

Coaching Session Plan 10. Raby Avenue & Orchard Brae - Groups A & B, Uphill / Downhill running			
Date: As schedule Time: Meet 6.00pm		Stage of Athlete Development: Group A <15 – Foundation; >15 & Adults – Event group development Group B <15 – Foundation; >15 & Adults – Event group development or Foundation	
Venue: Meet – Teesdale Leisure Centre		Age group of Athletes: Over 11/ adults Size of group: up to 15	
Equipment: Phone for emergency			
Session Goals for the Athletes (WHAT): By the end of the session the athlete will be able to... Run with optimum form for hills – uphill & downhill. Vary pace to maintain consistent effort.		Personal Coaching Goals (HOW): By the end of the session I will have... Organised & explained session taking continued account of safety points. Demonstrated optimum form if needed depending on experience & ability. Observed athletes from a number of perspectives. Provided positive feedback to reinforce optimum form.	
Practical Session			
Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points
Warm Up [15 minutes]	Dynamic warm up en route	Warm up moves match and progresses to session – Uphill running (arms/ small steps landing on forefoot)	Range of ages/ abilities/ any injuries or disabilities Hi-Vis Clothing vs weather
Main Session [30 minutes]	Start at West end of Raby Avenue Head along Raby Avenue at steady pace. Turn right along path and continue down Orchard Brae then bear right into woods. Steady climb on path then right at bridge and steep up steps and path. Maintain consistent effort all the way to top at the return to Raby Avenue. Vary pace for consistent effort: RPE – downhill 5; uphill 8/9 Standing recovery – 2 minutes, then repeat lap. Group A – 5 laps (inters 4 laps) Group B – 4 or 3 laps (inters 3 laps)	Feedback on form: Running Uphill: Positive backward drive of arms High hips Terrain guides optimum efficiency and pacing Foot lands naturally on forefoot Triple extension (bend at hips; knees and ankles) Running Downhill Controlled Active foot adding force where required Arms active and used for balance Upright or leaning slightly forward High hips Active recovery of rear leg Consistent effort for uphill.	Cars on Raby Avenue Road surface is poor on downhill / woods sections–
Cool Down [10 minutes]	Assemble then jog return to Leisure Centre with stretches	Reminder of function of individual stretches. Feedback for correct stretching	Notify if leave early Range of ages or disabilities