

## SESSION BRIEFING SHEET



PENARTH AND DINAS  
**RUNNERS**

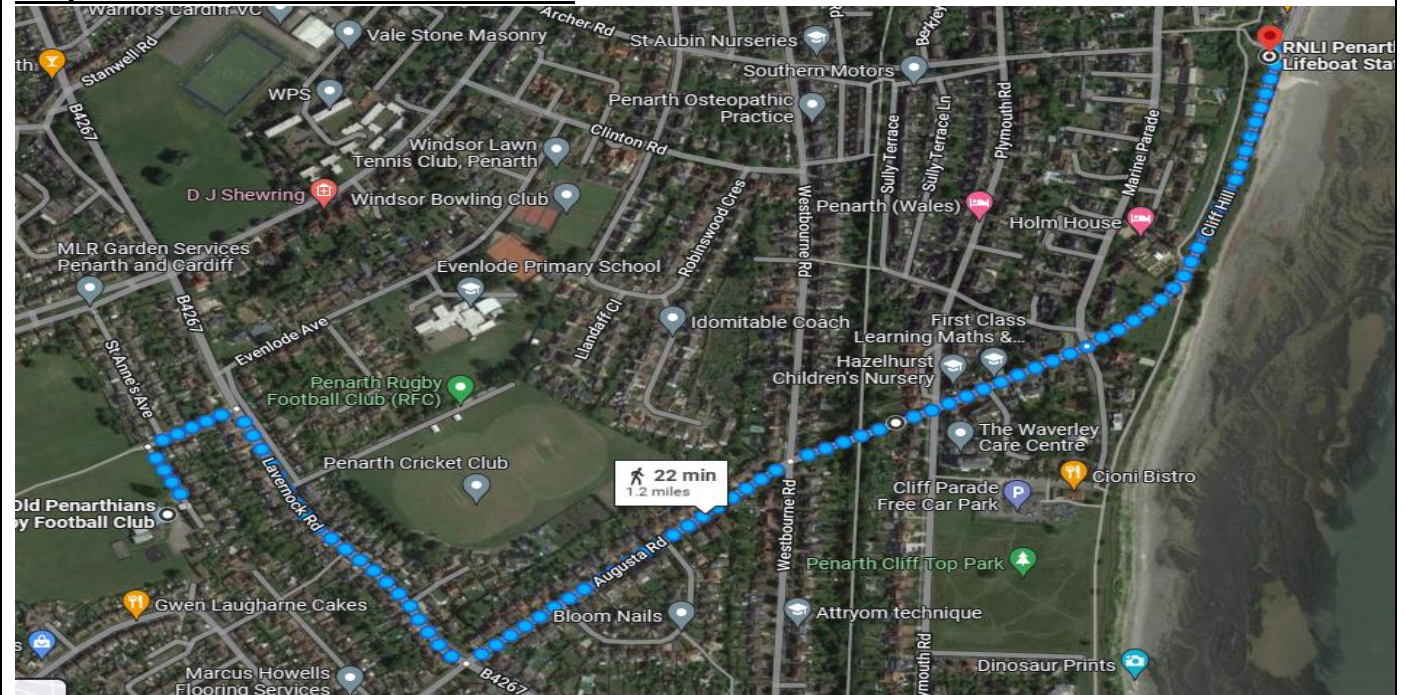
**Session Name:** Cliff Hill Tug of War

**Objective:** Build stamina and increase aerobic activity

**Meeting Point:** Old Pens Rugby Club

**Location:** Cliff Hill at near end of Penarth Esplanade

### Map of Session location with Track :



### **Description:**

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

A relatively short warm up run is conducted along Augusta and Ralsdale Road to the top and then the middle of Cliff Hill at lamppost 7.

Runners form up in pairs of equal ability with one running up and one running down, then back to the middle. Wherever they meet they turn and run back up or down as they did before. The tug of war comes where they meet further up or down the hill, away from the middle.

The Run Leader may at his/her discretion allow a short break in the middle of the session and then reverse the direction for runners until the end of the session. After approximately 20 mins the session ends.

The Run Leader brings the runners back to the Old Pens on a warm down run 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 on way out.</li> <li>2. Particular care to be taken crossing Lavernock Road and Westbourne Road.</li> <li>3. All runners to take particular care where it is dark, and pavements are often narrow and cars frequent</li> <li>4. Try to keep runners on the path as they recover down the hill, they have a tendency to go out into the road.</li> </ol>
<p><b><u>Summer and Winter Variations</u></b></p>	<p>Light reflective clothing required in winter</p> <p>Head torches not required as all areas near roads and cars should be reasonably well lit.</p>
<p><b><u>Additional Comments:</u></b></p>	<p>Run Leader can work with the group, but should always be mindful of the weaker runners who may find this session quite testing. Often good to run reverse direction so you see faces as they run.</p> <p>Add a small pack if you want to enhance to stamina element by carrying some weight / full ultra-pack.</p>