

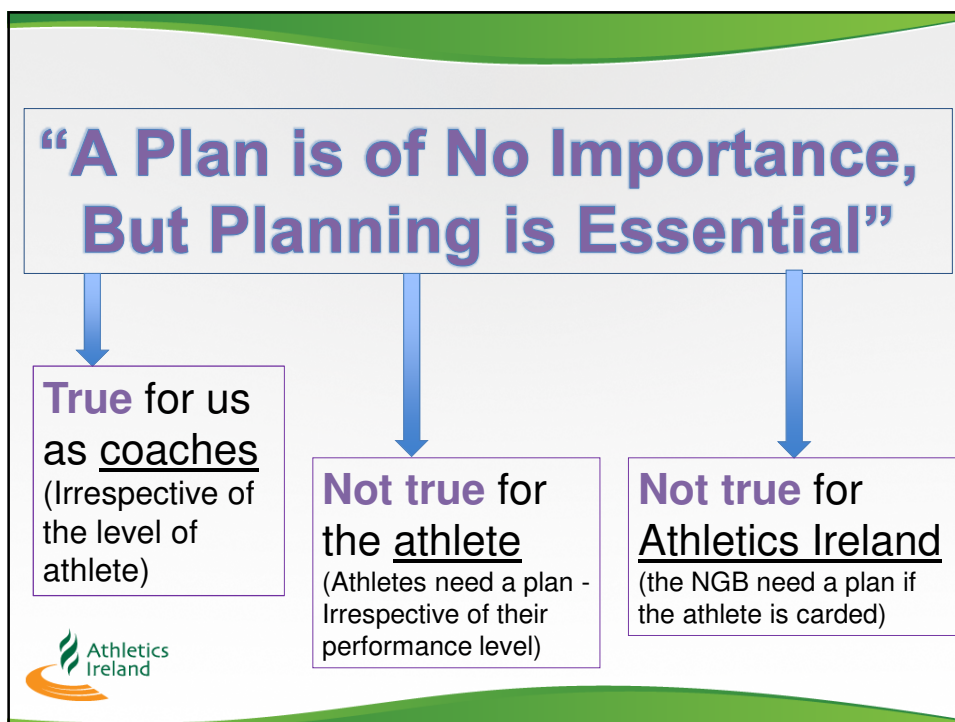


Planning Workshop

“A Plan is of No Importance, But Planning is Essential”


Hayley Harrison, via Zoom 31/10/20 at 6pm

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“A Plan is of No Importance,
But Planning is Essential”

- True for us as coaches
(Irrespective of the level of athlete)
- Not true for the athlete
(Athletes need a plan - Irrespective of their performance level)
- Not true for Athletics Ireland
(the NGB need a plan if the athlete is carded)



Session outcomes.....

By the end of the session you will be able to plan for the 2020/2021 season through an ability to:

1. goal set with your athlete(s)
2. write a basic training phase plan
3. write a draft competition plan for 2021 (with contingencies)
4. write a performance plan for submission to AAI (if appropriate)



Goal Setting (annual)

- Typically done as part of an annual review
- Should include training & competition related goals
- Should have short, medium and long term aspects to it
- May include some lifestyle (non Athletics specific) goals
- Should follow the SMART principle (Specific, Measurable, Achievable, Realistic [or Relevant] & Time-framed)



Example One

Athlete Profile: 19 and just missed out on European U20 qualification in the 800m in 2019

Goals set for 2021:

1. To win the national indoor and outdoor U23 and senior 800m
2. To gain selection for the European U23 Champs in Bergen
3. To run PBs in the 400m and 800m
4. To be more organised
5. To get more sleep
6. To beat Mark English at least once
 - Improve time management (attend college workshop on this starting Oct 31st 2020) and set off for training 10 mins sooner than usual)
 - Aim to get 8 hours sleep (currently av. 6hr 30 mins) by going to bed by 11pm
 - Improve basic speed (indicators will be 400m and 600m PBs in training)
 - Target U23 national indoor champs OR time trial 800m if no indoor champs
 - To win national outdoor U23 title
 - To medal at national senior champs
 - Qualify for European U23s & reach the SF



Example Two

Athlete Profile: 27, former participant in the European Team Champs in the javelin, been injured for 2 years

Goals set for 2021:

1. To train 3 times a week without the body breaking down
2. To continue rehab exs at home for 15 mins each day
3. To join in with the sprinters for speed work on a Monday evening
4. To work towards full fitness by Christmas 2020 (culmination of points 1-3 above)
5. To evaluate training on a month by month basis
6. Try to find positives in every training session (& write them down)
 - All good, but very short term, so look to add things relating to at least the medium term e.g. If full fitness is achieved by Christmas, look to add another technical/throwing session in on a Friday.
 - No competition related goals – this is OK, but maybe look to achieve a particular training target e.g. standing throw of 45m



For each goal set, make sure there's a back up goal and/or one that is not reliant on other people.

You nor your athlete can determine position in a competition....it's not in your hands, so have a 'performance' target as well as a 'position' target.

A performance result may be achieved with or without any technical or tactical proficiency – have targets that allow for both.

- Should include training & competition related goals
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- Should follow the SMART principle (Specific, Measurable, Achievable, Realistic [or Relevant] & Time-framed)



Goal Setting (*multi-annual*)

This is usually progressional and based around major competitions (for carded athletes).

Targets should be incremental e.g. if the target is 'reaching the SF of the European U20s', then, if still U20 the following year, it might be to make the SF of the World U20, NOT 'making the final of World U20' unless performances justify that jump.

So for a 20 year old just coming out of the Junior ranks it may be something like....

Year 1: (2021): Qualify for Euro U23 Champs in Bergen

Year 2: (2022): PB (no major champs)

Year 3: (2023): Final at Euro U23 Champs (venue TBD)

Year 4: (2024): Qualify for & PB at European Champs (venue TBC)



For seniors, the multi-annual targets might be.....

Year 1: (2021): PB (no major champs as it's Olympic year)

Year 2: (2022): Qualify for European Champs in Munich

Year 3: (2023): Qualify for World Champs in Budapest

Year 4: (2024): SF at European Champs (venue TBC)

Qualify for Olympic Games in Paris

OR

Year 1: (2021): PB (no major champs as it's Olympic year)

Year 2: (2022): SF at European Champs in Munich

Qualify for World Champs in Eugene

Year 3: (2023): SF at World Champs in Budapest

Year 4: (2024): SF at Olympic Games in Paris

Final at European Champs (venue TBC)



Basic Training Phase Plan

Having agreed your goals for the coming year, putting your training phases together as a plan becomes a lot easier.

1. Write down all the things you think you need to include in the plan to achieve your listed goals.
2. Decide what has to come before or after something else e.g. no point in putting down 'speed work' before 'rehab' if they are coming back from injury.
3. Divide that into the number of sessions available per week and the number of weeks available (leaving a minimum of 2 (usually 4 to 6) weeks before competition to do competition specific work).



Draft Competition Plan

Where to look for competitions:

<https://www.athleticsireland.ie/competition/fixtures>

<https://www.european-athletics.org/calendar/index.html#date=20210313&view=month&comp=>

<https://www.athleticsireland.ie/high-performance/team-irl>



Draft Competition Plan

Tips:

- 1) Prioritise competitions (& the number of competitions) in relation to the overall goals - all because a competition exists doesn't mean your athlete has to compete in it!
- 2) Put the fixed competition dates in the plan first and work towards and around them and any related selection dates/cut off points.
- 3) If relevant, maximise the points available re. world ranking score by carefully selecting competitions. Placing scores can be found here & Performance scores can be found here
- 4) Make sure you plan for gaps in competition in order to top up training or work on something that has 'cropped up' in competition
- 5) Plan alternative competitions when 'Plan A' may not come to fruition.
- 6) Plan for some local and/or low key competitions when you want to 'try something out' OR when you really want to see your athlete compete and international competitions mean you cannot travel/won't see them.
- 7) Thorough planning will prevent the need to 'chase' performances.

<https://www.worldathletics.org/world-ranking-rules/basics>

<https://www.worldathletics.org/about-iaaf/documents/technical-information>



What if COVID19 means there are few or no competitions???

Suggestions:

- 1) Adjust targets to cater for no or few competitions (so they can still be met).
- 2) Create a form of competition in your own setting (localised).
- 3) Use the time to work on things that normally cannot be done in summer due to the constraints of competition e.g. a section of a race or a specific part of overall technique.
- 4) Try something new (you and your athletes).

(keep on planning for the ifs, buts and maybes)



Chronologically, the next thing to be written is a Carding Application

The [carding applications](#) are now open and it's an online form which can be found on the Athletics Ireland website (High Performance tab).

https://docs.google.com/forms/d/e/1FAIpQLScREUaHc6Js_U7GeKwe_6jRNwGUZ4mUY228gehnAlv6ILrueA/viewform

The information you need to read before helping your athlete apply for carding is also on the website under [OGPP](#) (Operation Gold Performance Programme). PLEASE read this carefully as age related qualifying criteria are COVID related/affected.

[20_21_OGPPSelectionPolicy.pdf](#)

If your athlete is awarded 'carded status', you WILL need to submit a Performance Plan in the few weeks after notification.

As it's a good idea for all coaches to write a performance plan with their athletes, starting it sooner rather than later is a good idea.



Performance planning

Q - When is it done?

A – 1) End of competition year (usually August/September time) as the last part of the annual review.

A – 2) Periodically through the year to evaluate progress & decide on/confirm competition schedule.



Performance planning

Q – What is in a Performance Plan?

A – In basic terms it's a plan to show progression from one season to the next and includes aspects of a review and then training and competition plans for the coming year.

Q - How long does it take?

A – A written performance plan for submission to the senior HP Director (Paul McNamara) in the October/November of each year is likely to take 1-2 hours to complete, per HP athlete & a Junior performance plan (for Jacqui Freyne) is likely to take 30 mins to an hour.

A performance plan that is for you and your athlete (not needing to be submitted to Athletics Ireland) should take considerably less time.



There's no set template for senior athletes to complete in terms of a performance plan, but the Junior one is [Excel](#) based and can also be used for senior athletes.

This is the format I use:

- 1) Season review:
 - Review process, review of competition goals, review of training and preparation
- 2) Championship/Development plan:
 - Multi-year plan (long term goals, season goals and event future)
 - Gap analysis (overall, technical, physical, mental, other)
- 3) Annual Plan:
 - Context of the plan
 - Periodisation and competition
 - Training camps and scheduled commitments
 - General training focus
 - Specific training focus
 - KPIs
 - Support team
 - Costs



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Thank you.

Hayley