

SESSION BRIEFING SHEET

Session Name: Four Hills

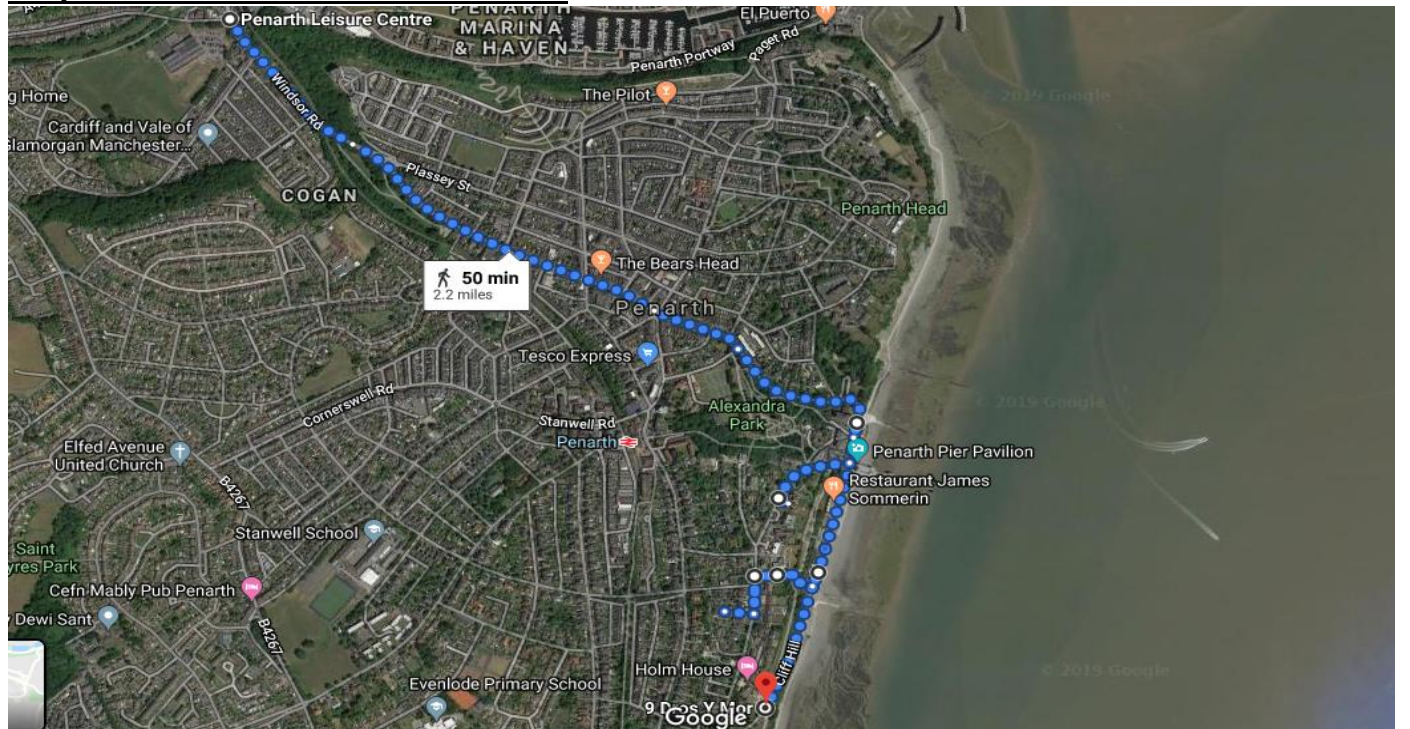


Objective: Build stamina and increase aerobic activity

Meeting Point: Cogan Leisure Centre

Location: Penarth Esplanade and associated hills.

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 foot of Cliff Hill.

Runners operate independently and run up and down Cliff Hill to lamp post 12, then go up and down Yacht Club Hill, along the front and up and down Bridgeman Road Hill, then up and down Beach Hill and return to foot of Cliff Hill. The four hills are then repeated.

The run leader may at his/her discretion allow a short break in the middle of the session to allow runners to gather some strength for the second half.

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 paths as they recover down, they have a tendency to go out into the road.
<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches advisable as not all areas near roads and cars are well lit.
<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.