

Coaching Session Plan 12. – Ashtree Drive hills Groups A / B / C - 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 Group C >15 & Adults – Foundation	
Venue: Meet at bottom of Ashtree Drive (see map attached)		Age group of Athletes: Over 11/ adults	
Equipment: Phone for emergency		Size of group: up to 12	
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 at bottom of Ashtree Drive.	Warm up moves match and progresses to session – Uphill running (arms/ small steps landing on forefoot)	Actions to address Covid 19 risk Range of ages/ abilities/ any injuries or disabilities Number/ register Hi-Vis Clothing vs weather
Main Session [30 minutes]	From bottom of Ashtree Drive starting in approximate order of ability / speed run to top of hill keeping on RHS (Groups A& B). Stop at last lamp post on right, carefully cross road and slow jog or walk recovery downhill back to start keeping on RHS. RPE 8 Group A - 10 hills (Inters 6 hills) Group B – 8 hills (Inters 6 hills) Group C – 8 half hills – stopping half way up the hill or 6 full 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.	Actions to address Covid 19 risk Cars - keep checking for traffic, keeping on RHS road uphill using pavement as needed. Care crossing road. Stay on pavement on RHS for downhill recovery.
Cool Down [10 minutes]	Static stretches in safe location.	Reminder of function of individual stretches. Feedback for correct stretching	Actions to address Covid 19 risk Jog if anyone is cold Notify if leave early Range of ages or disabilities



Google Maps.pdf

Map attached showing meeting place / starting location

Coaching Session Plan 12. Ash Tree Drive hills July 2020