

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): Differential pacing when running ‘Broken Miles’, focus on running the 400m rep considerably faster than 3k pace. Option to run the 1200m slower than usual so that athlete is fully in control for the duration of the rep.		Personal Coaching Goals (HOW): Differential pacing in the warm-up, discuss maintaining relaxed form for multiple laps and include aspects of this in the drills. Technical Point: Tall posture with high hips. Practising: Chaining during Medicine Ball work	
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 [ 15 minutes]	Walk: Imagine a string pulling you up from the crown of your head, keeping your spine elongated. Medicine Ball – Core work while maintaining posture, game of pass the ball over head/under legs and side-to-side in teams. Jump 2-footed in quarter turns, back in the opposite direction. Ladder Drill and tennis ball drop	Activate and mobilise concentrating on posture and core strength (session prep) and agility / change of direction.  Discuss Pace for Unit B (Relaxed, fully controlled, slower than usual to maintain form) & C (faster than 3k pace)	
Main Session Unit B & C [ 35 to 45 minutes]	4 Sets of ‘Broken Miles’  B) 1200m w/ 2min walk recovery. C) 400m w/ 1min static recovery.	Note posture: looking for high hips, head up, relaxed form in the longer reps. Look for signs of any core improvement needed as athletes tire.	
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.	

