

Reading Roadrunners' Coaching Plan					
Prepared by	Katie Gumbrell		Technical Aims	TBC with individual athletes	
Delivered by	Katie Gumbrell		Fitness Aims	understand how to improve strength and flexibility	
Dates:	This session will help you:	Fundamentals (ABC)	Physical Prep	Technical Drills	Running activities
04-Mar *** Hosting First Timers	improve your strength endurance	balance	hips and glute mobility	upper body experimentation	<u>timed 800m</u> <u>reverse scorpions</u> : 300m fast, 100m slow
11-Mar	improve your strength endurance	balance	posture strength work: shoulder mobility upper back	walking with backward arm drive	<u>Short Pyramid</u> 200, 400, 600, 800, 600, 400, 200 200m recovery between each effort; 400m recovery between sets (if appropriate)
18-Mar	improve your strength endurance	balance	posture strength work: shoulder strength upper back	skipping with backward arm drive	<u>Scorpions</u> 300m with 100m fast x 3 400m recovery repeat (if appropriate)
15-Apr *** OFF TRACK	improve your strength endurance			outrun (Nic)	<u>Hills</u> (wear reflective/hi-viz clothing)
01-Apr *** Hosting First Timers	improve your strength endurance	balance	ankle stability	running with backward arm drive	<u>400s</u> : time 400m and take 30 seconds rest; repeat with the same timings x 3; 400m SLOW recovery; repeat
08-Apr *** OFF TRACK	improve your strength endurance	balance	knee stability	running with backward arm drive	<u>Flying 30s</u> Super-sprinting
15-Apr *** OFF TRACK	improve your strength endurance	balance	abs stability	running with backward arm drive	<u>Competitive' Meet and Retreat</u> - partner running in the park
22-Apr *** OFF TRACK	improve your strength endurance	balance		outrun (Claire)	<u>Diminishing Rests</u> (wear reflective/hi-viz clothing)
29-Apr *** OFF TRACK	improve your strength endurance	balance	abs stability	running with backward arm drive	long <u>Fartleks</u> in the park
06-May *** Hosting First Timers	improve your strength endurance	balance	hip stability	running with backward arm drive	<u>800s with a difference</u> : 200 with 600 recovery 400 with 400 recovery 600 with 200 recovery 800 with 400 recovery

