

## **Two Minutes on Two Minutes Off Session Plan**

### **Session Introduction:**

- Gather all runners together
- Check for new runners, welcome, introduce etc
- Check for injuries / fitness concerns (address if necessary)
- Explain session – what will we be doing and why

### **Warm Up:**

Steady jog of about a mile or so prior to regrouping and introducing the main part of the session.

### **Main Session:**

Fairly self-explanatory, using a stop watch time an effort of 2 minutes and then a recovery of 2 minutes before the next effort. Running continuously over a predetermined route (e.g. the Last Gasp handicap route, or over Lydgate, up Cooper St and down Wall Hill to Diggle) and you just throw the efforts in along the way.

### **Cool Down:**

Steady jog back to the cricket club. Try and encourage runners to carry out static stretching back at the cricket club to promote recovery, increase flexibility and in turn running efficiency.

### **Coaching Points / Session Goals:**

The key with this is pacing and not setting off to fast on the first reps, you want to be able to run the last one as fast as you ran the first one. Start with a manageable number of reps and if you do the session again at a later date you can start to add a few more. Ensure everyone regroups after each rep getting the runners at the front to loop back around. There should be no standing still.