

# 3.1 Running – Posture.



<b>COACH</b>		<b>DATE &amp; TIME</b>	
<b>GROUP ABILITY</b>		<b>OTHERS INVOLVED</b>	
<b>AREA/VENUE</b>	Running track/grassed area	<b>TIME:</b>	60 minutes
<b>THEME</b>	Running technique - Posture	<b>OBJECTIVE</b>	Identify good running posture & impact on running technique
<b>SKILL SUMMARY</b>	Athletes will demonstrate an awareness of good posture and its impact running technique and have understood and performed postural based running drills to maintain good posture at faster running paces.	<b>EQUIPMENT</b>	Whistle, stopwatch, clipboard, 20+ cones
<b>PRE-SESSION SAFETY CONSIDERATIONS</b>	Review session plan with supervising coach. Review facility documentation - confirm first aid/CPR coverage.	Review update athlete safety and welfare information Clothing and equipment safety check	

<b>ACTIVITY &amp; TIME</b>	<b>SKILL FOCUS &amp; ACTIVITY INFORMATION</b> Set up, group organisation, instructions, progressions – how to CHANGE IT		<b>KEY COACHING POINTS</b> Reinforce what is important and why	<b>QUESTIONS</b> Challenge athletes to find solutions
<b>Introduction [5 min]</b> 0 – 5 min	<b>Pre-run brief:</b> “Around the venue” safety brief, equipment check, run etiquette	<b>Explanation/Demonstration:</b> Running posture explanation and demonstration introduce basic coaching cues	Safe and effective running posture	Describe good running posture? Alignment and strength to maintain posture whilst running
<b>Warm Up [15 mins]</b> 6 – 20 min	400m/3 min easy jog at talking pace. <b>Running Focus:</b> where are athletes looking	<b>Mobilisation:</b> shoulders, arm swings, shoulder rotations, hip rotations, knees and ankle rotations	<b>Mobilisation Focus:</b> dynamic range of motion	Why do we warm up with dynamic mobilisation rather than static stretches?
	400m/3 min easy jog, Have athletes running with arms by sides for short distance	<b>Activation:</b> ¾ lunge forwards and backwards (staying in same spot)	<b>Running Focus:</b> what are arms and shoulders doing? <b>Activation Focus:</b> upper body orientation and overall stability	What impact did running with arms by your side have on running technique?
	Progressive run, 5 min slightly faster than at start, encourage athletes to focus on their upper body posture	3 x 100m - accelerate from easy jog pace to 7/10, 8/10 then 9/10 intensity over 100m, rest for 30 sec between each	<b>Running Focus:</b> Upper body posture	What did you notice about your upper body posture as intensity/speed increased?
<b>Activity A [10 mins]</b> 21 – 30 min	<b>Demonstration:</b> Functional Balance. Athletes to hold for 10 sec each side <b>Progressions:</b> Option to close eyes.	1) Tall posture, one leg raised knee at 90°, opposite arm raised, elbow at 90° 2) Hip, knee and ankles all at 90 degrees	<b>Coaching Cues:</b> Look at horizon Relaxed feet, Strong posture, Speak and breathing to check core.	Ask athletes to watch other athletes and provide feedback against coaching points.?
	8 x 100m at 7/10 intensity. Full recovery between efforts	Coach at 50m to observe and provide individual feedback on coaching points.	<b>Coaching Cues:</b> Where are you looking? Engage arms, Falling fwd	What cues will ensure you maintain this posture when running?

## 3.1 Running – Posture.



ACTIVITY & TIME	SKILL FOCUS & ACTIVITY INFORMATION Set up, group organisation, instructions, progressions – how to CHANGE IT		KEY COACHING POINTS Reinforce what is important and why	QUESTIONS Challenge athletes to find solutions
<b>Activity B [10 mins]</b> 31 – 40 min	<b>Demonstration:</b> High Knees start in stationary position -> walking Walk for 15-20m performing drill, <b>Progressions:</b> Up on toes between steps then into short runs focusing on posture	1) Start in functional balance position, toes pulled up so ankle is at 90° glutes engaged 2) stepping forward, relaxed arms. 3) hold the standing posture for a few seconds between each step	<b>Coaching Cues:</b> “Strong body during transition”	Ask athletes to watch other athletes and provide feedback against coaching points.?
	8 x 100m at 7/10 intensity. Full recovery between efforts	Coach at 50m to observe and provide individual feedback on coaching points.	<b>Coaching Cues:</b> “High knees” “tall”	What cues will ensure you maintain this posture when running?
<b>Activity C [10 mins]</b> 41 – 50 min	<b>Demonstration:</b> Lunges [stationary] <b>Progressions:</b> walking once movement is competent, then short runs focusing on posture	1) Starting with good posture, step forward, so front knee is at 90°. 3) Breathe out when going down and breathe in when coming up. 4) Step back into standing position, and repeat with other leg	Knee should be over ankle, not in front of foot. Check posture from front and side - front, hip/knee/ankle aligned Focus on engaging glute muscles	Ask athletes to watch other athletes and provide feedback against coaching points.?
	4 x 400m at 7/10 intensity. Full recovery between efforts	Coach at 50m to observe and provide individual feedback on coaching points.		What cues will ensure you maintain this posture when running?
<b>Warm Down [10 mins]</b> 51 – 60 min	Easy jog down – athlete set intensity [3 mins]	Stretching session of major muscle groups used. [Children – 10 minutes’ play]	Hold static stretches for 30 secs.	<b>Reminder:</b> Why is stretching important following a session?

<b>REVIEW &amp; KEY POINTS</b> Review session, reinforce key points and “take home messages”	<b>Recap:</b> session objective and skill summary	<b>Revisit:</b> session objective – has it been achieved? <b>Summarise:</b> the session, reiterating the key “coaching points”	<b>Feedback:</b> Obtain feedback as to: <ul style="list-style-type: none"> <li>• running confidence</li> <li>• session intensity</li> <li>• understanding of technique</li> <li>• running posture</li> </ul>	Use this time to encourage team-building, inclusivity and confidence to ask questions
<b>WHATS NEXT?</b> Brief explanation of next session.	Praise and thank the group for attending Looking forward to next session	<b>Remind:</b> next session venue, session start time and equipment to bring along: <ul style="list-style-type: none"> <li>• clothing and equipment</li> <li>• drink bottle</li> </ul>	<b>Overview:</b> Provide an overview of the next sessions theme and content	

## 3.2 Running – Leg Recovery.



<b>COACH</b>		<b>DATE &amp; TIME</b>	
<b>GROUP ABILITY</b>		<b>OTHERS INVOLVED</b>	
<b>AREA/VENUE</b>	Running track/grassed area	<b>TIME:</b>	60 minutes
<b>THEME</b>	Running technique – Leg Recovery	<b>OBJECTIVE</b>	Identify effective leg recovery & impact on running technique
<b>SKILL SUMMARY</b>	Athletes will demonstrate an awareness of how effective leg recovery contributes to effective running and understand drills that help develop effective leg recovery. Athletes may have developed ability to maintain good leg recovery at faster running paces for longer durations.	<b>EQUIPMENT</b>	Whistle, stopwatch, clipboard, 20+ cones
<b>PRE-SESSION SAFETY CONSIDERATIONS</b>	Review session plan with supervising coach. Review facility documentation - confirm first aid/CPR coverage.	Review update athlete safety and welfare information Clothing and equipment safety check	

<b>ACTIVITY &amp; TIME</b>	<b>SKILL FOCUS &amp; ACTIVITY INFORMATION</b> Set up, group organisation, instructions, progressions – how to CHANGE IT		<b>KEY COACHING POINTS</b> Reinforce what is important and why	<b>QUESTIONS</b> Challenge athletes to find solutions
<b>Introduction [5 min]</b> 0 – 5 min	<b>Pre-run brief:</b> “Around the venue” safety brief, equipment check, run etiquette	<b>Explanation/Demonstration:</b> Leg recovery explanation and demonstration introduce basic coaching cues	Effective leg recovery	Why is leg recovery important to effective running technique? High recovery, engaging hamstrings = efficient/effective run motion.
<b>Warm Up [15 mins]</b> 6 – 20 min	800m/5 min easy jog at talking pace. <b>Running Focus:</b> running posture	<b>Mobilisation:</b> shoulders, arm swings, shoulder rotations, hip rotations, knees and ankle rotations	<b>Mobilisation Focus:</b> dynamic range of motion	Why do we warm up with dynamic mobilisation rather than static stretches?
	800m/5 min easy jog,	<b>Activation:</b> 2 x 20 double leg hops followed by 2 x 15 single leg hops	<b>Activation Focus:</b> small fast hops, pushing off from ground	Why are these activation exercises relevant to running warm up?
	Progressive run, 5 min slightly faster than at start, encourage athletes to focus on their upper body posture	3 x 100m - accelerate from easy jog pace to 7/10, 8/10 then 9/10 intensity over 100m, rest for 30 sec between each	<b>Running Focus:</b> running posture	Could you hold running posture as intensity/speed increased?
<b>Activity A [10 mins]</b> 21 – 30 min	<b>Demonstration:</b> Heel raise [stationary] <b>Progressions:</b> moving forward, then break into run.	1) Raise heel at back, don't hit bum use hands as guide 2) Thighs vertical, good posture	<b>Coaching Cues:</b> High heel at back, thighs stay vertical, just contracting hamstring to draw heel up	Ask athletes to watch other athletes and provide feedback against coaching points.?
	8 x 100m at 7/10 intensity. 30sec recovery between efforts	Coach at 50m to observe and provide individual feedback on coaching points.	<b>Coaching Cues:</b> strong posture, push off ground to raise heel	What cues will ensure you maintain this focus when running?

## 3.2 Running – Leg Recovery.



ACTIVITY & TIME	SKILL FOCUS & ACTIVITY INFORMATION Set up, group organisation, instructions, progressions – how to CHANGE IT		KEY COACHING POINTS Reinforce what is important and why	QUESTIONS Challenge athletes to find solutions
<b>Activity B [10 mins]</b> 31 – 40 min	<b>Demonstration:</b> High Knees [walking] Walk for 15-20m performing drill, <b>Progressions:</b> walking once movement is competent, then short runs focusing on posture	1) Start in functional balance position, thighs at 90° to body 2) ankle at 90° - sole of foot parallel ground toes pulled up so ankle is at glutes engaged 3) moving forward, relaxed arms. 4) hold the standing posture for a few seconds between each step	<b>Coaching Cues:</b> “Strong body during transition”	Ask athletes to watch other athletes and provide feedback against coaching points.?
	4 x 400m at 7/10 intensity. 60sec recovery between efforts	Coach to observe and provide individual feedback on coaching points.	<b>Coaching Cues:</b> “High knees” “tall”	What cues will ensure you maintain this focus when running?
<b>Activity C [10 mins]</b> 41 – 50 min	<b>Demonstration:</b> Combination <b>Progressions:</b> walking once movement is competent, then short runs focusing on posture	1) Starting single leg with good posture, step forward, so front knee is at 90°. 2) Draw lower leg up. 3) Knee points forward and down at 45°	Calf squeezes into hamstring Check posture from front and side - front, hip/knee/ankle aligned	Ask athletes to watch other athletes and provide feedback against coaching points.?
	2 x 800m at 7/10 intensity. 90sec recovery between efforts <b>Pacing:</b> consistent 5-10 sec variations	Coach at 50m to observe and provide individual feedback on coaching points.	<b>Coaching Cues:</b> Hold good posture, focus on recovery leg	What cues will ensure you maintain this focus when running?
<b>Warm Down [10 mins]</b> 51 – 60 min	Easy jog down – athlete set intensity [3 mins]	Stretching session of major muscle groups used. [Children – 10 minutes’ play]	Hold static stretches for 30 secs.	<b>Reminder:</b> Why is stretching important following a session?
<b>REVIEW &amp; KEY POINTS</b> Review session, reinforce key points and “take home messages”	<b>Recap:</b> session objective and skill summary	<b>Revisit:</b> session objective – has it been achieved? <b>Summarise:</b> the session, reiterating the key “coaching points”	<b>Feedback:</b> Obtain feedback as to: <ul style="list-style-type: none"> <li>• running confidence</li> <li>• session intensity</li> <li>• understanding of technique</li> <li>• running posture</li> </ul>	Use this time to encourage team-building, inclusivity and confidence to ask questions
<b>WHATS NEXT?</b> Brief explanation of next session.	Praise and thank the group for attending Looking forward to next session	<b>Remind:</b> next session venue, session start time and equipment to bring along: <ul style="list-style-type: none"> <li>• clothing and equipment</li> <li>• drink bottle</li> </ul>	<b>Overview:</b> Provide an overview of the next sessions theme and content	

## 3.3 Running – Force Production.



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<b>GROUP ABILITY</b>		<b>OTHERS INVOLVED</b>	
<b>AREA/VENUE</b>	Running track/grassed area	<b>TIME:</b>	60 minutes
<b>THEME</b>	Running technique – Force production	<b>OBJECTIVE</b>	Identify force production & impact on running technique
<b>SKILL SUMMARY</b>	Athletes will demonstrate an understanding of how to reduce foot contact time and increase force production to travel further with each stride without over striding resulting in faster running paces.	<b>EQUIPMENT</b>	Whistle, stopwatch, clipboard, 20+ cones
<b>PRE-SESSION SAFETY CONSIDERATIONS</b>	Review session plan with supervising coach. Review facility documentation - confirm first aid/CPR coverage.	Review update athlete safety and welfare information Clothing and equipment safety check	

<b>ACTIVITY &amp; TIME</b>	<b>SKILL FOCUS &amp; ACTIVITY INFORMATION</b> Set up, group organisation, instructions, progressions – how to CHANGE IT		<b>KEY COACHING POINTS</b> Reinforce what is important and why	<b>QUESTIONS</b> Challenge athletes to find solutions
<b>Introduction [5 min]</b> 0 – 5 min	<b>Pre-run brief:</b> “Around the venue” safety brief, equipment check, run etiquette	<b>Explanation/Demonstration:</b> Leg recovery explanation and demonstration introduce basic coaching cues	Effective leg recovery	Why is leg recovery important to effective running technique? High recovery, engaging hamstrings = efficient/effective run motion.
<b>Warm Up [15 mins]</b> 6 – 20 min	800m/5 min easy jog at talking pace. <b>Running Focus:</b> running posture	<b>Mobilisation:</b> shoulders, arm swings, shoulder rotations, hip rotations, knees and ankle rotations	<b>Mobilisation Focus:</b> dynamic range of motion	Why do we warm up with dynamic mobilisation rather than static stretches?
	800m/5 min easy jog,	<b>Activation:</b> 2 x 20 double leg hops followed by 2 x 15 single leg hops	<b>Activation Focus:</b> small fast hops, pushing off from ground	Why are these activation exercises relevant to running warm up?
	Progressive run, 5 min slightly faster than at start, encourage athletes to focus on their upper body posture	3 x 100m - accelerate from easy jog pace to 7/10, 8/10 then 9/10 intensity over 100m, rest for 30 sec between each	<b>Running Focus:</b> running posture	Could you hold your running posture as intensity/speed increased?
<b>Activity A [10 mins]</b> 21 – 30 min	<b>Demonstration:</b> Skipping <b>Progressions:</b> moving forward, then break into run.	1) Head up – look at horizon 2) opposite leg and arm drives at same time	<b>Coaching Cues:</b> rhythm, pushing off ground, minimise ground contact time	Ask athletes to watch other athletes and provide feedback against coaching points.?
	8 x 100m at 8/10 intensity. 45sec recovery between efforts	Coach at 50m to observe and provide individual feedback on coaching points.	<b>Coaching Cues:</b> strong posture, push off ground to raise heel	What cues will ensure you maintain this focus when running?

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<b>Activity B [10 mins]</b> 31 – 40 min	<b>Demonstration:</b> High Skips Walk for 15-20m performing drill, <b>Progressions:</b> progress to bounding if competent	1) progresses from skipping 2) knee comes up to waist high at 90° 3) toes drawn towards knee [dorsiflexed]. 4) elbows approx 90°	<b>Focus:</b> More dynamic than skipping, aim to get higher <b>Coaching Cues:</b> drive off ground arms drive forwards and back, not across body	Ask athletes to watch other athletes and provide feedback against coaching points.?
	3 x 100m - accelerate from easy jog pace to 7/10, 8/10 then 9/10 intensity over 100m, rest for 30 sec between each	Coach at 50m to observe and provide individual feedback on coaching points.	<b>Coaching Cues:</b> “reduce contact time” increase force production	What cues will ensure you maintain this focus when running?
<b>Activity C [10 mins]</b> 41 – 50 min	<b>Demonstration:</b> Bounding [Bambi Skips]	1) Same as high skips + Focus	<b>Focus:</b> emphasise moving forward, longer stride length	Ask athletes to watch other athletes and provide feedback against coaching points.?
<b>Warm Down [10 mins]</b> 51 – 60 min	Easy jog down – athlete set intensity [3 mins]	Stretching session of major muscle groups used. [Children – 10 minutes’ play]	Hold static stretches for 30 secs.	<b>Reminder:</b> Why is stretching important following a session?
<b>REVIEW &amp; KEY POINTS</b> Review session, reinforce key points and “take home messages”	<b>Recap:</b> session objective and skill summary	<b>Revisit:</b> session objective – has it been achieved? <b>Summarise:</b> the session, reiterating the key “coaching points”	<b>Feedback:</b> Obtain feedback as to: <ul style="list-style-type: none"> <li>• running confidence</li> <li>• session intensity</li> <li>• understanding of technique</li> <li>• running posture</li> </ul>	Use this time to encourage team-building, inclusivity and confidence to ask questions
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