

Coaching Session Plan 13. – Six 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 the bottom of The Bank at the junction with Thorngate (RHS). 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]	Start on pavement at the bottom of The Bank at the junction with Thorngate. Run on the pavement up The Bank until the corner with Newgate. Walk or jog recovery back down The Bank on the pavement to return to start. REPEAT. Assemble group then jog down Newgate and across the bridge. Run on the path up the hill and round to the right. Turn left and jog along The Lendings and jog or walk back down path to start. REPEAT. Assemble group then jog along path & The Sills to bottom of Gill Lane. Run up Gill Lane . Jog back down to start. REPEAT. Assemble group then jog along to bottom of Ullathorne Rise. Run up Ullathorne Rise , round to Right then Left to the drain cover. Jog or walk back down to start. REPEAT. Assemble group then jog along to bottom of Deerbolt Bank. Run up Deerbolt Bank and along Bowes Road until the lamppost at the end of the wall. Walk or jog back down to start. REPEAT. Assemble group then jog back, over Bridge and up the Castle path to the start of the metal railings. Run up the Castle Path until the corner of the church hall on the right. Walk or jog back to start. REPEAT RPE 8 Group A – 6 x 2 hills (Inters 4 x 2 hills) Group B – 6 x 2 hills (Inters 4 x 2 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 up each hill and for every hill.	Keep to pavement. Uneven pavement. Pedestrians. Keep right on way up and down.

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 roads Range of ages or disabilities
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