Training Day on Saturday 18th April at Brecon Track

Session Option 1: Aerobic intervals

Process goals for the session:

1. **For athletes to practice the pace they should work at when doing aerobic intervals (part 1 of the session) to ensure consistent running and to stress their aerobic engines as much as possible**
2. **For athletes and coaches to understand the principles of an aerobic interval session, a type of session which should occur at least weekly in a developing endurance athlete**

RAMP warm up

Raise heart rate - 2 laps of the track jogging, then a third lap where on whistle go slightly faster for 10s, then back to jogging for 20s

Activate and **M**obilise muscles (kept active in order to keep warm in the cold weather)
• Hamstring sweeps
• Leg swings
• from plank position, heels up and down
• for plank position, straight legs reach your calves with your hands
• for plank position, one leg forward to beside your hand, and rotate your upper body
• squat walk
• High knee walks
• High knee walks with knee hugs
• Lunge walk
• High knees skip
• High knees
• Two foot bounce on spot
• Two foot bounce with high knee
• A-skips
• B-skips
• Heel recoveries/ leg cycling/ dribbling (into strides)
• Straight leg running/ scissors (into strides)

Potentiate so ready for session
• 2 x 200m at pace will be doing session at, with 90s recovery (This part of session very important for two reasons. Firstly it gets to body physically and mentally prepared for the session ahead. Secondly, it ensures athletes know what the pace they will run the session at feels like)
• For those thinking of doing barriers during the session - will do strides over hurdles, first stride at low hurdle height (perhaps mini-hurdles of 30cm), then hurdles higher with each strides until find height athlete is currently able to hurdle with good form at (maximum height is steeple race hurdle height). Important get right height for each athlete as if too high, high risk of injury

Main session

Part 1: 3x800m (400m jog recovery), 3x400m (200m jog recovery). Reps were run at VO2max pace (if have Daniel's table run at I pace on Daniel's table, if no Daniel's table then 3000m PB pace).
For steeple chasers, have two hurdles per lap (one of each straight). Ensure hurdle height is correct for the athlete's current hurdling level

Coaching tip for part 1: Athletes split into groups, and in each groups athletes had similar 1500m and 3000m times. From these PBs times, Daniel's table was consulted to determine VO2max

pace for the athletes (I pace on Daniel's table). If Daniel's table not available, then run at 3000m PB pace.

Part 2 for steeple chasers: will practice water jump - process goal for those doing this part of session is good form over the water jump. Key points, do not take off too close to the barrier, land one foot on barrier, lunge (not jump) off the barrier, land one footed and run off.

6 x 60m stride including leading into and running out of water jump, slow walk back recovery

Coaching tip for part 2: Watch for athlete form, and if athletes struggling with form, pull them from the session

Part 2 for none steeple chasers - process goal is to develop speed and power, something all endurance athletes need, and to ensure good form in athletes (high knee, foot landing under the body, high hips, looking straight ahead)

In teams of 5, do shuttle relay where every athlete does 30m three times, the recovery between each effort being while their four team mates do their 30m effort. After 3min break, do relay where every athlete does 40m three times.

Coaching tip for part 2: Make teams fairly even standard so the teams are competitive. Watch for form of athletes, perhaps film so can show them their form after. Teams of 5 ensure recovery time for each athlete between effort.

Warm down

Easy jog to gradually bring heart rate back down, followed by static stretching (approximately 15s for each stretch) to remove tightness from muscles:

• calf (hands against wall, straight back leg)
• achilles (hands against wall, bent back leg)
• hamstrings (straight legs, reach down and touch the floor)
• quads (stand on one leg, pull leg back so knees are together)
• groins (sat on floor, soles of feet together, push knees as close to floor as possible)
• gluts (sat on floor, cross leg over other leg and pull knee as close to shoulder as possible)
• lower back (lie on floor, keep both shoulders on floor, pull knee across body

Session Option 2: Speed endurance

Process goals for the session:
1. **For athletes to practice the pace they should work at when doing speed endurance (part 1 of the session) to ensure good running form when running at speed, and to start to stress the anaerobic energy system**
2. **For athletes and coaches to understand the principles of a speed endurance session. Such sessions should be used occasionally durning track race season in build up to 800m and 1500m track races so athletes can replicate the pace and running form they should be using during such races. However the anaerobic system is poorly developed in humans pre and during early to mid puberty, and therefore you should not use these types of session too often with developing athletes, only in preparation for track races.**

RAMP warm up

Same as for aerobic interval session, except the potentiate stage. Here, do 1x200m at speed will do the 800m effort at during the sessions. Then do 3x50m of 1min recovery at speed will do 200m efforts at

Main session

Part 1: 1x800m (400m jog recovery), 2 sets of 4x200m (90s recovery between efforts, 3mins between sets). The 800m reps were run at VO2max pace (if have Daniel's table run at I pace on Daniel's table, if no Daniel's table then 3000m PB pace). The 200m efforts were run at R pace on the Daniel's tables (if no Daniel's table then 800-1500m pace for the 200m efforts)

Coaching tip for part 1: Athletes split into groups, and in each groups athletes had similar 800m and 1500m. From these PBs times, Daniel's table was consulted to determine paces for the 800m effort and for the 200m efforts.

Part 2: same as none hurdle part 2 from aerobic interval session

Warm down

Same as for aerobic interval session