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| --- | --- | --- | --- | --- | --- | --- |
| **Name of coach** | |  | | | | |
| **Date of session** |  | | **Location** |  | **Number of riders** |  |
| **Session type and topic** | | |  | | | |
| **Aims of session** | | |  | | | |
| **Resources and requirements** | | |  | | | |

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| --- | --- |
| **TIME** | **ACTIVITY** |
|  | INTRODUCTION |
|  | MAIN CONTENT |
|  | COOL DOWN / SUMMARY / DE-BRIEF |
|  | FUTURE PROGRESSION |