

Track Session 1

Warm up

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

Start warm up slowly for first lap

2nd and 3rd 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'

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

Strides –

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

3 markers needed –

- Start 0 m
- 15m
- 30m

Forming 2 lines in lanes 4 and 5, Runners accelerate from 0 – 15m then decelerate to 30m before turning off into lanes 3 and 6 respectively to return.

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

Aim for about 4 – 6 reps per runner

Back to front efforts

Split group into smaller groups (max 8 runners) by asking runners to complete 1 x Lap at 80% effort to establish groups (e.g Total Group size 12 – first 6 are group 1, second 6 are group 2).

Give runners group number as the finish 1 lap

The faster group stay in lanes 5 while slower group run in lane 3.

Line up runners with gap of approx. 3m between them. Everyone start at an easy pace and settles into the run.

After about 150 – 200m the coach shouts GO and, the runner at the back of the group runs to the front of the group,

When the runner has reached the front they then shout GO and the runner at the back then moves to the front.

Continue for 4 - 6 laps depending on group / time available

1 x Lap easy jog recovery

Pace judgement

3 x 1:45 minutes for group C and 2 minute efforts for Group D/E

Aim is to run at consistent pace so coach times the effort and when the whistle is blown to stop, runners make a mental note of their position on the track.

All return to start and allow sufficient recovery time for next 2 efforts.

Aim is to reach the same place on each effort when the whistle is blown.

Stop watches not allowed

Cool down as group

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

Walk if necessary