

SESSION BRIEFING SHEET

Session Name: Tempo Blast
Penarth Road

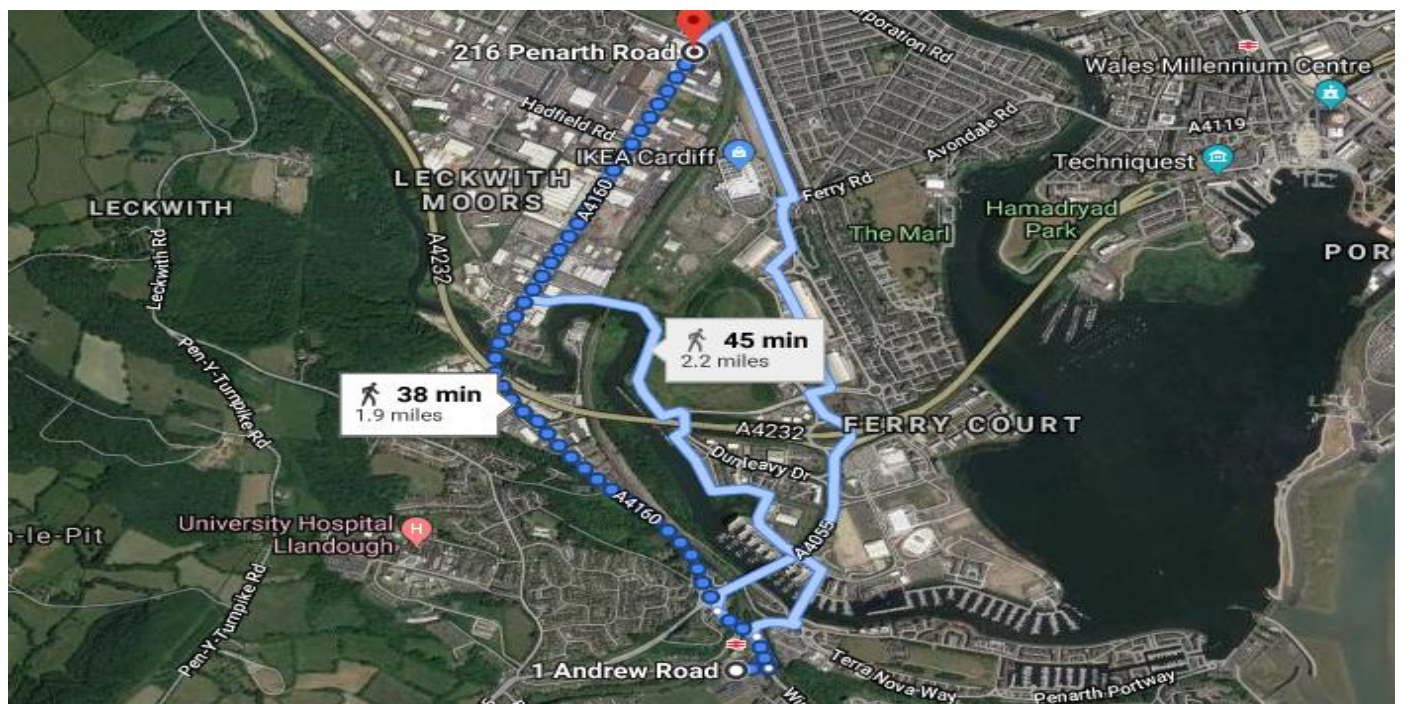


Objective: Work on speed for Performance Level

Meeting Point: Cogan Leisure Centre

Location: Penarth Road

Map of Session location with Track :



Description:

The warm up run proceeds from Cogan up towards the Barons Court and crosses over to the top of Penarth Road. The group is split into 6,7,8,9 minute milers. All aim to run at 90% race tempo for next planned event.

Fastest at the front, slowest in the back. Everyone sets off together. The group gradually parts as the fastest move away from the slowest.

Everyone runs at tempo for a full 10 minutes and then turns and runs back maintaining the same tempo across the full 20 mins. Everyone should arrive back together. Fastest will have gone furthest 3.2 miles, slowest about 2.5 miles at tempo pace.

The run leader brings everyone 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. Great care to be taken crossing junctions on Tesco Hill, and at top of Penarth Road / A4055 / A4160.3. Care to be taken when crossing the junction at Hadfield Road. Fastest runners should get to the Sloper Road junction.
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches advisable for the dark sections across the Barrage
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<u>Additional Comments:</u>	Leader is last off but runs at his / her own tempo pace, as everyone comes back to the start point and he/she will be moving through the entire group during the session. Count everyone out and back in to make sure the recovery run does not proceed until everyone is back at the start.
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