

## Track Session 2

### 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.

### 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

### Bends and Straights – approx. 4 - 6 laps

In this session you use the bends of the track for the effort and the straight as recovery.

If the group are all of a similar ability you can use the straights for the effort and the bend as recovery.

As a group run at an easy pace from finish line to 200m

At 200m mark put in 80% effort for 100m on the bend.

Use the straight for recovery trying to keep the group together.

If the group is of mixed ability move the faster runners into the outer lane so they are running further and minimise the gap between the front and back of the group after they have finished the effort.

1 x Lap easy jog recovery

Depending on time, finish off session with either of these....

### 1 - 2 - 4 - 2 - 1

Pyramid 100, 200, 400, 200, 100 – with 30 / 45 Secs recovery

Aim is to run a consistent pace over all distances

Coach shouts out finish times as runners cross line so they can double for each increase in distance.

Shout out finish times in seconds to make it easier for mental calculation

Eg

100m – 35 seconds

200m – 70 seconds

400m – 140 seconds

**Negative split pace judgement**

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

Aim is to run at a faster pace for each effort 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 **pass** the same place on each effort when the whistle is blown.

Stop watches not allowed

**Cool down as group – 2 laps**

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

Walk if necessary