

Coaching Session Plan			
Date: 11/07/25 Time: 8am		Stage of Athlete Development: Foundation	
Venue: Crystal Palace NSC Track		Age group of Athletes: Adult	
		Size of group: 7	
Equipment: Cones, small hurdles, hopscotch rings			
Session Goals for the Athletes (WHAT): Run over obstacles maintaining dynamic balance and co-ordination. Focus for athlete will be co-ordination with emphasis on opposite arms / alternate legs.		Personal Coaching Goals (HOW): Integrated warm-up and session with technical focus on co-ordination over uneven terrain using track for ease of observation and safe control of environment.	
Practical Session			
Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points
Warm Up [5 minutes]	Laps of track with obstacles in place	Familiarise runners with 'course' early in session. Raise body temperature.	Use Lane 3 & 4 only, lay out mini hurdles and a couple of lane blocks with cones.
Main Session Unit A [10 minutes]	Drills including side-steps, forward skips w/ opposite arms. Ankle Walks (toe /heel) Short game of hopscotch using rings on the ground to denote course (co-ordination). Alternate leading legs, backwards too.	Activate and mobilise concentrating on alternate leg use and opposite side arms (co-ordination). Discuss Pace for Unit B (comfortable parkrun pace)	
Main Session Unit B [20 minutes]	Set One	Note posture, co-ordination	Rings in safe flat area away from any other athletes or obstacles
	2 x 800m obstacle course with 2 mins active recovery between reps. 5 mins static recovery at end of the set	In the recovery period, discuss with athletes and suggest how to approach 2 nd set based on their feedback.	
Main Session Unit C [15 minutes]	Set Two 2 x 800m obstacle course with 2 mins active recovery between reps. Alternate leading legs where appropriate.	Discuss what was different about Set Two with athletes	Away from track, quiet space
Cool Down [5 minutes]	Static stretches for hamstrings, calves, shoulders and quads.	Everyone jogs or walks home at end of sessions for further active recovery.	

