

SESSION BRIEFING SHEET

Session Name:

Group Jog Solo Speed – Cosmeston Back Lake



**PENARTH AND DINAS
RUNNERS**

Objective:

Fartlek session in limited space, alternating sprints with recovery.

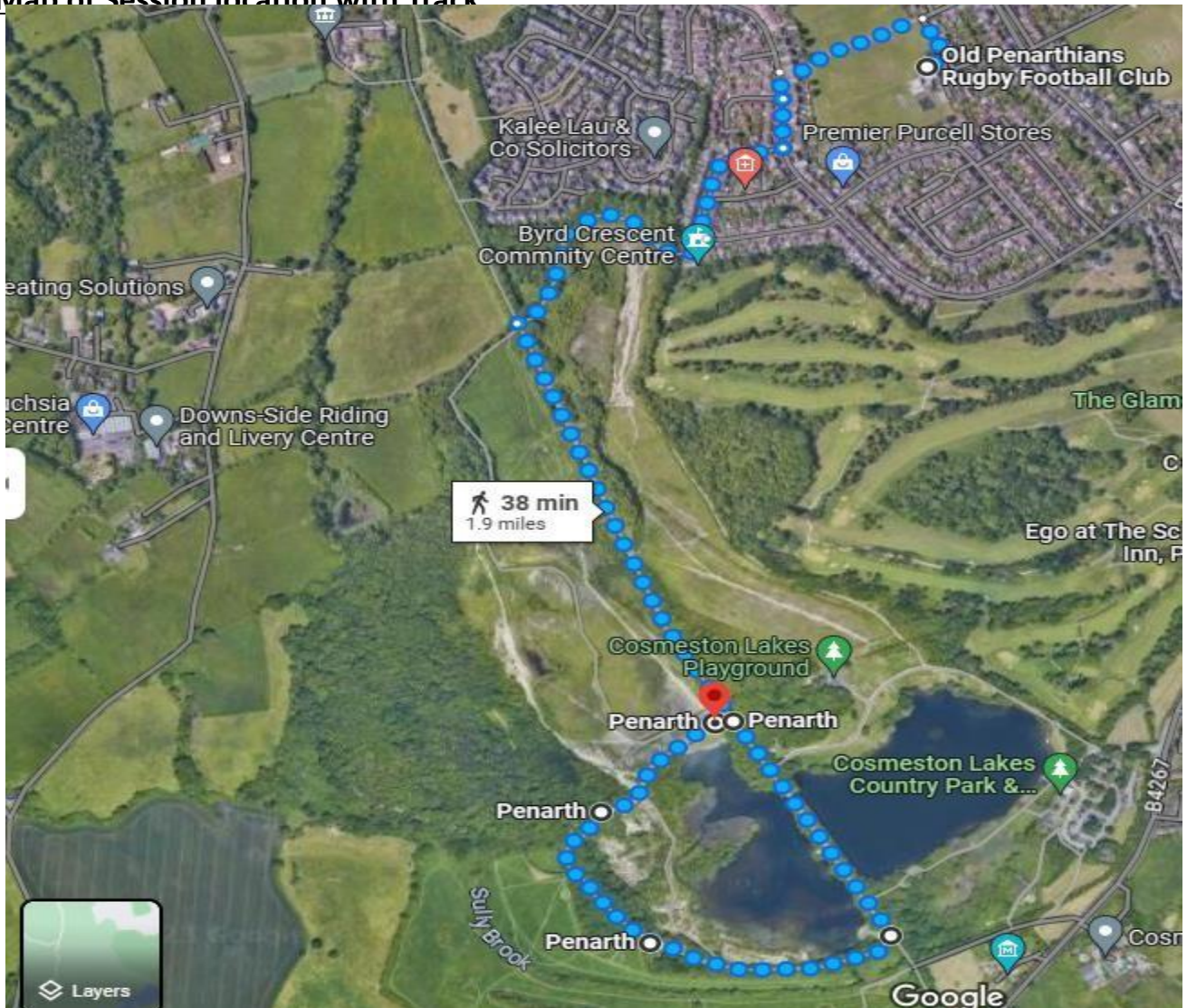
Meeting Point:

Old Pens Rugby Club

Location:

Cosmeston Back Lake

Map of Session location with Track :



<p><u>Description:</u></p>	<p>A warmup run is conducted into Cosmeston park via the Byrd Road entrance and down Mile Lane to the top junction with the back lake.</p> <p>The group is split into pairs of equal ability. A No1 and a No2.</p> <p>The No1 runner goes around the loop with the Run Leader at a steady slow pace, approx. 12 min miles. The No2 runner sprints at 70% effort in the opposite direction until they meet back up with the recovery group, which they then join. The No1 runner takes off in the opposite direction at 70% sprint pace. In this way each pair alternates between sprint and recovery.</p> <p>The session is continuous until the Run Leader decides sprinters should stay with the recovery group. Once all sprinters are recovered the session ends. Leader may alternate with Assistant if desired.</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>
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<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. At the end of the session runners can disperse to find their own way home or return to Old Pens with the Run Leader but must advise Run Leaders.
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<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter.</p> <p>Head torches advisable in winter and on darker nights.</p>
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<p><u>Additional Comments:</u></p>	<p>Run leader should stay with recovery group to ensure a slow steady pace, 12min miles, but can alternate with Assistant if numbers are odd.</p> <p>Recover everyone to group before ending the session.</p>
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