

Coaching Session Plan 26. – Gill 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
Group C >15 & Adults – Foundation

Venue: Meet at junction of Gill Lane with Teesdale 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 Teesdale Road	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]	Start in approximate order of ability/ speed at bottom of Gill Lane. Run on RHS up to the top (T-junction). Walk / walk then jog recovery downhill to return to start. Run on “circular” route i.e up right side of road and down right side of road RPE 8-9 Repeat Group A - 9 hills – full length of Gill Lane (Inters 7 hills) Group B – 8 hills – as above (Inters 5 hills) Group C - 6 hills (or shorter hills 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 (at hips; knees and ankles) Consistent effort for each hill and for every hill.	Actions to address Covid 19 risk Walkers Vehicles (Gill Lane can be busy and visibility of cars turning in at the bottom is not good.)
Cool Down [10 minutes]	Jog recovery along Teesdale Road then stretches near junction with Gill 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