

## SESSION BRIEFING SHEET

Session Name: Beach Hill Repeats

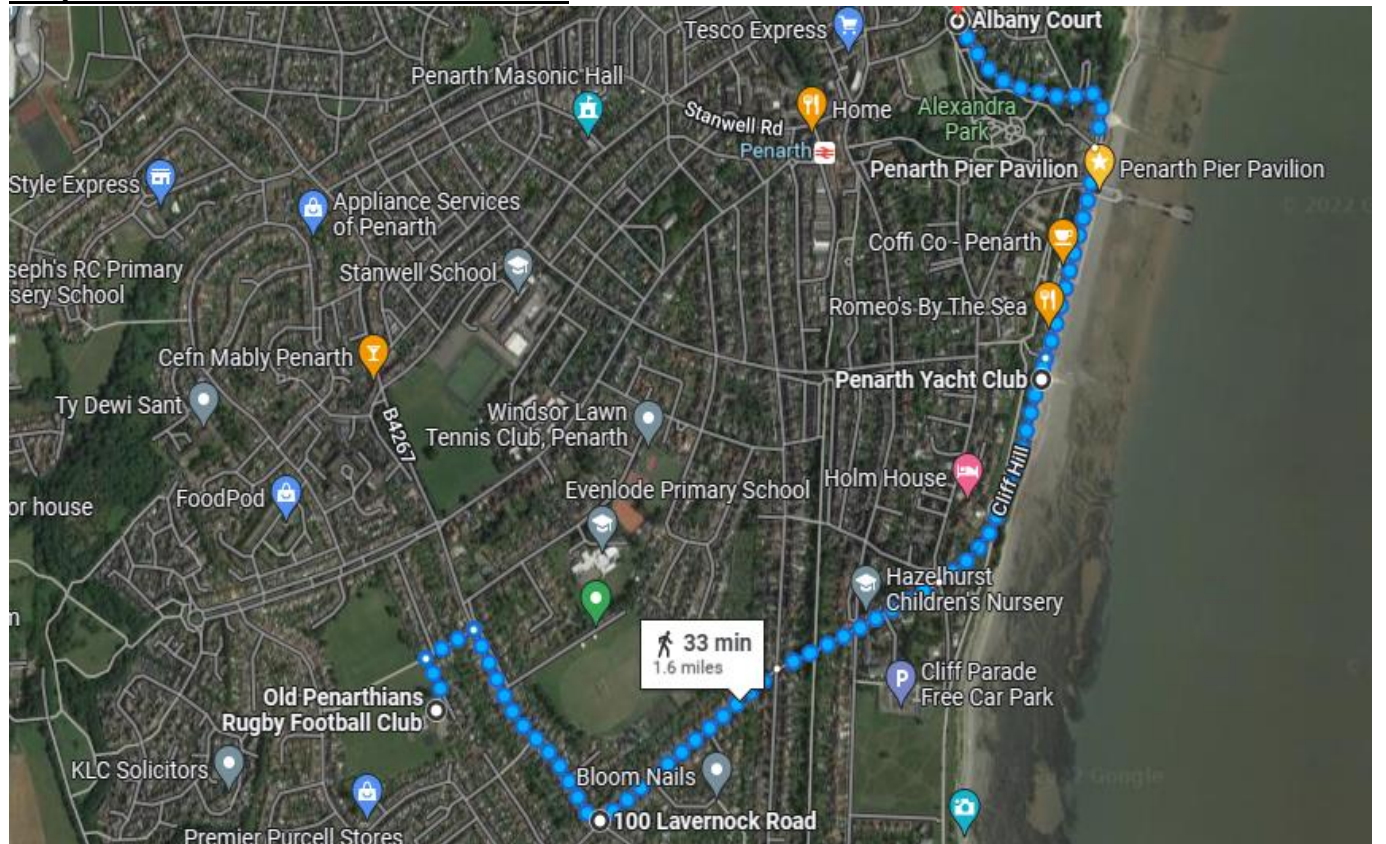


Objective: Build Strength and Stamina

Meeting Point: Old Pens Rugby Club

Location: Beach Hill, Beach Road, Penarth.

### Map of Session location with Track :



### Description:

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

The Run Leader takes the group on a relatively short warm up run to the top of Cliff Hill and runs down, along the sea front to the bottom of Beach Hill.

Effort commences up Beach Hill with recovery down. 10-15 Mins effort should be conducted and then a 5 min break. A second effort session is conducted for a further 10-15 mins. The final effort should end at the top of Beach Hill, at the Run Leader's direction.

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

<b><u>Safety Points:</u></b>	<ol style="list-style-type: none"><li>1. Make sure there is a tail runner for safety on way out.</li><li>2. Particular care to be taken crossing Lavernock Road and Westbourne Road.</li><li>3. Also take care crossing Esplanade Road to bottom of Beech Hill</li><li>4. All runners to take particular care where it is dark, and pavements are often narrow and cars frequent</li></ol>
<b><u>Summer and Winter Variations</u></b>	Light reflective clothing required in winter Head torches not required as all areas are relatively well lit.
<b><u>Additional Comments:</u></b>	Conservation of effort required early on as the session is lengthy and demanding.