

Coaching Session Plan 29. – Bowes Museum drive 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 Bowes Museum – inside entrance gates

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 Bowes Museum drive	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 drive near entrance. Run up LHS drive up to the top (close to museum). Walk / walk then jog recovery downhill to return to start. Run on “circular” route i.e up right side of the road and down right side of road. Complete set number of reps then change to RHS drive and repeat - Run on “circular” route i.e up on the left side of road and down left side of road RPE 8-9 Group A - 5 hills LHS + 5 hills RHS – then repeat (Inters 4 hills x2 x2) Group B – 4 hills LHS + 4 hills RHS – then repeat – (Inters 4 hills x2 x2) Group C - 3 hills LHS + 3 hills RHS – then repeat	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 – moving and parked Rough surface and inclined close to end of road
Cool Down [10 minutes]	Jog recovery along drive then stretches near Bowes Museum entrance.	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