

WH JUNIORS BACK TO TRAINING PLAN JUNE 2020

Fundamentals

- Safety and health of participants and coach are paramount.
- Follow Government guidance
- Follow EA guidance (most recent as at 10/6/20), see picture



Expectations of participants

This will not be a traditional session in the format when we stopped training in March. It is a best in the current circumstances approach to train and have some fun but aimed at runners who will take the session seriously.

A higher standard of behaviour will be required and expected of participants than usual so as to ensure observance of guidelines. Any bad behaviour may mean participation ceases.

The session will be strictly limited to the coach plus up to 5 participants.

IMPORTANT: participation will be based upon a first come first served basis having advised the coach of intention to attend via Facebook or by a direct message. If having registered the runner cannot come then they **MUST** advise.

If anyone turns up without having booked, they will be turned away.

In the event of oversubscription we will consider running consecutive sessions with say a 10/15 minute break between or on another day or another coach with parallel session but separately.

If any runner or member of their family has symptoms of coronavirus they must not take part.

Implementation

1. Venue. It is proposed to use Silsden Park. Meeting by the road at the top. We may be able to progress to fields/fells once routine established.
2. Note, no toilets or any other facilities are available.
3. Equipment. None save for that provided by Coach. The only equipment will be marker discs to deal with physical distancing. To be sanitised before and after use by the Coach. Coach to put out clean at beginning and Coach to collect at end and clean.
4. Anything brought by runners, water bottles, jackets etc must be kept by their "base station" disc for the duration and not shared or handled by anyone else.
5. Parents/carers can stay and observe but from a good distance and ensuring their own physical distancing.

Session plan

1. Warm up. Possibly run round park at staggered intervals keeping distance
2. Set up. Exercise in lanes at least 2 metres apart. Disc at either end of lane. Each runner to use disc as base station and when not exercising, **not** to move away from it. Can sit down between exercising to remove temptation to move towards others!
3. Running drills from disc markers
4. Speed reps from disc markers
5. Races from disc markers
6. Warm down when returning to top of field to parents/carers