

Durham City Harriers & AC
Under 15s Training Group (school years 8, 9 and 10)

Training Schedule – January to March 2015

Number in training group: 15-24 (many athletes train only once a week)

Aim of training programme: to develop all round athletic skills (sprinting, middle distance running, jumping and throwing)

Periodisation: winter endurance but also skills development and basic sprint technique practice because many athletes are new to sprinting

DCH U15 training group session plans Jan-Mar 2015

Tue 6 th January 2015	
18.30-18.55 skills drills	1kg medicine balls throwing drills in pairs, 2kg med ball throwing for distance
19.00-20.00	Agility drills (dynamic stretches over 400m), strides, 2 x 3 x 300m
Thu 8 th January 2015	
18.30-18.55 skills drills	Seated balances (Athletics 365 section 2)
19.00-20.00	Dynamic stretches, sprint drills, strides, 4 x 50m, 4 x 100m all with a 3 point start. Aim to encourage exaggerated use of arms in first 5 strides during pick up phase of sprint start.
Tue 13 th January 2015	
18.30-18.55 skills drills	Icy and snow on ground. Warm up running on grass.
19.00-20.00	Agility drills. 4 x 300m reps on grass loop. In pairs run loop in opposite directions and turn round when pairs meet, race back to start. One lap (300m) relay in teams of 3.
Thu 15 th January 2015	
18.30-18.55 skills drills	Wet and cold. Track becoming icy. Standing balances (Athletics 365 3)
19.00-20.00	Sprint pyramid (50, 80, 100, 120, 100, 80, 50) using only straight track
Tue 20 th January 2015	
18.30-18.55 skills drills	Static balances (Athletics 365 1)
19.00-20.00	Agility drills, sprint drills, strides. 50m x 6, 2 using each of standing start, falling start, crouch start, 100m, 4 x 100m relay races
Thu 22 nd January 2015	
18.30-18.55 skills drills	Jog laps x 2 warm up, hurdle drills
19.00-20.00	Agility drills, strides, 2 x 3 x 90 seconds efforts.
Tue 27 th January 2015	
18.30-18.55 skills drills	Long jump warm ups. Long jump drills.
19.00-20.00	Agility drills, strides, 2 x 3 x 400m
Thu 29 th January 2015	
18.30-18.55 skills drills	Medicine ball throwing warm-up drills
19.00-20.00	Agility lap, sprint drills, 2 x 40m, 2 x 60m, 80m, 100m
Tue 3 rd February 2015	
18.30-18.55 skills drills	Cold. Track slippery. Standing balances (Athletics 365 3)
19.00-20.00	Agility drills, sprint drills, strides. Practice set up of crouch start. 2 x 30m, 2 x 40m, 2 x 50m efforts all using crouch start. Relay baton changing drills.
Thu 5 th February 2015	
18.30-18.55 skills drills	Dynamic balance drills (Athletics 365 section 5)
19.00-20.00	Agility drills, strides, middle distance pyramid – 200m, 1 min recovery, 400m, 2 mins recovery, 600m, 3 mins recovery, 800m, 5 minutes recovery, 600m, 3 mins recovery, 400m, 2 mins recovery, 200m
Tue 10 th February 2015	

DCH U15 training group session plans Jan-Mar 2015	
18.30-18.55 skills drills	2 x jog laps, javelin warm ups (incl. med ball throwing) and runway drills
19.00-20.00	Agility drills, strides, 3 x 800m efforts with 5 mins recovery after each effort. Squats between efforts 1 and 2. Clock lunges between efforts 2 and 3.
Thu 12 th February 2015	
18.30-18.55 skills drills	2 x jog laps, seated balances with jog circuits in between exercises (365 section 2)
19.00-20.00	Performance benchmarking session. Timed 100m, 10 mins recovery, timed 200m, 10 mins recovery, timed 400m. 4 x 100m relay race if time.
Tue 17 th February 2015	
18.30-18.55 skills drills	Hurdle drills
19.00-20.00	Agility drills lap, sprint drills (including penguins and high knees into strides), 2 x 30m practicing driving arms back in first four strides, 2 x 50m, 2 x 70m, each set of 2 with one standing start, one crouch start, timed 100m
Thu 19 th February 2015	
18.30-18.55 skills drills	Long jump drills and short run up long jump practice
19.00-20.00	3 x 200m paalovs in teams of 3, with athletes staying in same place after each effort and waiting for 3 rd athlete to return to their finish position
Tue 24 th February 2015	
18.30-18.55 skills drills	Med ball throwing drills and shot put practice using 600g trainer shots to improve throwing technique
19.00-20.00	Agility drills, strides, 800m timed, grass circuits around cricket pitch (500m), 2 sets 2 x 1 lap, relay over 200m on grass in teams of 3
Thu 26 th February 2015	
18.30-18.55 skills drills	Static balances (Athletics 365 section 1)
19.00-20.00	Agility drills, sprint drills, 2 x 3 x 80m sprinting around the bend, all using a three point start to practice exaggerating arm movements in first three strides to gain momentum and pick up to the upright position. Baton changing practice (standing). 4 x 100m relay
Tue 3 rd March 2015	
18.30-18.55 skills drills	Long jump drills and short run up long jump
19.00-20.00	Agility drills, sprint drills, strides, 2 4x100m races, baton changing practice using moving drills (lane position, choice of hand exchange, distance from partner when shouting 'hand'), 2 4 x 100m races to see if times improve after exchange drill practice
Thu 26 th February 2015	
18.30-18.55 skills drills	Seated balances (Athletics 365 section 2)
19.00-20.00	Either grass circuits around cricket pitch (1 lap, 3 minutes rest, 1 lap, 3 minutes rest, 2 laps, 5 minutes rest, 1 lap, 3 mins, 1 lap) OR if cricket pitch is busy, middle distance pyramid on track (200, 400, 600, 800, 600, 400, 200). For those athletes who are flagging after the first 600m, let them skip the middle 800m.

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DCH U15 training group session plans Jan-Mar 2015	
Tue 10 th March 2015	
18.30-18.55 skills drills	Shot put med ball warm ups using 1kg med balls
19.00-20.00	Agility drills (dynamic stretches over 400m), strides, 2 x 3 x 300m, 2 minute recoveries between repetitions, 5 minute recovery between sets, timed 400m races to finish in lanes (record times), jog lap cool down, static stretches
Thu 12 th March 2015	
18.30-18.55 skills drills	Long jump warm up drills and short run up (5 or 6 strides) long jump
19.00-20.00	Agility drills (dynamic stretches over 400m), strides (2 in flats, 2 in spikes), 8 x starts over 35m, 2 x falling start, 2 x standing start, 2 x 3 point start, 2 x crouch start, 100m timed from standing start, 100m timed from crouch start, jog lap cool down, static stretches
Tue 17 th March 2015	
18.30-18.55 skills drills	Hurdle drills (knee drives, leg drives, lead leg walk overs, trail leg walk overs, knee drive half turn knee drive drills)
19.00-20.00	Agility drills over 20m, sprint drills, strides, 6 efforts from 200m start, 50m, 70m, 90m, 110m, 130m, 150m. Timed 200m. 4 x 200m relays.
Thu 19 th March 2015	
18.30-18.55 skills drills	Javelin throw warm ups (2kg med ball throwing in pairs, runway drills), turbo jav throwing
19.00-20.00	Session 1: (for those who <i>don't</i> want to do more javelin) Agility drills (dynamic stretches over 400m), strides (2 in flats, 2 in spikes), 2 x 400m, 600m, 10 minute recovery doing squat practice with arms in front and arms above head and clock lunges, timed 800m, jog lap recovery, static stretches to finish Session 2: (including javelin throw) Runway drills, practice transition from forward running to crossovers. Safety, how to grip the javelin, how to carry it, how to pass it safely to another, how to retrieve it safely from the ground, when to throw (not when horn blows but when coach/official indicates), javelin throw practice (until 19.30). Warm up agility drills lap, strides x 2, 400m, 5min recovery with squat practice, timed 800m, lap jog recovery, static stretches
Tue 24 th March 2015	
18.30-18.55 skills drills	Shot put warm ups and practice, 2kg med ball throwing drills in pairs, including single arm push throw with rotation and hip thrust, half group practice with 600g shot throwing onto football pitch, half throwing standard weight (3kg girls, 4kg boys) shot from shot circles.
19.00-20.00	Agility drills lap, strides x 4 (2 in flats, 2 in spikes), 2 x 4 x 400m, 2 minute recoveries, 5 minutes between sets, 4 x 400m relay to finish if time.
Thu 26 th March 2015	
18.30-18.55 skills drills	If dry, high jump warm ups, 3 stride pop ups, jump backwards onto bed with arms and legs above body, scissor jumps over 80cm, flop over 1.00m then move bar up by 10cm each time.
19.00-20.00	Agility drills (dynamic stretches over 400m), sprint drills, strides (2 in flats, 2 in spikes), 3 x 100m with walk back recoveries, 3 x 150m with walk back recoveries, timed 100m, jog lap cool down, static stretches