

## SESSION BRIEFING SHEET



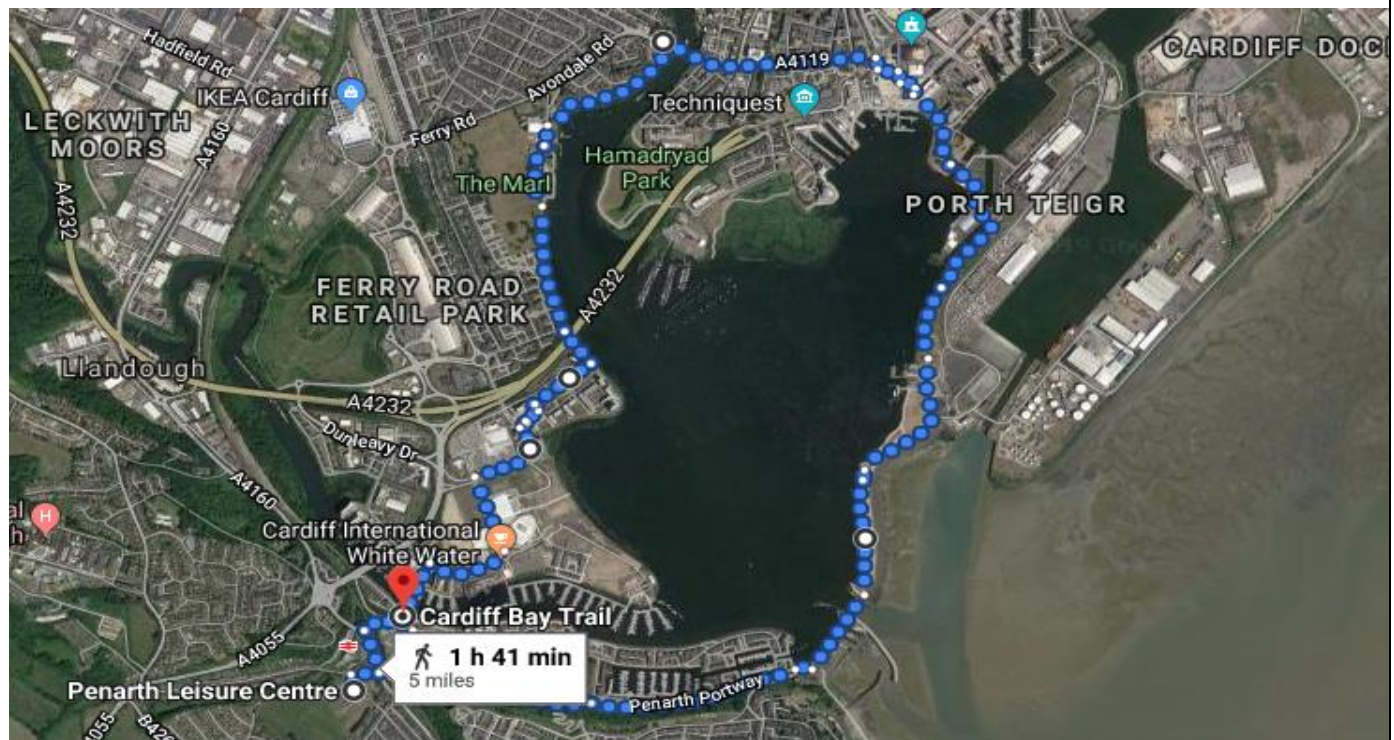
**Session Name:** Group Bay Tempo Loop

**Objective:** Practice even tempo run over 5 miles

**Meeting Point:** Cogan Leisure Centre

**Location:** Cardiff Bay Loop

### Map of Session location with track :



### Description:

The group warms up by running to the barrage at slow pace, once there the tempo run starts as a socially distanced group. Pace will depend on the makeup of the group, but expect 9 min miles on average.

The loop goes along Terra Nova Way, over the barrage to Roald Dahl Plass, then up James Street to cross Clarence Road Bridge. Once over the bridge cross and follow the riverside footpath back to the Sports Village.

Once under the link road turn right down through the gardens of Ferry Court Park to come out at the back of Morrison's. Follow the road to the international swimming pool, past the white water rafting centre and then back across the footbridge towards Tesco.

	The 5 mile tempo circuit finishes at the end of the bridge, Tesco side.
<b><u>Safety Points:</u></b>	<ol style="list-style-type: none"> <li>1. Care to be taken crossing junctions on Tesco Hill, top and bottom and on Portway marina.</li> <li>2. Tempo groups stay together and avoid pedestrians in Roald Dahl Plass and cars when running up James Street towards Clarence Road bridge.</li> <li>3. Take care back towards the White Water Centre and at Tesco hill junction.</li> </ol>
<b><u>Summer and Winter Variations</u></b>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable for the dark sections across the barrage</p>
<b><u>Additional Comments:</u></b>	<p>Run leader should remain with the main body at all times, assistant to bring up the rear and deal with stragglers.</p> <p>Alternate plan run shorter loop coming back over bay link road.</p> <p>Runners wishing to go faster can push on along the route and finish at Cogan where they should approach down Andrew Road and finish at the front of the centre, to stretch.</p> <p>Check off all runners as they cross the bridge and direct them back to Cogan on warm down run, returning with the last group.</p>