

Coaching Session Plan 3. – Romalkirk Hill - Groups A & B, Uphill / Downhill running			
Date: As schedule Time: Arrive for warm up from 6.10, session starts at 6.25pm		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 – Romalkirk Reading Rooms		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 hills – uphill & downhill. Vary pace to maintain consistent effort.		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 around Romalkirk greens e.g. Walk; arms March; Skip; Butt kicks Squats Walk small steps Fast feet (forefoot) High knees Fast feet with high knees & arms	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 “main” road
Main Session [30 minutes]	Start near Romalkirk South green – head up the hill at steady pace. Vary pace for consistent effort: RPE – uphill 8/9; downhill 5 Group A - Main hill, down to Baldersdale road and turn right up to small windmill then return to Romalkirk via Hunderthwaite Group B – Main hill, down to Baldersdale road and return to Romalkirk via Hunderthwaite	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) Running Downhill Controlled Active foot adding force where required Arms active and used for balance Upright or leaning slightly forward High hips Active recovery of rear leg Consistent effort for entire uphill.	Marshall on T junction above Hunderthwaite Cars – athletes to keep on RHS road facing traffic Road surface is poor on downhill sections– care with pot holes Register when back
Cool Down [10 minutes]	Finishing times vary – athletes to do own stretches	Reminder of function of individual stretches. Feedback for correct stretching	Jog /sit in cars if anyone is cold Notify if leave early Range of ages or disabilities