

Coaching Session Plan 12. – Ashtree Drive hills - Groups A & B, Uphill running			
Date: As schedule Time: 6pm		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 uphill running. Maintain consistent effort through session.		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 jogging to Ashtree Drive or on arrival Stop in safe location	Warm up moves match and progresses to session – Uphill running (arms/ small steps landing on forefoot)	Range of ages/ abilities/ any injuries or disabilities Number/ register Hi-Vis Clothing vs weather Mass crossing of busy road
Main Session [30 minutes]	From bottom of Ashtree Drive run to top of hill keeping on RHS. Stop at last lamp post on right, carefully cross road and slow jog or walk recovery down hill back to start. RPE 8 Group A - 8 hills (Inters 6 hills) Group B – 8 hills (Inters 6 hills)	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) Consistent effort for each hill and for every hill.	Cars - keep checking for traffic, keeping on RHS road uphill using pavement as needed. Care crossing road. Stay on pavement for downhill recovery.
Cool Down [10 minutes]	Slow jog return stopping for stretches close to Leisure Centre	Reminder of function of individual stretches. Feedback for correct stretching	Jog if anyone is cold Notify if leave early Mass crossing of busy road Range of ages or disabilities