

## SESSION BRIEFING SHEET

Session Name: Cogan Hills

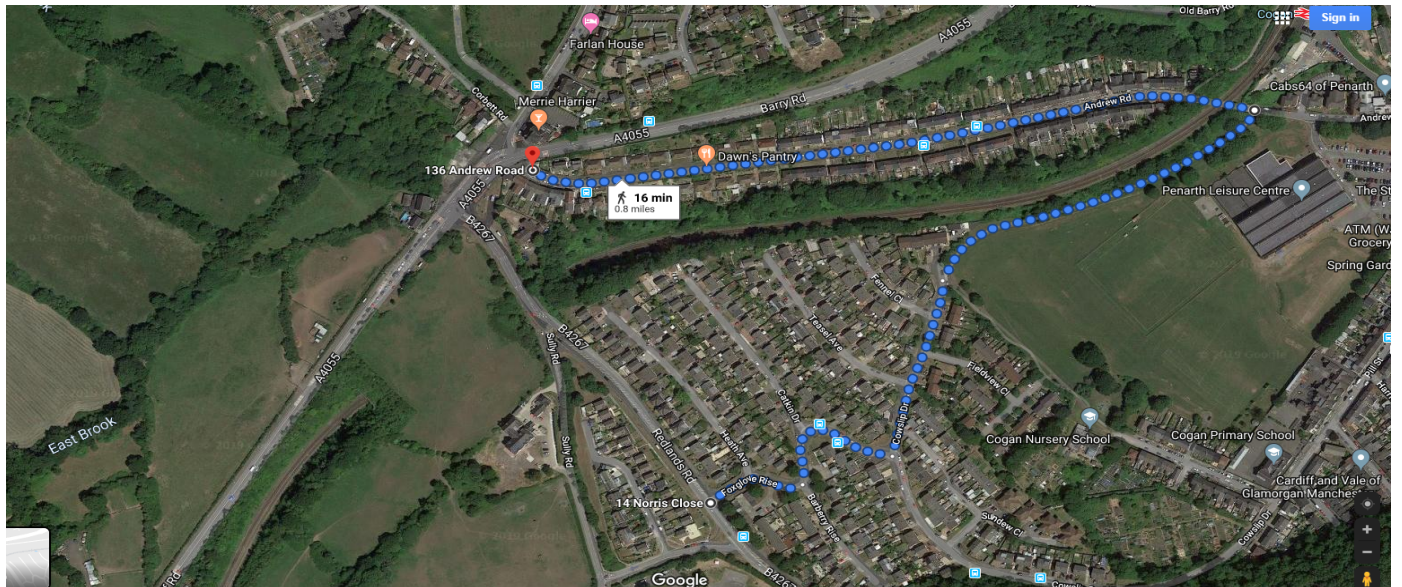


Objective: Build Stamina and Strength

Meeting Point: Cogan Leisure Centre

Location: Andrew Road and Cowslip Drive, Cogan, Penarth

### Map of Session location with Track :



### Description:

This is a repeat hills session using Andrew Road and Cowslip Drive hills.

As Cogan Leisure Centre is very near Andrew Road Hill, a warm up lap of Cogan is advisable, ending up back at the foot of Andrew Road hill.

Runners put the effort in going up Andrew Road and then recover back down, at which point after coming under the railway bridge, they turn right along the path at the side of the Leisure Centre and hit the end of Cowslip Drive. Runners go up Cowslip Drive then turn right and follow the road to the top where it meets the main Sully Road. Again they put the effort in going up and recover back to the bottom.

Then repeat once or twice if conditions and group ability allow it. The effort UP can be terminated by (1) whistle when fastest runner gets to top or (2) whole group must attain and recover back down together. Option 2 keeps everyone together. Judge on group ability.

Carry out a warm down loop and static stretches at the end.

<b><u>Safety Points:</u></b>	<ol style="list-style-type: none"><li>1. Cars on Andrew Road</li><li>2. Hanging brambles over the path</li><li>3. Crossing junctions and cars on Cowslip drive</li></ol>
<b><u>Summer and Winter Variations</u></b>	Light reflective clothing required in winter Head torches advisable as path is not lit at night, in winter
<b><u>Additional Comments:</u></b>	Conduct recce of path and cut down hanging brambles as necessary. Carry pruning scissors for the purpose, can be done in advance.