the baton and runs to runner 3, then rests.

Runner 3 then take baton to Runner 4 etc. etc. creating a continuous 4 x 100m relay.

There should be 1 person running while 4 rest.

Continue relaying the baton around the track.

Advise that as people rest they should keep moving, pacing up and down or jogging on the spot to keep warm.

Suggested total distances –

Pack C – 8- 10 laps (3,200 – 4,000m) 2miles – 2.5miles

Pac D/E – 8 laps (3,200m) or approx. 20 mins

Cool down as group – 2 laps

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

Walk if necessary