

# 1500m

# Endurance

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Endurance	10 x 400m	Race Pace	2 - 3 Minutes	
WATERBREAK					
	Core	Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	
	Cool Down Recovery				

# 1500m

# Pace & Interval

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Pace	1000m	Race Pace	5 Minutes	
WATERBREAK					
		600m	Race Pace	3 Minutes	
WATERBREAK					
		400m	Race Pace	5 Minutes	
WATERBREAK					
	Core	Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	
	Cool Down				
	Recovery				

# 1500m

## Pace & Endurance

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Pace	5 x 600m	Race Pace	5 Minutes	Water as needed
WATERBREAK					
	Core	Plank 3 x 30s Side Plank 3 x 30s Mountain Climbers 3 x 30s	100% 100% 100%	1 - 2 Minutes 1 - 2 Minutes 1 - 2 Minutes	
	Cool Down Recovery				

# 1500m

# Race Simulation

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Meet Prep	1 X 1500m	100%	10 Minutes	Maintaining proper running form and technique. Slow jog after 1500m for 400m
WATERBREAK					
		2 X 400m	100%	2 Minutes	
WATERBREAK					
	Cooldown Recovery				

# 1500m

# Tempo & Recovery

Notes:

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Effort	Rest Time	Teaching Points
	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice		
WATERBREAK					
	Tempo	10 Minute Run		5 Minutes	
WATERBREAK					
	Recovery Run	Conversational Run 20 Minute run			Run at a pace to which you can hold a conversation
WATERBREAK					
	Cool Down Recovery				