Club Run Visiting Coach Session 2 [Track] 2S Saturday 16th February, 2019

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UKA Tutor, UKA Endurance Event Group Coach

**Introduction to purpose of session**

Simon began by explaining that the focus of the session was maximum velocity running, that is the speed that you use for a sprint finish for example. Speed is one of the components of fitness and it is important to work on all components. The session was planned to be 5 x 4 x flying 30s with walk back recovery between reps and 4 mins recovery between each set. However, due to time issues and the athletes relative inexperience with this type of session Simon amended the session to 3 x 4 x flying 30s. Flying 30s are 30m acceleration followed by 30m at full speed, so 60m total plus deceleration.

The purpose of the warm up was explained as **RAMP**.

**Raise** heart rate

**Activate** muscles

**Mobilise** joints

**Potentiate** muscles to appropriate level for intensity of activity.

**Drills – including agility, balance and coordination exercises**

After a few laps of easy running to warm up Simon began to work on drills on an area beside the track with athletes always working forwards and backwards as well as sideways over approximately 15m

**Drills included:**

1. Bouncing on ball of foot on spot followed by low bounce going forward with aim to drive back with foot
2. Walking with high hip going up, out and round when going forwards (opening the gate) and up middle to out when going backwards (shutting the gate). 2 steps were taken between each hip movement to alternate legs.
3. Walking hamstring stretch holding for 3s.
4. Forward and backward lunge.
5. Sideways abductor stretches, step to side stretch and repeat. Stay facing same side so alternate leg leads when return.
6. Grapevine arms outstretched,

**Track drills over 15 – 40m included:**

1. 3 x Heel walk 10m – posture & arm movement
2. 3 x Toe walk 10m
3. 3 x Ankling / point & squash
4. 2 x zips followed by run out – keep hips high when transitioning to run
5. 2 x zips on spot followed by acceleration to run out
6. 3 x high knees on spot then moving in to run out
7. 3 x high skip (light bulb) – opposite arm high
8. 2 x 6 high skip, 6 high knee, 6 zips then run out – coordination & mental exercise
9. 2 x jog on stop & when coach shouts go you sprint 20m – reaction & running faster (potentiate)
10. 2 x jogging on spot sideways to track & when coach shouts go sprint 20m – start facing different ways so pushing off each leg not just preferred

**Session:** 3 x 4 x flying 30s (explained in introductory paragraph)

**Warm down:** easy jogging laps but still thinking about good posture.

**Stretching:**

* As intense session only hold stretches for 8-10s as already have microtears in muscle fibres.
* Hamstring – start with foot on floor and then go to foot raised. Changes emphasis on part of hamstrings being stretched.
* Abductors – move foot forwards or to side to change emphasis on stretch in abductors.
* Gastrocnemius (calf) – with back foot flat on floor and pressing heel of back foot in to floor move front foot so pressing on big toe and then little toe to focus stretch on each side of the muscle (lateral and medial).
* Shoulder stretch – stretch arms out in front at shoulder height and interlock fingers. Push out and rotate round to 2o’clock and 10o’clock.

Thanks to Mark Draper for a great set of notes😊