

Coaching Session Plan			
Date: 18/07/25 Time: 8am		Stage of Athlete Development: Foundation	
Venue: Crystal Palace NSC Track		Age group of Athletes: Adult	
		Size of group: 7	
Equipment: None			
Session Goals for the Athletes (WHAT): Arm Drive in both endurance and speed work. Focus the athletes on arm drive (right angle from vertical forearm with hand up to pocket with arm down).		Personal Coaching Goals (HOW): Integrated warm-up and session with technical focus on athlete's arm drive using track for ease of observation and safe control of environment. Will also observe static balance during warm-up.	
Practical Session			
Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points
Warm Up [5 minutes]	Jog to track / laps	Raise body temperature.	
Main Session Unit A [10 minutes]	Drills including walking lunges, 'walking then freezing' high knees, static balance activities from 365 Section 3, Stage 3. Strides with upright posture, arm action.	Activate and mobilise concentrating on static balance (observation) and correct arm position for speed and endurance efficiency (session prep). Discuss Pace for Unit B (faster than 5k pace)	
Main Session Unit B [20 minutes]	Set One 10 x 300m w/ 100m walk recovery. 5 mins static recovery at end of the set	Note arm drive In the recovery period, discuss with athletes 'Flying 30s' to focus on incorporating efficient arm drive at speed.	
Main Session Unit C [15 minutes]	5 x Flying 30s - using home straight, in 2 evenly matched groups (to help with observation).	Speed (maximal effort) and arm drive observation; Focus the athletes on arm drive (right angle from vertical forearm with hand up to pocket with arm down.	
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.	

