

Coaching Session Plan 20. LHS The Bank extended 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 Newgate at the bottom of the Castle Path. 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 on north side of Newgate opposite to the traffic light. Run along the Newgate pavement, round the corner, up The Bank and continue along Market Place & Horse Market up to the Pedestrian Crossing. Walk / walk then jog recovery along Horse Market and turn Left down the Castle Path to return to start. RPE 7 Repeat Group A – 5 extended hills (Inters 4 hills) Group B – 4 extended hills (Inters 4 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.	Keep to pavement. Uneven pavement, cars parked on pavement. Steep & uneven castle path Pedestrians. Shop awning supports on Horsemarket may obstruct tall athletes.
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