

SESSION BRIEFING SHEET

Session Name: Flat Hill Repeats



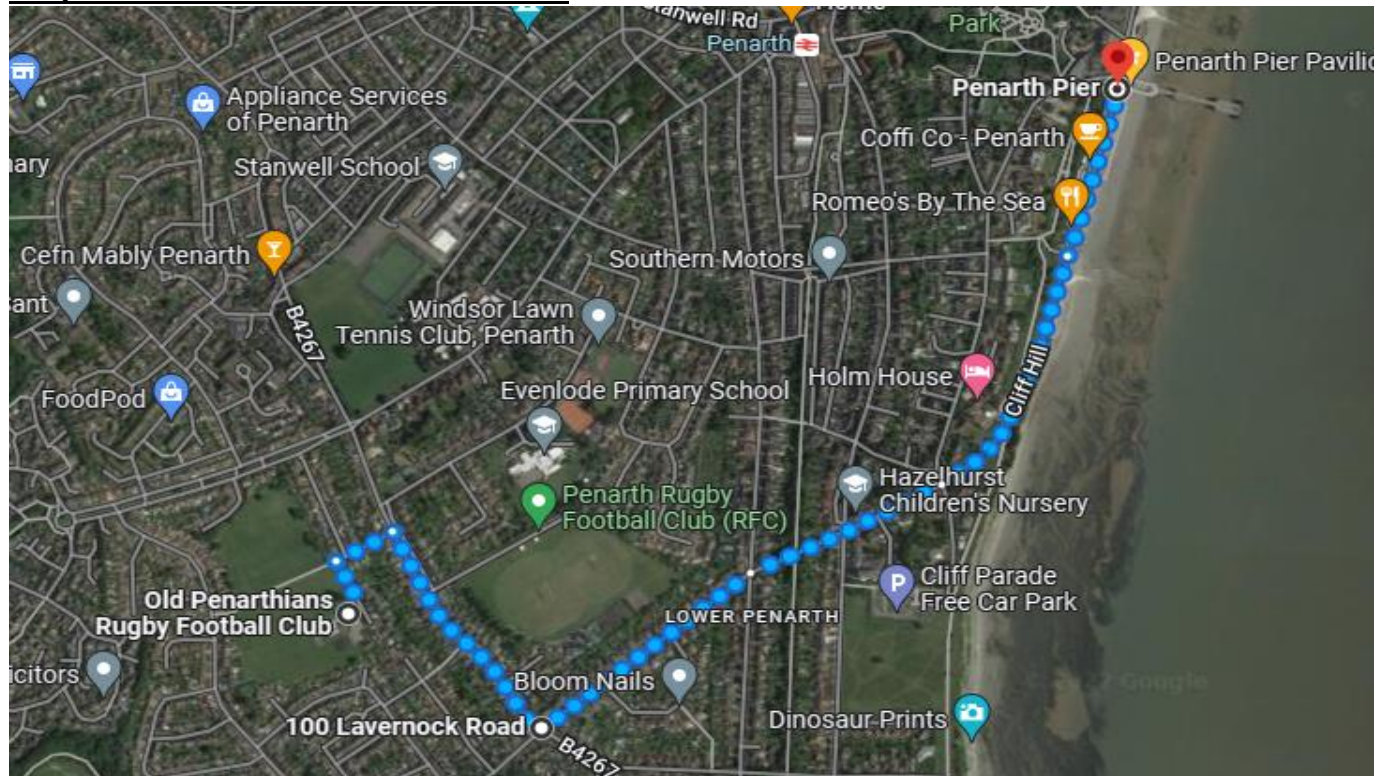
**PENARTH AND DINAS
RUNNERS**

Objective: Build Speed and Technique

Meeting Point: Old Pens Rugby Club

Location: Cliff Hill and Esplanade.

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.

Effort commences down Cliff Hill at speed and along the Esplanade. The Run Leader blows whistle after varying lengths of time and then participants recover back to the top of Cliff Hill. 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 Pier entrance, 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.

<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 Lavernock Road and Westbourne Road.3. Also take care to consider other pedestrians on the Esplanade4. All runners to take particular care where it is dark, and pavements are often narrow and cars frequent
<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as all areas are relatively well lit.
<u>Additional Comments:</u>	Conservation of effort required early on as the session is lengthy and the recovery more demanding than normal.