

SESSION BRIEFING SHEET



PENARTH AND DINAS
RUNNERS

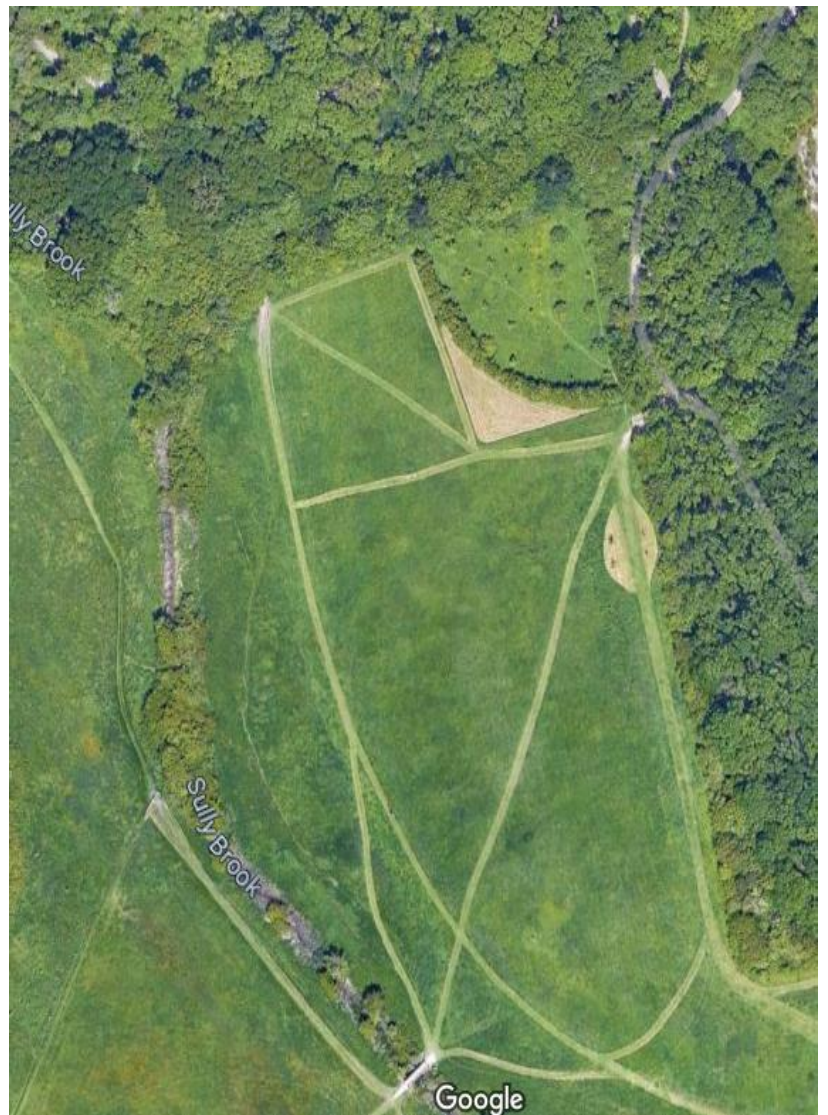
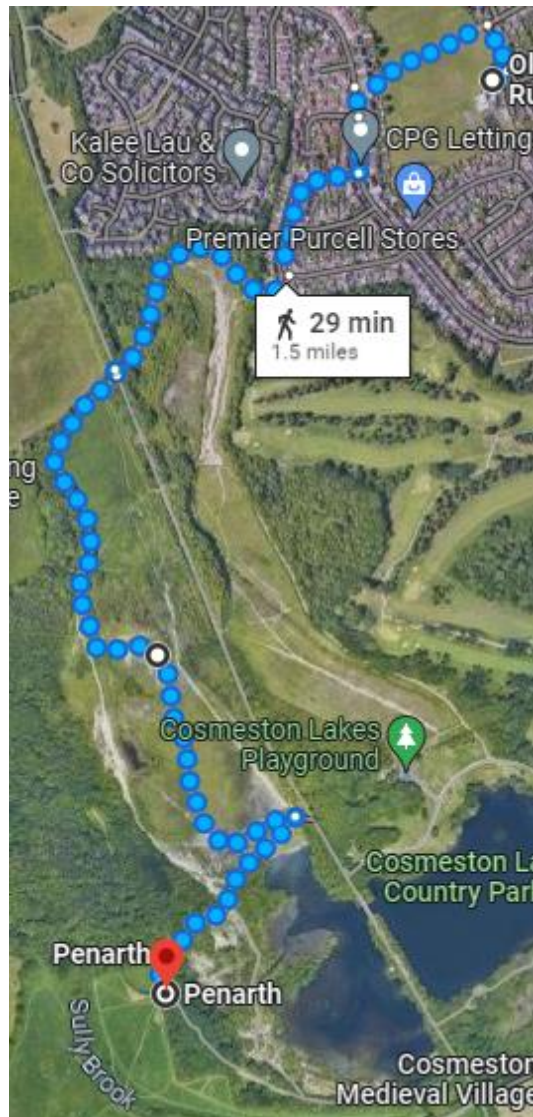
Session Name: Cogan Woods Hill Circuit

Objective: Increase stamina and exercise the aerobic energy system

Meeting Point: Old Pens Rugby Club

Location: Bottom entrance to Cogan Plantation

Map of Session location with Track :



<p><u>Description:</u></p>	<p>The run out uses the Byrd Crescent entrance to the park, turns right towards Mile Lane.</p> <p>At this point you can run down mile lane and turn right to the back lake and up to the entrance to Cogan Plantation, or go down through Cogan Plantation or across the middle of the park.</p> <p>The effort session is a continuous loop down into the woods, turning left across the small bridge coming into the meadow and using three different hills in succession.</p> <ol style="list-style-type: none"> 1. Short steep direct up to the gate 2. Run along bottom of meadow to small bridge over stream, then turn and run up to the gate 3. As 2 but continue on and arc around to run up the side of the wood and back to the gate. <p>A brief rest say 3-4 mins can be allowed in the middle and as time allows a reverse run can be carried out using the two shortest legs if people are particularly tired.</p> <p>The run leader brings the runners back to Old Pens on a warm down run and directs static stretches at the end.</p>
<p><u>Safety Points:</u></p>	<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 from Culver Close to Byrd Crescent. 3. Conduct a recce loop to check the condition of the route around the plantation, meadow and to familiarise any runners unfamiliar with the session. 4. At the end of the session runners can disperse to find their own way home or return to Old Pens with the run leader.
<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable in winter</p> <p>Hybrid trail shoes recommended.</p>

<u>Additional Comments:</u>	<u>Correct form required:</u> Arms driving backwards, knee up, toe up and triple extension with back foot pushing off hard. Maximum effort.
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