



Have fun, make friends, compete. For everyone, every age, every level



# **Colchester Harriers AC**

## **Adult endurance Coaching framework**



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## **1. Purpose**

This document is aimed at formalising and detailing the structure of the Adult Endurance Groups of the Club.

## **2. Context**

There are currently a number of disparate groups run within the Club and, whilst the Adult Endurance Coaches meet and communicate regularly, they operate very much in isolation from one another. There are some nights when very large numbers of Adult athletes are on the track and, whilst they are allocated lanes 1 and 2, occasionally track traffic is an issue. This includes ad hoc groups of athletes.

More importantly perhaps, Dave Wright who has for many years looked after a Group, is moving on from the Club and sadly the area, over the next 12 months or so. It is felt right to review and implement change now rather than wait for Dave to leave. This will ensure that his departure is planned but also that Dave can remain an integral part of the Coaching organisation whilst not having the overhead of being solely responsible for creating and organising cover for sessions. It is hoped Dave will still be very much part of the team, continuing to take sessions. It is testament to Dave's ability and personality that the Group he currently runs is deemed to large now for just one person.

It is hoped that with smaller groups better quality coaching can be provided. There is little opportunity to coach at present, the coaching duties constituting mainly timekeeping. Obviously in addition to the main objective, that of keeping athletes and those around them, safe is of paramount importance.



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### 3 Club Coaches

The following coaches are part of the Adult Endurance structure:

1 X Level 3

1 X Level 2 CiRF

4 X Level 1 LiRF

One of the Level 1 coaches has embarked upon their Level 2 CiRF qualification, another has the course booked and commencement is imminent. There is also interest in another athlete to take the LiRF course and they are in the process of booking a course. A recent first claim transfer athlete is a qualified LiRF and has expressed an interest in coaching in the future.

### 4 Current structure

Elites: Richard Pickering, Steph Horner

Seniors: Dave Wright, Clive Thomas and occasionally currently unqualified personnel.

Introductory: Lydia Cunningham

### 5 New Structure

An appropriate Group naming convention may be implemented over time but in the interim they will be known as the Groups led by the individuals as outlined later in this document. The timings or entry criteria for each group as shown below is the ability to consistently run within them. The groups will be led by:

Lydia Cunningham. Beginners, improvers, social runners but organised within a structured session set up. 30 min 5K

Dave Wright (group shared with Kieran Callaghan): 25min 5K, 40 Min 5 Miles 50 minutes 10k

Steph Horner: 21 min 5K, 34 min 5 Mile, 42 Min 10 K

Richard Pickering 18:15 5K, 30 min 5 mile, 38:30 10K.

This leaves at least 1 LiRF available to backfill sessions where the main coach is unavailable. This will be planned and agreed on a rotational basis. With the new structure, this pool of coaches is deemed sufficient for the Adult Endurance sector although the situation, as part of the ongoing development of this Framework, will be kept under review.

These will be the Club approved Groups, and as such only athletes within these groups will be permitted to use the track unless specifically and exceptionally under the supervision of one of the adult endurance club coaches. Track traffic must be better managed going forwards for the benefit of all users. No additional ad hoc coaching groups will be permitted on the track during session times, typically 6:45 – 8pm.



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Athletes will be encouraged to move between groups as they improve / seek a challenge. Similarly during injury or recovery, there is nothing to prevent an athlete from attending another session with a slightly less challenging pace.

As outlined above, the 2 LiRFs at the Club in addition to Lydia Cunningham will be available and asked to take sessions on a rotational basis when lead coaches are not available. It is envisaged that the lead coaches will provide an 8 week session programme in advance. This will be shared on the closed Club Facebook page but not the Club Website. The groups will alternate use of the track facilities to more evenly distribute the track traffic. This of course becomes much easier during the lighter Summer months. It is envisaged that the groups lead by Steph and Dave will have identical track and off track sessions within each week, but alternating on a Tuesday and a Thursday. Joint off road sessions in the Summer months are being planned.

## **6 Timescale**

This new structure will be implemented on Tuesday 26 March. Notwithstanding the entry criteria, athletes are free to choose whichever Group they feel is best for them although guidance will be provided from the coaches, given as always in the best interests of the athletes.

## **7 Document history**

V 1.0 Initial draft 7 February 2019

V 1.1 Minor additions and revisions following initial feedback Version 19 February 2019

V 1.2 Typing corrections and logo added 12 March 2019

V 1.3 Table of contents and further amendments to coaching leads

V 1.4 Rewording of section 5 for clarity

V 1.5 Updated to reflect changes to personnel and qualifications.