**Scenario 1**

**Possible 7 Marks**

**1.5 Marks:** The warm up would increase the runners body temperature, heart rate, blood flow to the muscles and prepare them mentally for the quality session.

**1 Mark:** The warm up builds in intensity and transitions from simple to complex movements.

**1.5 Marks:** The warm up includes at least 3 of the following components: i) easy running or walking, ii) muscle activation/dynamic stretches, iii) drills or plyometrics, iv) strides or run throughs.

**1.5 Marks:** The warm up includes appropriate distances, sets, reps/time and rest.

**1.5 Marks:** The warm up activities selected are appropriate in preparation for a quality session.

**Scenario 2**

**Possible 7 Marks**

**1.5 Marks:** The plan sets an appropriate objective and includes relevant coaching cues to assist runners achieve the purpose of a Fartlek session.

**1.5 Marks:** The total distance or time of the session is appropriate for absolute beginner runners – long enough to invoke a training response and short enough to ensure all runners can complete the session successfully.

**1 Mark:** The session plan is clear and easy to understand for another coach reviewing the program.

**1.5 Marks:** The session incorporates an appropriate balance of segments to achieve the desired outcomes of a Fartlek session.

**1.5 Marks:** The plan incorporates environmental factors such as different running surfaces, elevation, and/or environmental landmarks.

**Scenario 3**

**Possible 7 Marks**

**2 Marks:** The coach identifies the purpose of a Long Run session and explains it clearly to the runner.

**2 Marks:** Taking into consideration the runner’s target pace, the coach recommends an appropriate pace for the runner’s long run sessions.

**1 Mark:** The coach explains how other common sessions for recreational runners can assist the runner achieve their target pace.

**2 Marks:** The email is written with an appropriate tone for effective communication between a coach and a runner (professional, friendly, encouraging etc.)