

Supplementary Material

Appendix 1

Indicative themes and example interview questions from the data collection process.

Interview 1:

Section 1: Coaching Background

- Can you describe your coaching journey so far
- Can you explain what your current coaching situation is?

Section 2: Coaching Knowledge

- What makes a good coach ? can you describe a good coach
- Can you describe your coach education journey so far
- Reflecting your own coaching, what knowledge do you feel that you need in order to help develop your athletes effectively?

Section 3: Planning practice

- Can you describe the types of plans that you use in your coaching?
 - What are you trying to achieve with your planning / different plans?
 - Can you explain if you feel that they inform each other? If so how
- Do you feel that planning/ detailing your plans supports your coaching work
- Can you describe the process that you go through from start to finish when you are planning for your athletes
- What kind of things/ factors/ tasks do you consider when devising your plans
- Thinking about the factors you have just discussed, what do you consider are the most important factors / influences when planning
- Lets examine one potential influence in a little bit more detail. Can you think if one/two of your athletes(athlete a and b)and tell me about the goals you are currently working towards with those athletes?
- Can you take me through the process you follow when you review your plans?
- What do you see as the role of ‘competition’ for your athletes
- Can you describe the process you go through in deciding your competition programme
- Thinking back to your planning process, can you explain how you integrate competition demands into your various plans for athlete A / B

Interview 2

Reflection on planning process & practice since interview

- Can you describe how the winter training (and competitions) have gone for you and the athletes
- Have any situations arisen that have required you to review the plan and make adaptations
 - What changes did you make and why

Reflection on interview I discussion themes form analysis to interrogate the coach perceptions

Planning:

- Could I ask you to think specifically about how you have learnt how to plan your athletes training programmes
- Have there been any ideas on how to plan your athletes training programmes that you decided not to use or have used and decided against it
- Who do you look to now for advice on planning your athletes training

Effective Relationships:

- Importance of effective relationship with the athletes to support your planning process.

- Can I ask you to describe what an effective relationship looks and feels like for you
- (How)does this relationship help you plan—not just physiological but any other factors mentioned above/ interview 1
- Do you feel as a coach that you have a sense of ‘who’ your athletes are?
 - In what ways have you been able to develop this understanding

Interview 3 – The purpose of this set of interviews was follow up on key themes or topics that had emerged through previous interviews. The focus varied – attempting to develop and build their story of planning process but common discussion points were;

- Reflections on the full athletics season
- Critical events that might shape what you do/ how your planning model develops in the future
 - Athlete engagement
 - Physical development
 - Parents and clubs place within the planning process –what do you feel are the athletes, parents, clubs, expectations of you
 - Strategies to engage key stakeholders
 - Challenges to enacting their preferred planning model & processes.
- Relational, emotional and social facets of planning