

Coaching Session Plan 6. – Gypsy Lane 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
Venue: Meet at the corner of Gypsy Lane (Town Pasture Lane) with Stainton Grove.	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.
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Practical Session

Session Component	Unit Detail	Coaching Points	Organisation/ Safety Key points
Warm Up [15 minutes]	Dynamic warm up on Gypsy Lane Walking / skipping high knees with arms	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]	Assembly in approximate order of speed with 2m separation. Group A - 6 hills – to top and round corner to field track on Left (Inters 4 hills) Group B – 5 hills – to top as above (Inters 4 hills) or 5 shorter hills dependant on development stage Group C – 3 hills – to top as above or 5 shorter hills dependant on development stage Recovery walk or slow jog down hill back to the start RPE 9	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 on RHS road facing traffic Be aware that cars coming around the corner at the top of the hill will be unable to see athletes as they are hidden by the hedge
Cool Down [10 minutes]	Stretches in safe location near bottom of Gypsy 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 Range of ages or disabilities