

## SESSION BRIEFING SHEET

**Session Name:** Dinas Miles

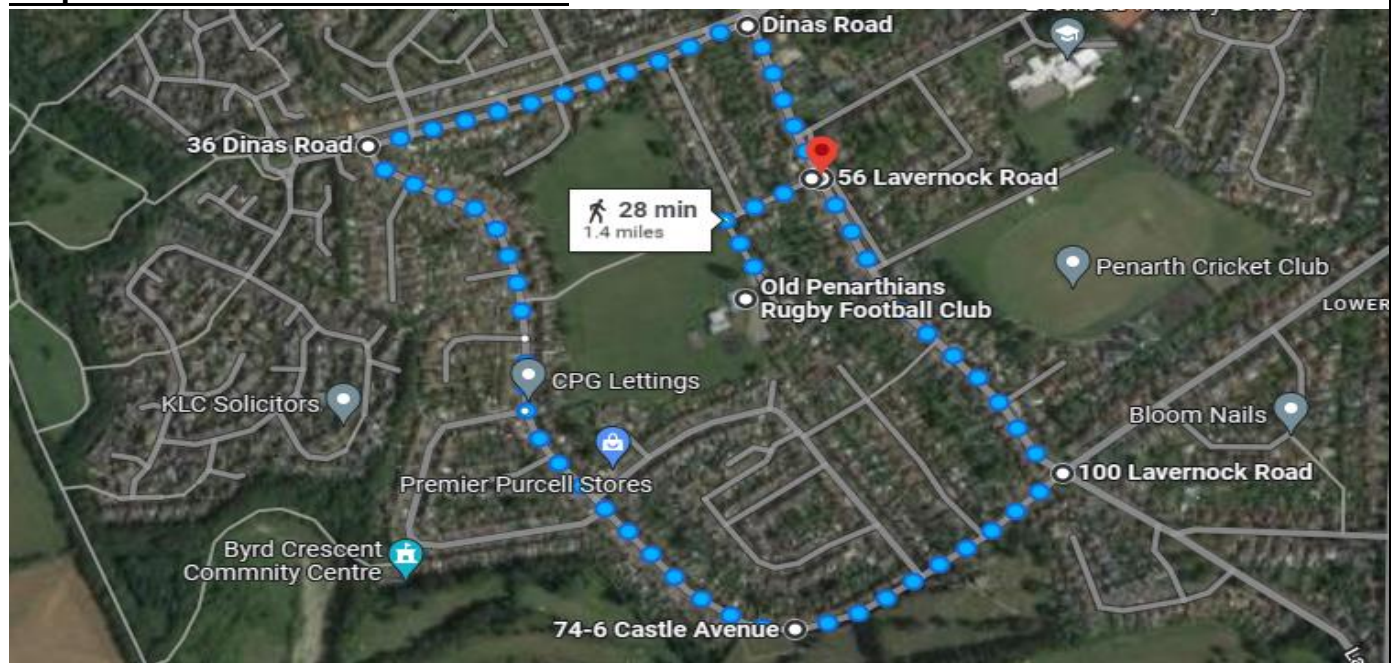


**Objective:** Almost continuous Tempo Session

**Meeting Point:** Old Pens Rugby Club

**Location:** Dinas Road, Opposite Stanwell School Playing Fields. Mile loops along Beechwood Drive, Culver Close and Castle Avenue.

### Map of Session location with Track :



### **Description:**

A static warm up is conducted at the start of the run

The Run Leader conducts one warm up loop so that all participants are familiar with the Dinas Miles course.

The course is approx. 0.9 mile loop, turning left at the bottom of Dinas Road and following the Beechwood Drive and Castle Avenue back to Lavernock Road.

Slowest go off first at 2 minute intervals. Everyone should end up at Lavernock Road junction together. Repeat back and then twice more.

The Run Leader brings the runners back to Old Pens on a warm down run, up Lavernock Road and directs static stretches at the end.

<p><b><u>Safety Points:</u></b></p>	<ol style="list-style-type: none"> <li>1. Make sure there is a Tail Runner for safety.</li> <li>2. Particular attention to be given to narrow pavements, poor lighting and other pedestrians.</li> <li>3. All runners to take particular care where it is dark and there is a need to cross side junctions.</li> <li>4. Cars frequently arrive from the front and rear on this session.</li> </ol>
<p><b><u>Summer and Winter Variations</u></b></p>	<p>Light reflective clothing required in winter</p> <p>Head torches are advisable although most areas are relatively well lit.</p>
<p><b><u>Additional Comments:</u></b></p>	<p>When arriving at Dinas Road, make sure everyone is in same ability groups, then put slowest at front, fastest at back.</p> <p>Divide by speed – 6 Min Miles, 7 Min Miles, 8 Min Miles</p> <p>Run Leader sees all groups off and then moves directly to the loop finishing point to count everyone in and time break after last runner arrives.</p> <p>If the Run Leader is confident he/she can leave with the last and fastest group to arrive at the end with everyone else, then they may do so.</p>