

Coaching Session Plan 13. – Six 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 Adults – Event group development or Foundation	
Venue: Meet at Demesnes end of Gray Lane. [Note sessions ends at Deerbolt new estate road]		Age group of Athletes: Over 11/ adults Size of group: up to 12	
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 along Gray Lane	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 at bottom of Gray Lane hill in approximate order of speed (and similarly for each hill). Run up Gray Lane hill on right until telegraph pole on right [A group – all the way along Old School Close]. Walk or jog recovery back down. REPEAT. Assemble group then jog along Gray Lane to corner with The Bank. Run up the RHS of The Bank to the telephone box or to the corner railings. Walk or jog recovery back down. REPEAT. Assemble group then jog down Thorngate and across the bridge then along path & The Sills to bottom of Gill Lane. Care to keep clear of pedestrians. Run up Gill Lane. Jog back down to start. REPEAT. Assemble group on corner of Teesdale Road and jog along to bottom of the hill. Run up Teesdale Road. Jog back down to bottom of hill. REPEAT. Assemble group then jog along to bottom of Ullathorne Rise. Run up Ullathorne Rise, round to Right then Left to the drain cover. Jog or walk back down to start. REPEAT. Assemble group then jog along to bottom of Deerbolt Bank. Run up Deerbolt new Estate road until Grassholme Way on left. Walk or jog back down to start. REPEAT. RPE 8 Group A – 6 x 2 hills (Inters 5 x 2 hills) additional reps if needed	Adjust session as needed for conditions and/or particular needs of athletes. 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 up each hill and for every hill.	Actions to address Covid 19 risk Vehicles especially on blind junctions. (Gill Lane can be busy and visibility of cars turning in at the bottom is not good.) Uneven road/pavement. Pedestrians. Keep right on way up and down.

	Group B – 6 x 2 hills (Inters 5 x 2 hills) Group C – 6 x 2 hills		
Cool Down [10 minutes]	Assemble with standing recovery then stretches.	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