

## Coaching Session Plan 26. – Towler Hill 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 Tees Cottage gate

**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   |
|-------------------------------------|--|---|---|
| <b>Warm Up</b><br>[15 minutes]      | Dynamic warm up along Tees Cottage lane  | Warm up moves match and progresses to session – Uphill running (arms/ small steps landing on forefoot)  | <b>Actions to address Covid 19 risk</b><br>Range of ages/ abilities/ any injuries or disabilities<br>Number/ register<br>Hi-Vis<br>Clothing vs weather<br>Cattle grid |
| <b>Main Session</b><br>[30 minutes] | Start in approximate order of ability/ speed at bottom of Towler Hill (near where footpath leads off to old viaduct). Run up to the top where road meets old railway. Walk / walk then jog recovery to return to start.<br><b>Run on “circular” route i.e up right side of road and down right side of road</b><br><br><b>RPE 8-9</b><br><br>Repeat<br><br><b>Group A</b> - 6 hills – full length of Towler Hill (Inters 4 hills)<br><br><b>Group B</b> – 5 hills – as above (Inters 4 hills)<br><br><b>Group C</b> - 4 hills or 6 shorter hills | <b>Feedback on form:</b><br><br><b>Running Uphill:</b><br>Positive backward drive of arms<br>High hips<br>Terrain guides optimum efficiency and pacing<br>Foot lands naturally on forefoot<br>Triple extension (bend at hips; knees and ankles)<br><br><b>Consistent effort for each hill and for every hill.</b> | <b>Actions to address Covid 19 risk</b><br>Walkers<br>Farm vehicles   |
| <b>Cool Down</b><br>[10 minutes]    | Jog recovery along Tees Cottage lane then stretches near gate.   | Reminder of function of individual stretches.<br>Feedback for correct stretching  | <b>Actions to address Covid 19 risk</b><br>Jog if anyone is cold<br>Notify if leave early<br>Mass crossing of busy roads<br>Range of ages or disabilities             |