


Coaching Session Plan V7

Date / Time: Group organised session	DAC Virtual Training Sessions
Venue: Mitchells Auction	Size of group: Maximum 6 in sections of Graded group
Equipment: None needed	
Session Goals for the Athletes (WHAT): Improve Lactic threshold, body strength development	Personal Coaching Goals (HOW): Push lung capacity during loops Perform strength exercises for prolonged period

Practical Session

Session Component	Unit Detail	Organisation/ Safety Key points
Warm Up [5 minutes]	Jog two laps to warm up	Watch for traffic Maintain social distance 2 metres
Main Session [Group Specific] (Time requirements)	Speed and Technical session Platinum groups (30 minute session) Diamond, Gold & Silver (25 minute session) Bronze, Tin & Copper (20 minute session)	(Two runners wide and three deep formation)
Main Session Visual reference Group meeting point (Finish)		
Main Session Key points	<p>Pair up / Alternate with partner (Fast Loop then drill)</p> <p>Drills take place on gravel inside road section in line with compound entrance gates</p> <p>Runner A: Fast round loop (1 lap) Runner B: Perform drills to end of Drill Zone and jog back (Drills: Fast High Knees, High Skip, Lunge walk, Backwards)</p>	
Cool Down [10 minutes]	<p>Jog home and ensure you stretch (Post session)</p> 