

Coaching Session Plan 22. RHS 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 bottom of The Bank. 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 The Bank near junction with Thorngate. Run up The Bank and continue along Newgate up to the railings at the path through the Churchyard. Walk / walk then jog recovery through the Churchyard and down to return to start via Gray Lane. RPE 7-8 Repeat Group A – 6 extended hills (Inters 4 hills) Group B – 5 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.	Cars along Grey Lane and coming out of Priory Yard. Keep to pavement if needed. Dark and uneven / slippery path through churchyard. May need leader stationed in Churchyard for safety.
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