

SESSION BRIEFING SHEET

Session Name: Cliff Top Blast

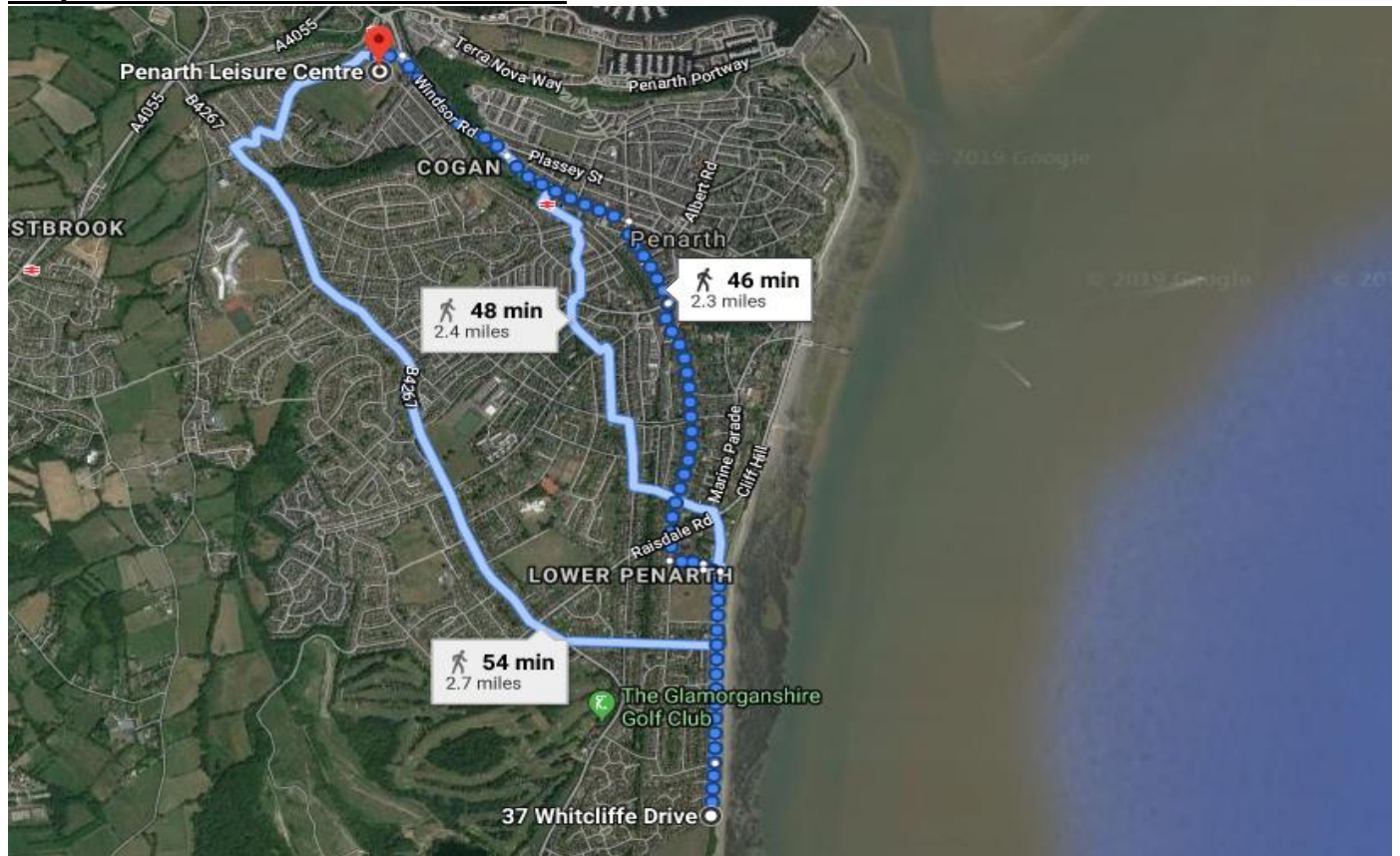


Objective: Build speed on top of stamina, with increased aerobic activity

Meeting Point: Cogan Leisure Centre

Location: Cliff Top Path, past the café and the pitch and put.

Map of Session location with Track :



Description:

The warm up run goes up through town, past the Railway PH and down Plymouth road turning left towards Cioni Café at the top of the cliff top walk. The effort is along the cliff top path as far as the gate at the far end.

All aim to run at 90% race tempo. Everyone sets off together. When the fastest runner gets to the gate he/she turns and runs back at recovery pace, picking everyone up along the way. If time permits three reps will be completed.

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. Also at the roundabout at the far end of town and down Plymouth Road.3. At the end of the session runners can disperse to find their own way home or return to Cogan with the run leader.
<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.
<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.