

Training Day on Sunday 15th March at Newport Stadium

Morning training session

Process goals for the session:

1. **For athletes to practice the pace they should work at when doing aerobic intervals (part 1 of the session) to ensure consistent running and to stress their aerobic engines as much as possible**
2. **To practice running at speed when tired (part 2 of the session). Always good to work on speed, as always want to be able to be quick at end of a race when tired. Also to focus on form when running fast, as this will improve efficiency when running.**
3. **For athletes and coaches to understand the principles of an aerobic interval session, with speed at the end, a type of session which should occur at least weekly in a developing endurance athlete**

RAMP warm up

Raise heart rate - 2 laps of the track jogging, then a third lap where on whistle go slightly faster for 10s, then back to jogging for 20s

Activate and Mobilise muscles (kept active in order to keep warm in the cold weather)

- Hamstring sweeps
- Leg swings
- from plank position, heels up and down
- for plank position, straight legs reach your calves with your hands
- for plank position, one leg forward to beside your hand, and rotate your upper body
- squat walk
- High knee walks
- High knee walks with knee hugs
- Lunge walk
- High knees skip
- High knees
- Two foot bounce on spot
- A-skips
- Heel recoveries/ leg cycling/ dribbling (into strides)
- Straight leg running/ scissors (into strides)

Potentiate so ready for session

- 2 x 200m at pace will be doing session at, with 90s recovery (This part of session very important for two reasons. Firstly it gets to body physically and mentally prepared for the session ahead. Secondly, it ensures athletes know what the pace they will run the session at feels like)
- For those thinking of doing barriers during the session - will do strides over hurdles, first stride at low hurdle height (perhaps mini-hurdles of 30cm), then hurdles higher with each strides until find height athlete is currently able to hurdle with good form at (maximum height is steeple race hurdle height). Important get right height for each athlete as if too high, high risk of injury

Main session

Part 1: 1x800m (400m jog recovery), 3x400m (200m jog recovery), 1x600m (400m jog recovery), 3x400m (200m jog recovery). Reps were run at VO₂max pace (if have Daniel's table run at I pace on Daniel's table, if no Daniel's table then 3000m PB pace).

Easier version of session is to reduce the second set of 400m efforts to 300m efforts.

For steeple chasers, have two hurdles per lap (one of each straight) for both the 800m and the 600m effort. Ensure hurdle height is correct for the athlete's current hurdling level

Coaching tip for part 1: Athletes split into groups, and in each groups athletes had similar 1500m and 3000m times. From these PBs times, Daniel's table was consulted to determine VO2max pace for the athletes (I pace on Daniel's table). If Daniel's table not available, then run at 3000m PB pace.

Part 2: 3 x 150m with 250m jog recovery

Coaching tip for part 3: Do not time the 150m efforts, and film the athletes. This will allow you to focus on the athletes technique, and if you film it will allow you to look at their technique later.

Warm down

Easy jog to gradually bring heart rate back down, followed by static stretching (approximately 15s for each stretch) to remove tightness from muscles:

- calf (hands against wall, straight back leg)
- achilles (hands against wall, bent back leg)
- hamstrings (straight legs, reach down and touch the floor)
- quads (stand on one leg, pull leg back so knees are together)
- groins (sat on floor, soles of feet together, push knees as close to floor as possible)
- gluts (sat on floor, cross leg over other leg and pull knee as close to shoulder as possible)
- lower back (lie on floor, keep both shoulders on floor, pull knee across body)

Afternoon athlete lifestyle workshop session

Process goal for the session:

To manage your time

This session looks at all the things you need to do in your life, both athletics wise and away from athletics. From this we look at the various strategies you can use to determine the priority of what needs to be done, and how following these strategies will allow you to be more efficient with time, and will help to reduce stress.

Afternoon conditioning session

Process goals for the session:

- 1. To understand and practice how to use crawls. Crawl exercises are a great way to strengthen core, improve hip mobility and stability, as well as shoulder strength and stability**
- 2. To understand and practice how to do hurdle drills. These will improve flexibility, balance, co-ordination and will force you to have high hips**

1. Crawls

For each crawl initially 3 x 10m, as get stronger, increase distance of crawl for and number of efforts

1. Crab crawls - (start with your back facing the floor, heels under knees, and wrists under shoulders, keep hips up and chest high, move opposite arm and leg)
2. Bear crawls - (start with your face facing the floor, flat back, push hips as high as possible, move opposite arm and leg)
3. Inch worm - (start with your face facing the floor, walk feet toward your hands, legs straight, push hips as high as possible, once feet as far forward as possible, then move your hands forward)
4. Spiderman - (start with your face facing the floor, body close to the floor, move opposite arm and leg, stay on toes)

2. Hurdle drills

For each hurdle drill, do three times each leg, and go over 5 hurdles. Hurdle height is enough to challenge you, but not so high you can no longer do exercise properly. Ensure during hurdle drills you looking forward, and hips and upper body are held high

1. Forward walk over hurdle, placing both lead and trail leg between each hurdle
2. Forward walk over hurdle, however do not place trail leg on floor after hurdle, but instead go straight over next hurdle with that now as lead leg
3. Backward walk over hurdle
4. Side walk over each hurdle (when confident can make this a bounce rather than a walk)
5. Side walk straight leg over each hurdle (when confidence can make this a bounce rather than a walk)

3. If hurdling, strides over hurdles, first stride at low hurdle height (perhaps mini-hurdles of 30cm), then hurdles higher with each stride until find height athlete is currently able to hurdle with good form at (maximum height is steeple race hurdle height. For those confident, chance to practice some water jumps. For those not confident, chance to observe water jumps.

If not hurdling, then do core circuit and posterior chain circuit done during Brynmawr Foundation School regional training day (see notes from that session for these circuits)