

SESSION BRIEFING SHEET

Session Name: Cliff Hill Tug of War

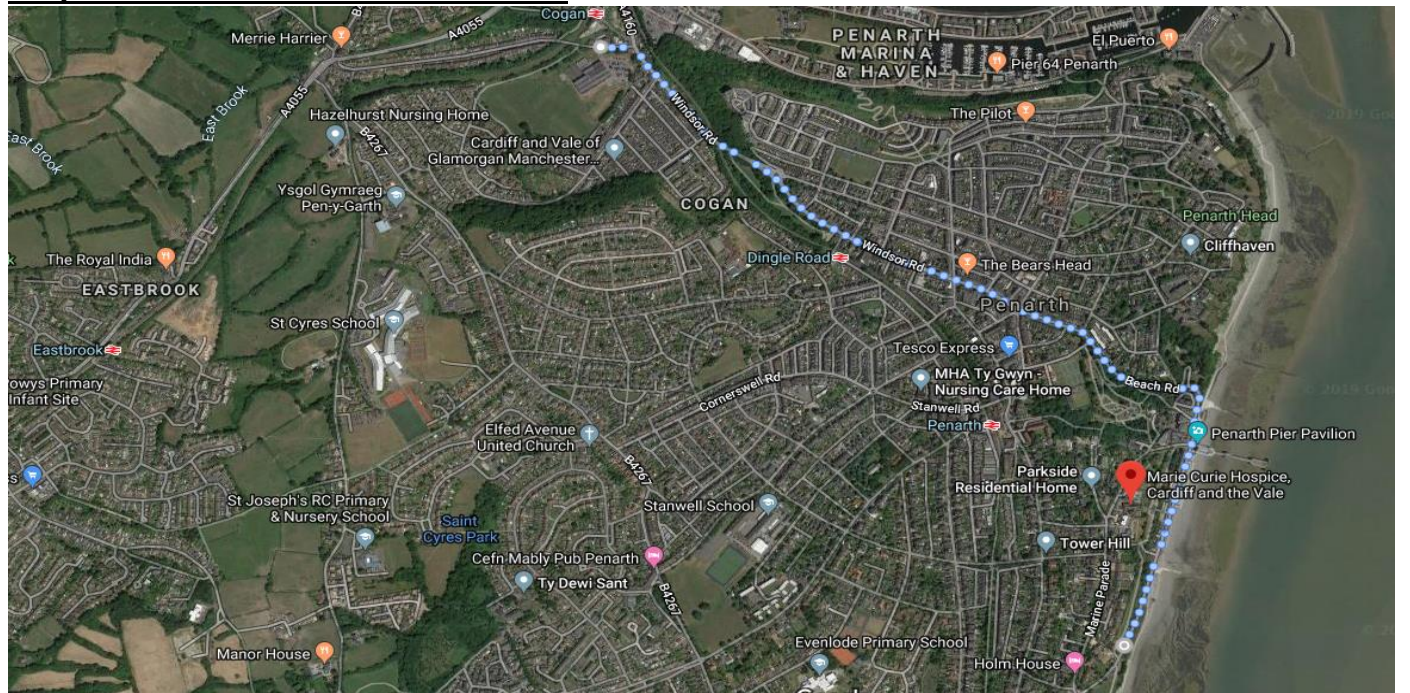


Objective: Build stamina and increase aerobic capacity

Meeting Point: Cogan Leisure Centre

Location: Cliff Hill at far end of Penarth Esplanade

Map of Session location with Track :



Description:

A relatively long warm up run is conducted from the Leisure Centre up through town, down Beach Hill, along the Esplanade and to the middle of Cliff Hill lamp post 7.

Runners form up in pairs of equal ability with one running up and one running down, then back to the middle. Wherever they meet they turn and run back up or down as they did before. The tug of war comes where they meet further up or down the hill, away from the middle.

The run leader may at his/her discretion allow a short break in the middle of the session and then reverse the direction for runners until the end of the session. After approximately 20 mins the session ends.

The run leader brings the runners back to the Leisure Centre on a warm down run and directs static stretches at the end.

<u>Safety Points:</u>	<ol style="list-style-type: none">1. Make sure there is a tail runner for safety on way out.2. Particular care to be taken crossing junction of Hickman Road and Windsor Road.3. Also at the roundabout at the far end of town and at the top of Alexandra Park.4. Also whilst crossing the road on the Esplanade by the pier.5. Try to keep runners on the path as they recover down the hill, they have a tendency to go out into the road.
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as all areas near roads and cars should be reasonably well lit.
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<u>Additional Comments:</u>	Run leader can work with the group, but should always be mindful of the weaker runners who may find this session quite testing. Often good to run reverse direction so you see faces as they run.
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