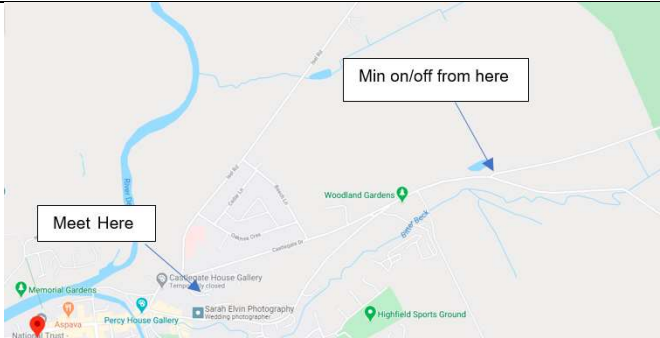


Coaching Session Plan V3

Date / Time: Group organised session	DAC Virtual Training Sessions
Venue: Minute on Minute off from the Leisure Centre up Set Murthy Road	Size of group: Maximum 6 in sections of Graded group
Equipment: None required	
Session Goals for the Athletes (WHAT): Improve speed strength through interval running	Personal Coaching Goals (HOW):

Practical Session

Session Component	Unit Detail	Organisation/ Safety Key points
Warm Up [10 minutes]	Identify area approx. 15-20m distance Perform following exercises twice and jog back Walking high knees, fast high knees Walking heel flicks, fast heel flicks Perform following exercise once continuous point to point Lunges, Side step left, Side step right and Faster feet	Watch for traffic Maintain social distance 2 metres Better to run in single file if possible, if you overtake a colleague ensure you leave a 2m gap
Main Session (Time requirements)	Following the drills commence a progressive warm up towards Cockermouth School on arrival at the Set Murthy Junction commence the minute on minute off. Copper & Tin x 10 Bronze & Silver x 12 Gold upwards x 14 Options for the return run include coming over the Hay, having a blast at the return leg of the Cockermouth 10k or simply having a social jog on the same route.	
Main Session Visual reference Group meeting point (Finish)		
Main Session Key points	This session is designed to help improve runners speed strength. During the minute on concentrate on your form, tall posture, hips forward and positive arm drive. On the minute off bring your heart rate down and get your breathing into a relaxed state.	
Cool Down [10 minutes]	Jog home Ensure you stretch (Post session) 