

Coaching Session Plan 23. – Gill Lane lamp post 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 Gill Lane, Startforth. 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 at the bottom of Gill Lane. Run up Gill Lane until the second lamp post on the RHS. Jog back down to the first lamp post on the LHS. Run up Gill Lane until the third lamp post on the RHS. Jog back down to the second lamp post on the RHS. Run up Gill Lane until the fourth lamp post on the RHS. Jog back down to the third lamp post on the RHS. Continue in the same way to the junction at the top of Gill Lane. Jog slowly back down Gill Lane to return to the start. RPE 8 Repeat Group A – 6 hills (Inters 4 hills) Group B – 5 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 up and down. Keep right on up and down to separate flows. Athletes coming down to keep out of the way of Athletes going up.
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

