

Coaching Session Plan 19. – Gray Lane / Old School Close 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 Demesnes end of Gray Lane		Age group of Athletes: Over 11/ adults	
		Size of group: up to 5	
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 on lower Demesnes / Gray Lane Stop in safe location	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 Mass crossing of busy road
Main Session [30 minutes]	Start in approximate order of ability/ speed on Gray Lane near junction with Thorngate. Run along Gray Lane then up hill to end of Old School Close. Walk / walk then jog recovery to return to start. Run on “circular” route i.e up right side of road and down right side of road, taking account of traffic. RPE 8 Repeat Group A - 8 hills – full length of Gray Lane & Old School Close (Inters 6 hills) Group B – 6 hills – as above (Inters 5 hills) Group C – 5 hills – as above or 6 short hills dependant on development stage	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 both ways and also coming out of Priory Yard. Keep to pavement if needed.

Cool Down [10 minutes]	Stretches on lower Demesnes / Gray Lane	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 Mass crossing of busy roads Range of ages or disabilities
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