

Stage of Development: Foundation stage

Key Deficiencies from Athlete Profile:

ABCS: Coordination

Technical Low hips

Physical prep/ component of Fitness Strength endurance, aerobic

Goals		Main Technical Skills Goal:		high hips		Main Component of Fitness Goal:		Build strength & Endurance	
Weeks/ planning area	1 21 mar	2 28 mar	3 4 apr	4 11 apr	5 18 apr	6 25 apr	7 2 may	8 9 may	
Fundamen tal Running Skills: ABC's	Wams up & cool down x 1	WU & CD x1	WU & CD x1	WU & CD x1	WU & CD x1	WU & CD x1	WU & CD x1	WU & CD x1	
Physical Preparatio n (Strength and conditioni ng)	1 session x1	1 session x2	1 session x3	1 session x2		1 session x2	1 session x3		
Technical Running Drills	Warm up x1	WU x1	WU x 1	WU x 1	WU x 1	WU x 1	WU x 1	WU x 1	
Fitness: Running activities, endurance, speed	Long run x1 Interval x1	Long run x 1. Interval x 1 Speed hills x1	Long run x 1. Interval x1 Hills x1	Long run x 1. Intervals x 1	Easy long run x 1. Race HM	Long run x 1. Intervals x 1	Long run x 1. Intervals x 1 Tempo x 1	Easy long run x 1. Race 10k	
Other sports									
Loadings: High, Medium or Low	Low	Medium	High	High	Low	Medium	High	Low	

