

SESSION BRIEFING SHEET

Session Name: Robinswood Crescent

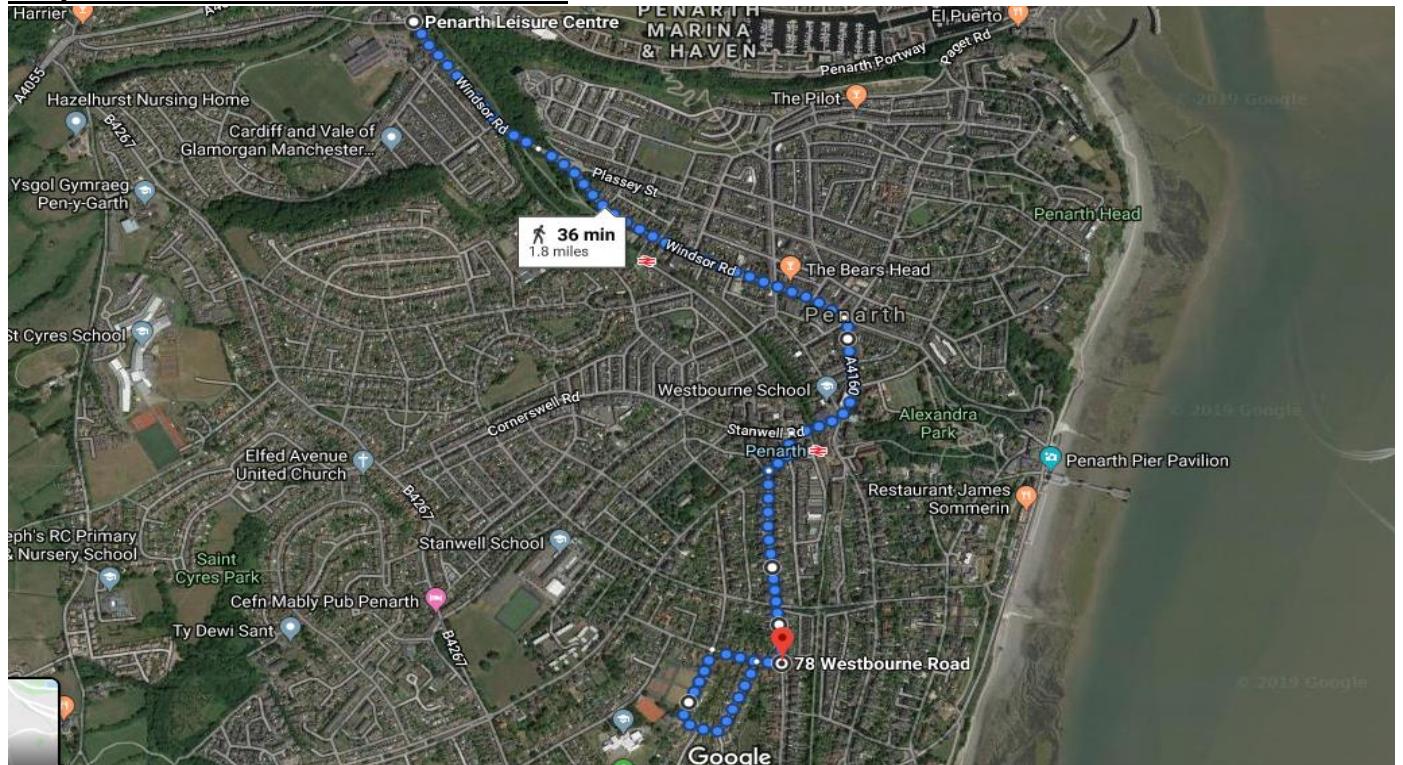


Objective: Build speed work at 70% effort level

Meeting Point: Cogan Leisure Centre

Location: Robinswood Crescent, Penarth.

Map of Session location with Track :



Description:

A relatively long warm up run is conducted from the Leisure Centre up through town, then turn right along Hickman road to the lights, across to Station Approach and then down Westbourne Road, turning right at Clinton Road.

This is a continuous effort session, using Robinswood Crescent as a natural loop. The run leader may at his / her discretion allow a mid-session break or reverse direction half way through.

Once sufficient time has expired to allow for the long run back, the effort part of the session can be terminated. Runners may make their own way home from Robinswood Crescent.

The run leader brings the remaining 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 at the lights at the end of Hickman Road and crossing over towards Victoria Road.3. Make sure everyone is aware of traffic on Westbourne Road, especially when turning right to cross to Clinton Road.
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as all areas are relatively well lit.
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<u>Additional Comments:</u>	Coach may choose to run in reverse direction to encourage all runners on the effort section.
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