

CHANGING PACE

Outcome of Activity

Athletes will have practiced accelerating and decelerating smoothly

Equipment

1. Marker cones

How-2 Organise

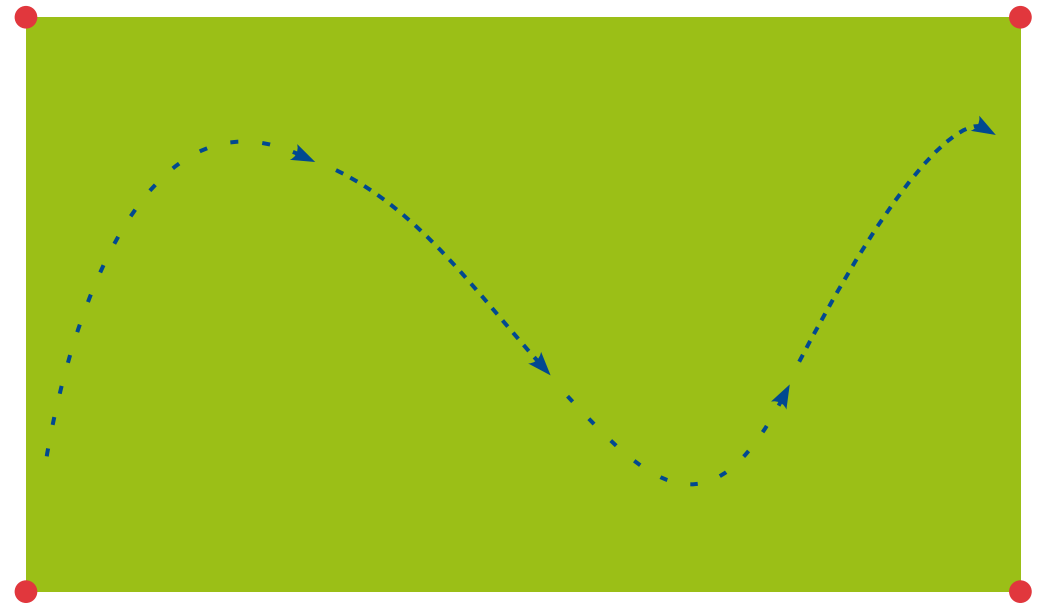
1. Mark out an area with 4 cones
2. Identify points to accelerate or decelerate

What-2 Get the Athletes to Do

1. Athletes to run around the area
2. Change pace as directed

What-2 Look For

1. Smooth change of pace
2. **Endurance:** Select from technical template
3. **Speed:** Select from technical template



RACE WALK PARLAUF



Outcome of Activity

To maintain pace on each effort without losing form

Equipment

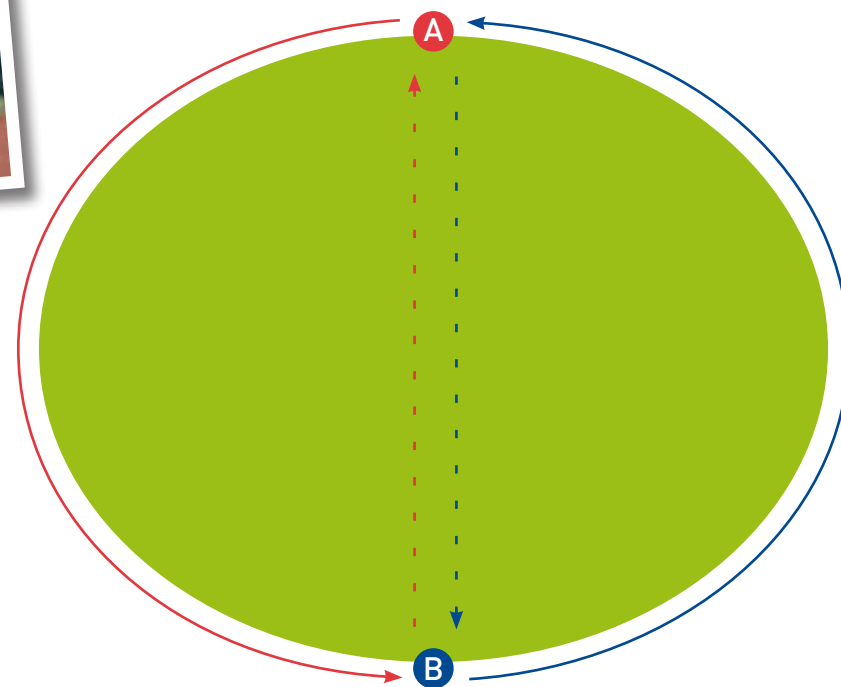
1. Marker cones

How-2 Organise

1. Mark out an oval with cones and 2 hand over areas
2. Put in pairs, runner A runner B at opposite sides of oval

What-2 Get the Athletes to Do

1. A race walks around the oval to B, tags B and slowly walks across the centre to start position (recovery)
2. B race walks around the oval to A, tags A and walks slowly back across centre to start position (recovery)
3. Repeat efforts and recovery as directed



What-2 Look For

1. Heel toe contact
2. No loss of contact with ground
3. Elbows at 90 degrees
4. Hands meet but don't cross midline of body

RUNNING OVER OBSTACLES

Outcome of Activity

Athletes will have practiced running over variously spaced obstacles with either leg leading

Equipment

1. Varied obstacles eg low hurdles, canes, marker cones

How-2 Organise

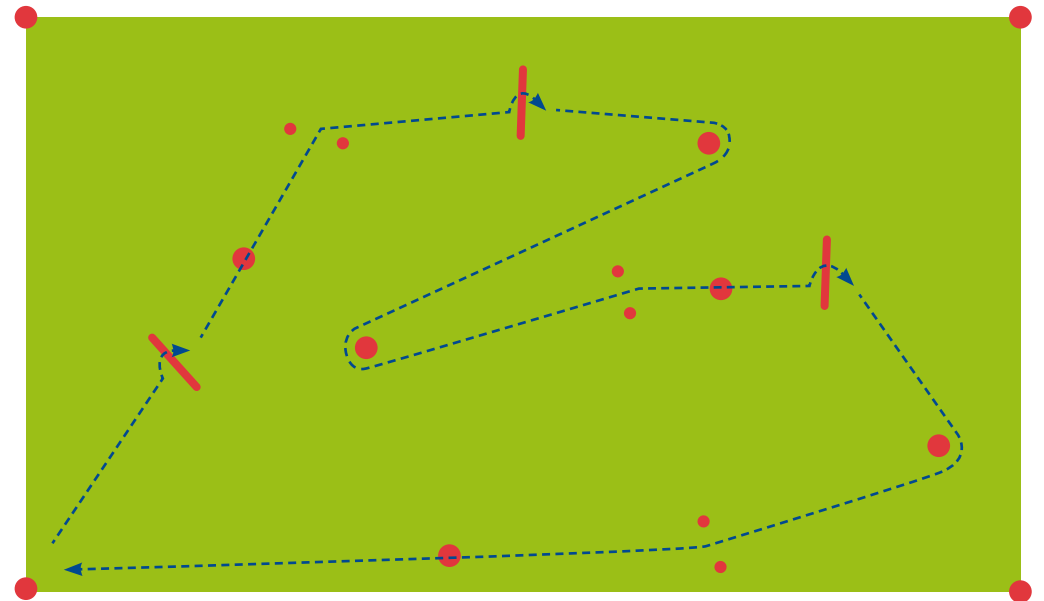
1. Mark out an area with 4 cones
2. Place a variety of obstacles in rows at varied distances apart to emulate tree roots, streams, rocks

What-2 Get the Athletes to Do

1. Athletes to run over obstacles
2. Change lead leg as directed

What-2 Look For

1. Athletes to run smoothly over obstacles with good balance
2. Lead with either leg
3. Keep centre of gravity over lead leg



RACE WALK CONTINUOUS RELAY



Outcome of Activity

To maintain pace on each effort without losing form

Equipment

1. Marker cones

How-2 Organise

1. Mark out an oval with cones and 2 hand over areas
2. Put A and C together and runner B at opposite side of oval

What-2 Get the Athletes to Do

1. A race walks to B tags B then stays at position to recover
2. B race walks to C tags C then stays at position to recover
3. C race walks to A then stays at position to recover
4. Repeat efforts and recovery as directed



What-2 Look For

1. Heel toe contact
2. No loss of contact with ground
3. Elbows at 90 degrees
4. Hands meet but don't cross midline of body

CIRCUIT

Outcome of Activity

Athletes will work at a continuous aerobic effort

Equipment

1. Use body weight exercises or medicine balls, hand weights, resistance bands as available

How-2 Organise

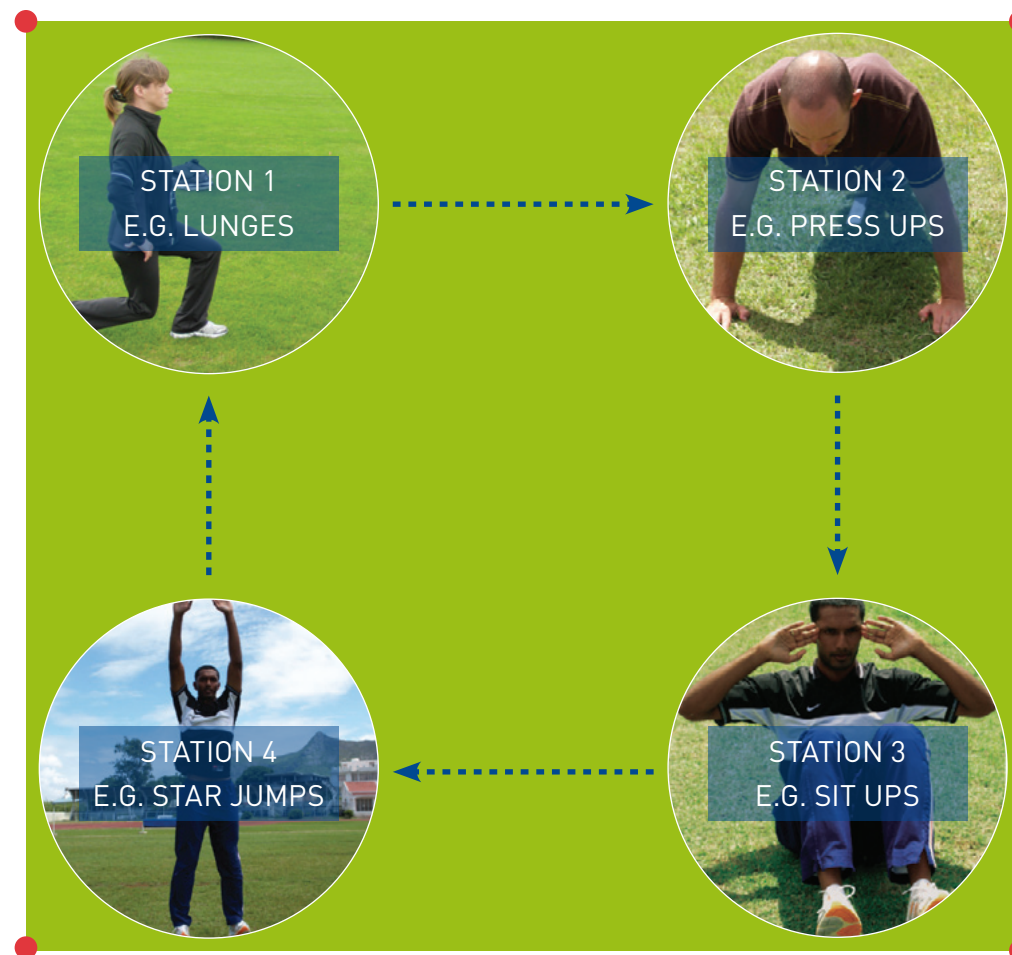
1. Mark out an area with 4 cones
2. Set out 4 exercise stations
3. Decide on duration and intensity of exercise to achieve correct effort

What-2 Get the Athletes to Do

1. Athletes complete the given exercises working the aerobic system
2. Move to next station as directed

What-2 Look For

1. Athletes to perform exercise correctly
2. Athletes to remain working at aerobic intensity



“FLYING 30’S” MAX VELOCITY ABILITY (ALACTIC)



Acceleration



Deceleration

Outcome of Activity

Athletes will train the alactic energy system

Equipment

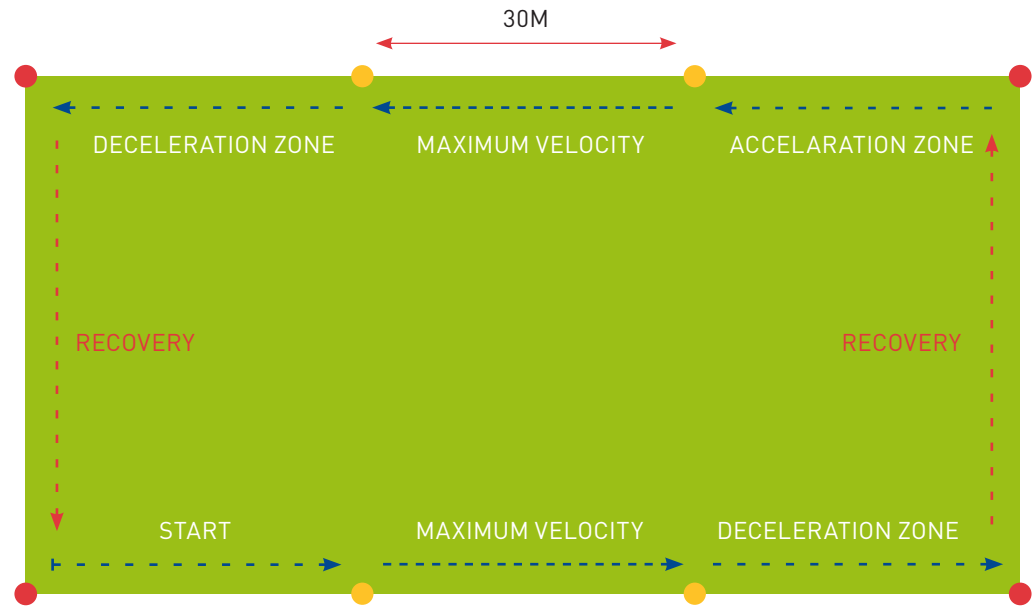
- 1. Marker cones

How-2 Maintain Safety

- 1. Allow room to decelerate safely
- 2. Start athletes at intervals

How-2 Organise

- 1. Mark out an area with 8 cones
- 2. Identify start area
- 3. Identify point to accelerate to maximum velocity



What-2 Get the Athletes to Do

- 1. Accelerate to maximum velocity from point indicated
- 2. Reduce distance if maximal velocity not maintained

What-2 Look For

- 1. Good acceleration to maximum velocity and technique
- 2. Shoulders low and relaxed
- 3. Fast arms elbow driving backward
- 4. Tall posture and high hips
- 5. Heel up and under buttock
- 6. Knees up, toe up
- 7. Land on front half of foot (ball of foot) and drive down and back

RACE WALK



Outcome of Activity

To maintain pace on each effort without losing form /lactic anaerobic

To recover sufficiently

Equipment

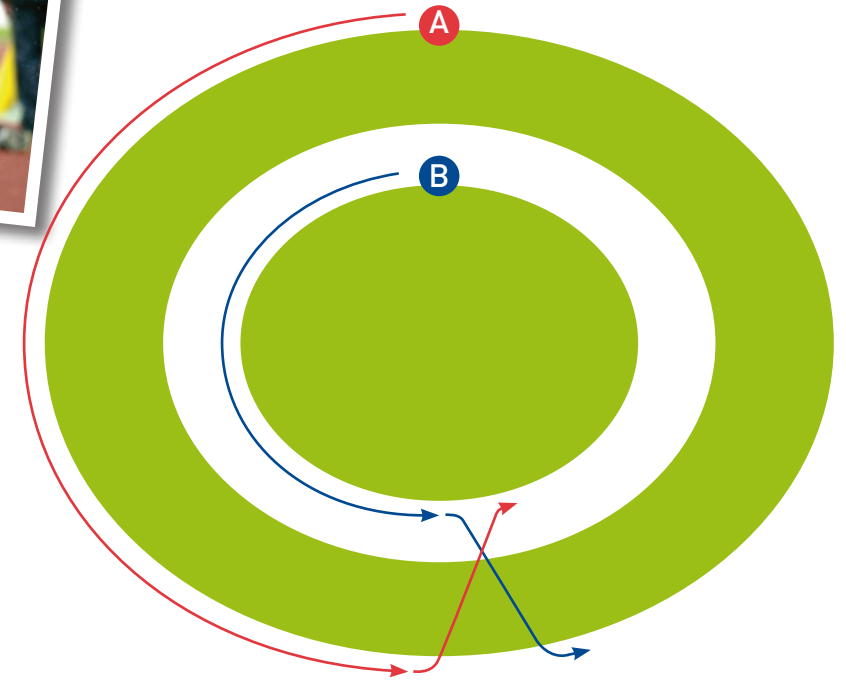
1. Marker cones

How-2 Organise

1. Mark out a double oval with cones
2. Put in pairs. Race walker A outer track, recovery walker B on inside track

What-2 Get the Athletes to Do

1. A race walks B recovers
2. When A laps B change places
3. B race walks A recovers
4. Continue until pace can't be sustained



What-2 Look For

1. Maintenance of effort on outer circle
2. Recovery on inner circle
3. Heel toe contact
4. No loss of contact with ground
5. Elbows at 90 degrees
6. Hands meet but don't cross body midline

FARTLEK

Outcome of Activity

Athletes will work at a continuous aerobic effort

Equipment

- 1. Marker cones

How-2 Organise

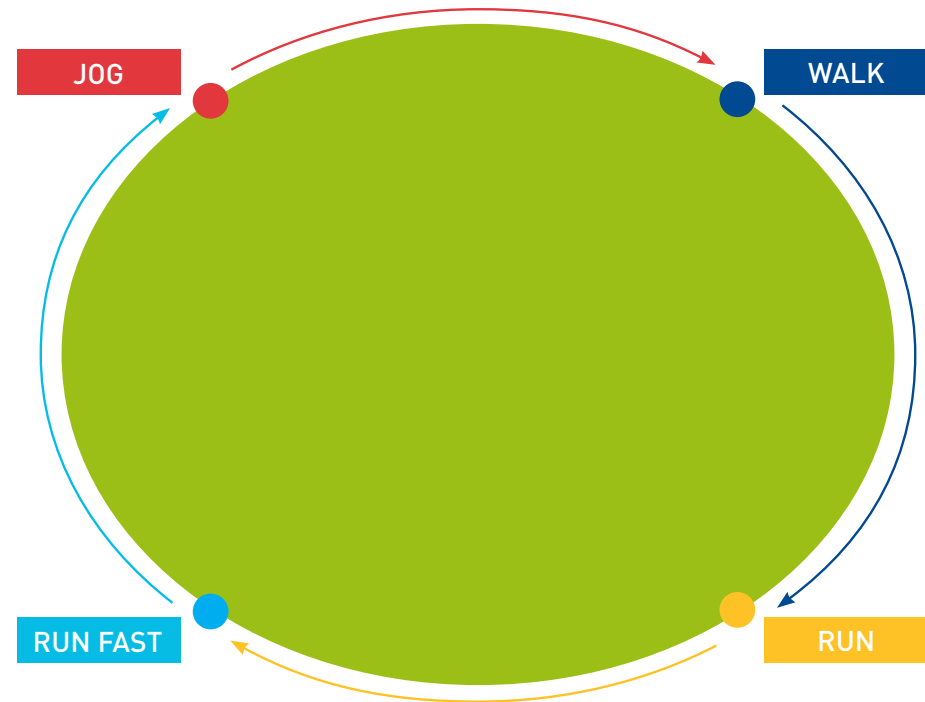
- 1. Mark out an area with cones
- 2. Identify the start point for each intensity

What-2 Get the Athletes to Do

- 1. Athletes vary the pace as directed by coach from walk to run to fast run then jog and walk again maintaining aerobic intensity
- 2. Repeat until coach directs

What-2 Look For

- 1. Athletes to remain working at aerobic intensity with varied pace
- 2. Technical templates for endurance and speed



MAXIMUM VELOCITY ABILITY READY FOR USING AT THE FINISH (ALACTIC)

Outcome of Activity

Athletes will train the alactic energy system

Equipment

- 1. Marker cones

How-2 Maintain Safety

- 1. Allow room to decelerate safely

How-2 Organise

- 1. Mark out an area with 4 cones
- 2. Identify start area
- 3. Identify point to accelerate to maximum velocity

What-2 Get the Athletes to Do

- 1. Athletes to run around the area
- 2. Accelerate to maximum velocity from point indicated

What-2 Look For

- 1. Good acceleration to maximum velocity and technical template for speed



PRESS UP



What-2 Look For

1. Arms shoulder width apart
2. Spine aligned
3. Observe depth of effort
4. Spine kept aligned during effort

RUNNING DOWNHILL

What-2 Look For

1. Controlled
2. Active foot adding force where required
3. Arms active and used for balance
4. Upright or leaning slightly forward
5. High Hips
6. Active recovery of rear leg



RUNNING UPHILL

What-2 Look For

1. Positive backward drive of arms
2. High hips
3. Terrain guides optimum efficiency and pacing
4. Foot lands naturally on forefoot
5. Triple extension

