

# CHANGING pace



CiRF Session Card 1

YOU  
WILL NEED  
Marker cones

## AIM

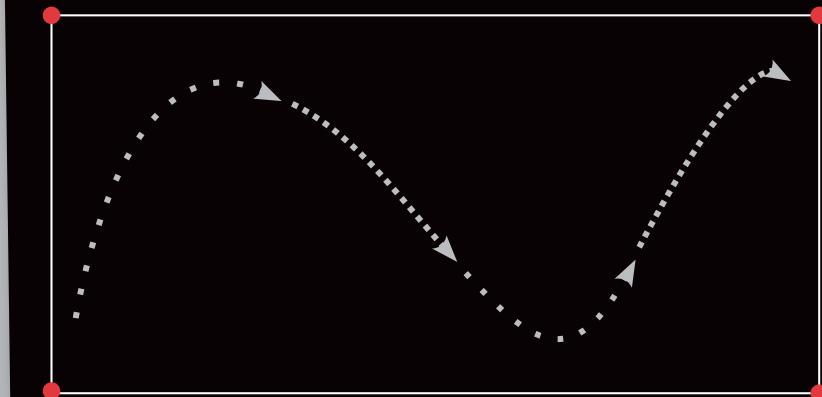
Athletes will have practiced accelerating and decelerating smoothly.

### HOW TO ORGANISE THE SESSION

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

### WHAT THE ATHLETES WILL DO

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



### SELECT ONE OR TWO POINTS TO OBSERVE

- ① Smooth change of pace.
- ② Select one point from endurance and maximum velocity technical template that should change with pace.

# RUNNING OVER obstacles



**YOU WILL NEED**  
Varied obstacles (eg low hurdles, canes), marker cones

## AIM

Athletes will practice running over variously spaced obstacles with either leg leading.

### HOW TO ORGANISE THE SESSION

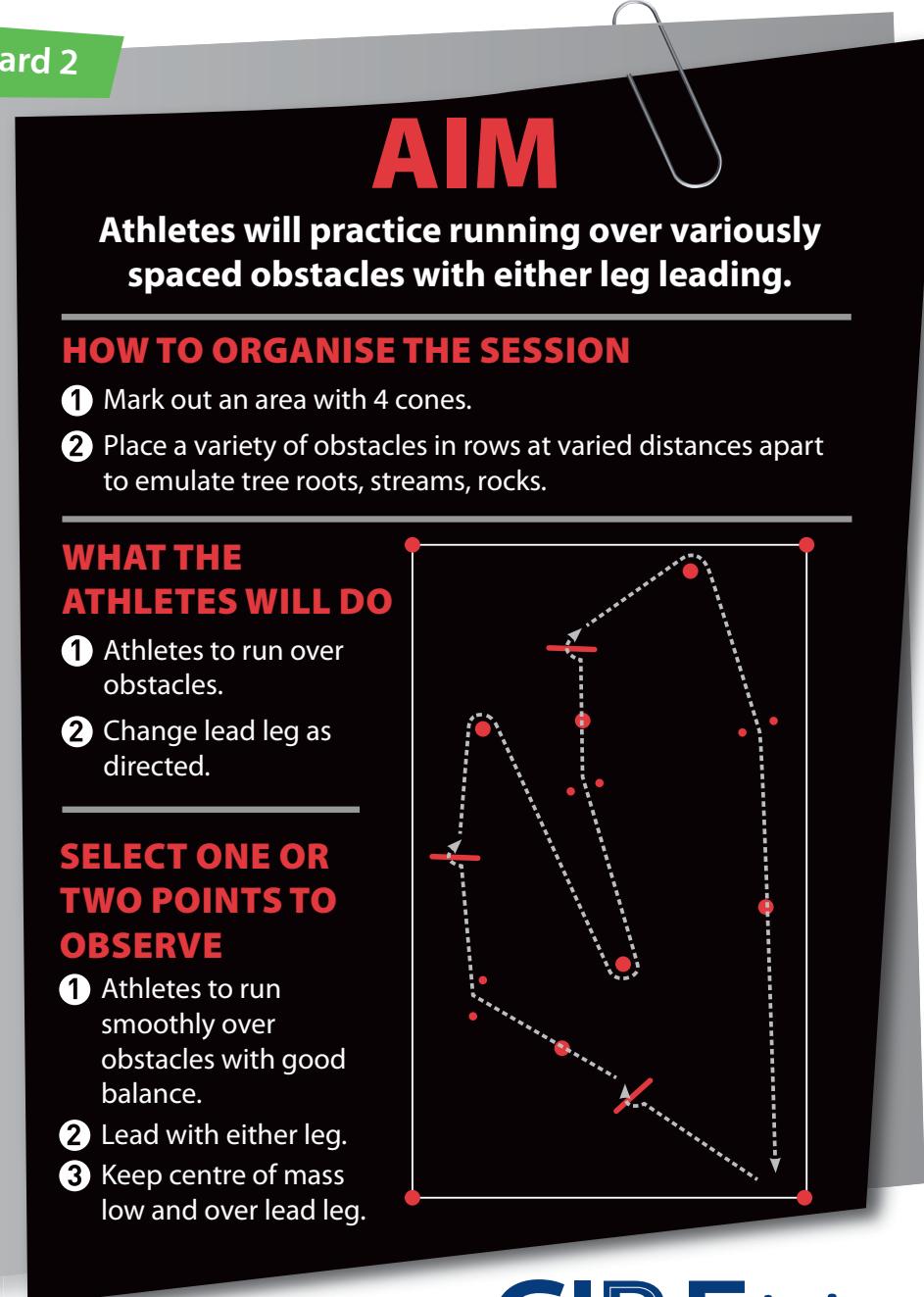
- ① Mark out an area with 4 cones.
- ② Place a variety of obstacles in rows at varied distances apart to emulate tree roots, streams, rocks.

### WHAT THE ATHLETES WILL DO

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

### SELECT ONE OR TWO POINTS TO OBSERVE

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



# PARLAUF relays

YOU  
WILL NEED  
Marker  
cones



## AIM

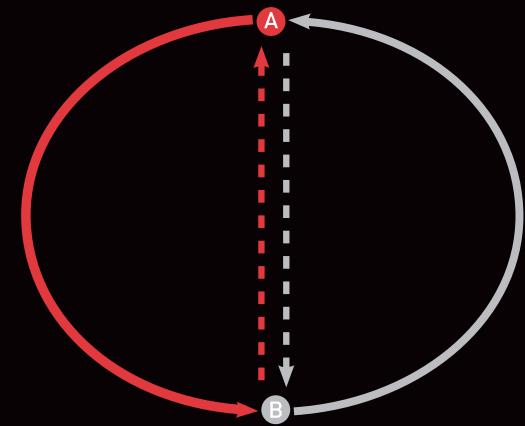
Use effort and recovery to develop the lactic energy system.

### HOW TO ORGANISE THE SESSION

- 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 THE ATHLETES WILL DO

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

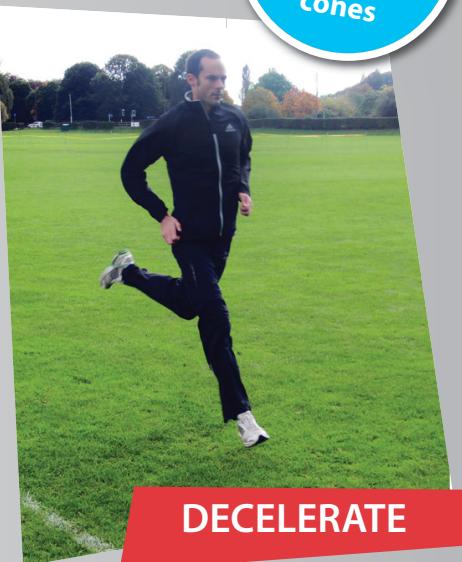


### SELECT ONE OR TWO POINTS TO OBSERVE

- 1 Select points from endurance template.

# FLYING 30S

MAX VELOCITY  
ABILITY  
(ALACTIC)



YOU  
WILL NEED  
Marker  
cones

## AIM

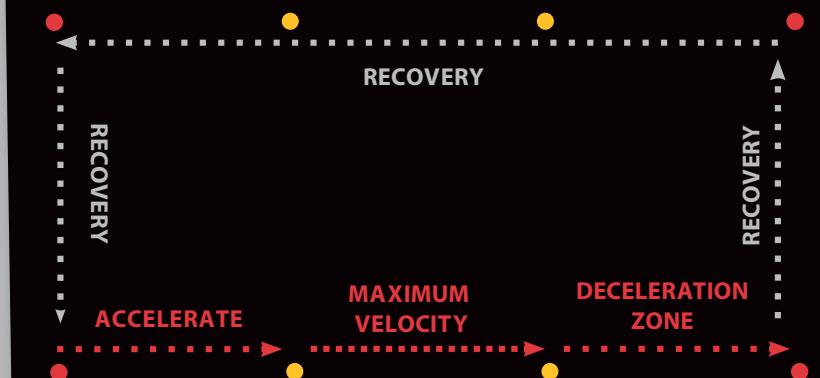
**Athletes will train the alactic energy system.**

### HOW TO ORGANISE THE SESSION

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

### WHAT THE ATHLETES WILL DO

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



### SELECT ONE OR TWO POINTS TO OBSERVE

- ① Good acceleration to maximum velocity and technique.
- ② Select from Technical Template for Maximum Velocity Running.

# fartlek SESSION



YOU  
WILL NEED  
Marker cones



## AIM

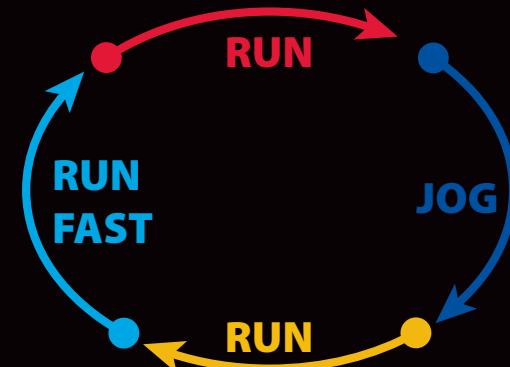
Athletes will develop the energy system selected by the coach.

### HOW TO ORGANISE THE SESSION

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

### WHAT THE ATHLETES WILL DO

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



### SELECT ONE OR TWO POINTS TO OBSERVE

- 1 Athletes to vary pace and intensity as directed by coach.
- 2 Technical templates for endurance and speed.

# CONTINUOUS PACE run



YOU  
WILL NEED  
Marker cones,  
stopwatch

## AIM

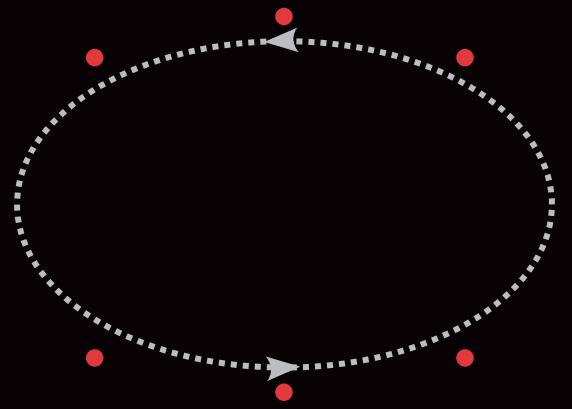
Continuous run maintaining pace for each lap.  
Aerobic effort.

### HOW TO ORGANISE THE SESSION

- ① Mark out a course with cones.
- ② Coach will sample athlete times to check pace judgement.

### WHAT THE ATHLETES WILL DO

- ① Athletes run continuously around the loop without losing their pace.



### SELECT ONE OR TWO POINTS TO OBSERVE

- ① Consistent pace.
- ② Aerobic effort (no loss of pace).
- ③ One or two points from endurance technical template.