

The background is a collage of various athletic scenes. At the top, a male athlete in a white and blue uniform is shown in a starting crouch on a track. To the left, a female athlete in a blue and pink uniform is running. In the center, another female athlete in a blue and black uniform is running. Below that, a male athlete in a white and black uniform is running. At the bottom, three female athletes are smiling; one is wearing a yellow and green jacket, another is in a black and yellow uniform, and the third is wearing a blue and white scarf. The overall theme is Scottish athletics.

scottishathletics



COACHING CONFERENCE 2015

EMIRATES ARENA, GLASGOW

26 & 27 SEPT 2015

Session Overview:

- Long Term Athlete Development /10 year plan
- School/Work/University
- Annual planning
- Championships
- Sample sessions
- Cross training
- Test sessions
- Funded athlete lifestyles
- The Future

LTAD / 10 Year Plan

- Progressive training/growth spurts
- Multi-sport/specialisation
- Habits
- PBs
- Coach escort/coach transfer

LTAD UNDER 14

- Enjoyment
- Multi-sport
- PBs
- Personality
- Parents/clubs

LTAD UNDER 16

- Enjoyment
- Multi-sport
- Growth spurts
- PBs
- Travel
- Teams
- Form

LTAD UNDER 18

- Enjoyment
- Multi-event
- PBs
- Form
- Weights/cross
- Testing
- Running to win
- Targets
- Equipped for post-school
- Coach transfer/escort

SCHOOL / WORK / UNIVERSITY

- Running in school
- Exams/deadlines
- US scholarships
- Priorities
- Work
- Adjustment phase

ANNUAL PLANNING

- Single peak/Lydiard
- Most important training quarter/month
- Value of cross country
- Number of races in a build-up/frequency
- PB sessions
- Qualifying for championships

TRAINING PLAN DETAIL

- Term dates/exam dates
- Peak race date/countdown
- Build up race dates
- Plan B races
- Overall mileage/rest
- Cross-training
- Ice/massage
- Track
- Tests/progression/balance

CHAMPIONSHIPS

- Travel
- Conditions
- Routines
- Familiarity
- Rooming
- Rounds
- Call room timings
- Race times
- Personal coach access

SAMPLE SESSIONS

- Spikes
- 5 pace training
- Change of pace/drills
- Surfaces
- Hills
- Variation
- Training partners

CROSS TRAINING

- Strength and conditioning / Oregon Project
- Exercise bike
- Deep water running
- Yoga/Pilates
- Stretching

TEST SESSIONS

- Pre-break analysis
- Post-break
- Time trials
- Repeat sessions

FUNDED ATHLETE LIFESTYLE

- Qualifying times
- ADAMS
- Training partners
- Altitude/tents
- Training camps
- Diet/hydration
- Income
- When things go wrong

THE FUTURE

- Incremental gains
- Cross training
- Sleep
- Diet
- Injury prevention
- Recovery – ice
- Form/ground contact
- Training Peaks
- Relaxation/Psychology

The background is a collage of various athletic scenes. At the top, a runner in a white and red uniform is captured mid-stride on a track. Below that, a female athlete in a blue and pink uniform is running. In the center, a male athlete in a white jersey with the number 258 is running. At the bottom, a young girl in a yellow and green jacket is smiling, and a woman in a blue and white scarf is also smiling. The overall color palette is dominated by purple, blue, and orange tones.

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