

SESSION BRIEFING SHEET

Session Name: Leckwith Hill Repeats



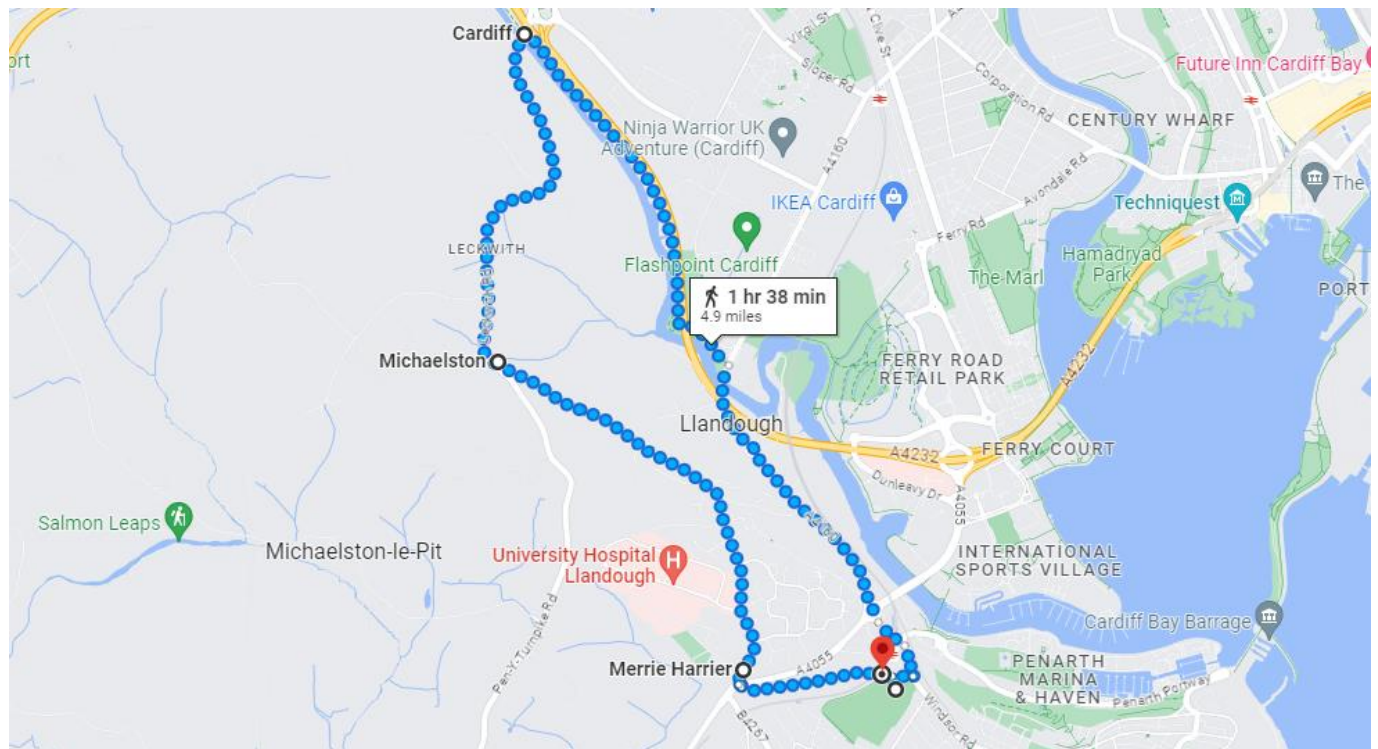
**PENARTH AND DINAS
RUNNERS**

Objective: Build Strength & Stamina

Meeting Point: Cogan Leisure Centre

Location: Leckwith Hill

Map of Session location with Track :



Description:

The warm up run proceeds down Penarth Road, then on to the Ely trail to the foot of Leckwith Hill.

A number of hill repeats are completed, number depending on time available.

The recovery run proceeds from the top of Leckwith Hill after the last repeat, through Llandough and back to the Merrie Harrier where runners are dispersed.

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>	Care to be taken crossing the Barons Court junction, running down Penarth Road and then running back from the top of Leckwith Hill, where the path runs out and another crossing is required. Run leader at front, assistant at the rear.
<u>Summer and Winter Variations</u>	Light reflective clothing and high viz required at all times near roads. Head torches not required as all areas are relatively well lit.
<u>Additional Comments:</u>	At least two hill repeats to be completed, 3 if possible and time permits.