

Coaching Session Plan 11. – Lower Demesnes - Groups A & B, Uphill / Downhill running			
Date: As schedule Time: 18:00		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 at 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 a “cross country type” course. Run with optimum form for hills – uphill & downhill. Vary pace to maintain consistent effort dependant on gradient/ terrain.		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 (e.g. In park through Richardson Fields) or on arrival at the Demesnes through Parsons Lonnen.	Warm up moves match and progresses to session – Uphill running (arms/ small steps landing on forefoot). Downhill running – (arms out for balance, foot placing – e.g. “carrioc”)	Range of ages/ abilities/ any injuries or disabilities Number/ register Hi-Vis Clothing vs weather Mass crossing of main road.
Main Session [30 minutes]	Start on flat area of Lower Demesnes. [See map – A, B, C] Run up one of short hills – depending on conditions and ability of groups.[yellow arrows] Group A start at B or C Group start at A or B. Descend fast but controlled [blue arrows, direct B starters to go either left or right, depending on conditions and ability] Recovery by walk or jog across the level section of the field. Vary pace for consistent effort dependant on gradient & terrain. Overall RPE – about 8 Group A – 6 circuits / inters 5 circuits Group B – 5 circuits / inters 4 circuits	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 downhill and uphill sections of each lap and across all the laps.	Surface is rough on uphill and downhill sections – care with wet grass, rabbit holes etc. Up and downhills are steep – control speed downhill. Angled descent from start C is rough and has significant camber. Other athletes going in same or opposite direction. Other users including dogs using public footpaths.
Cool Down [10 minutes]	Standing recovery, jog slowly back to Leisure Centre for static stretches.	Reminder of function of individual stretches. Feedback for correct stretching	Jog if anyone is cold / walk if too hot. Notify if leave early Range of ages or disabilities

