

SESSION BRIEFING SHEET



PENARTH AND DINAS
RUNNERS

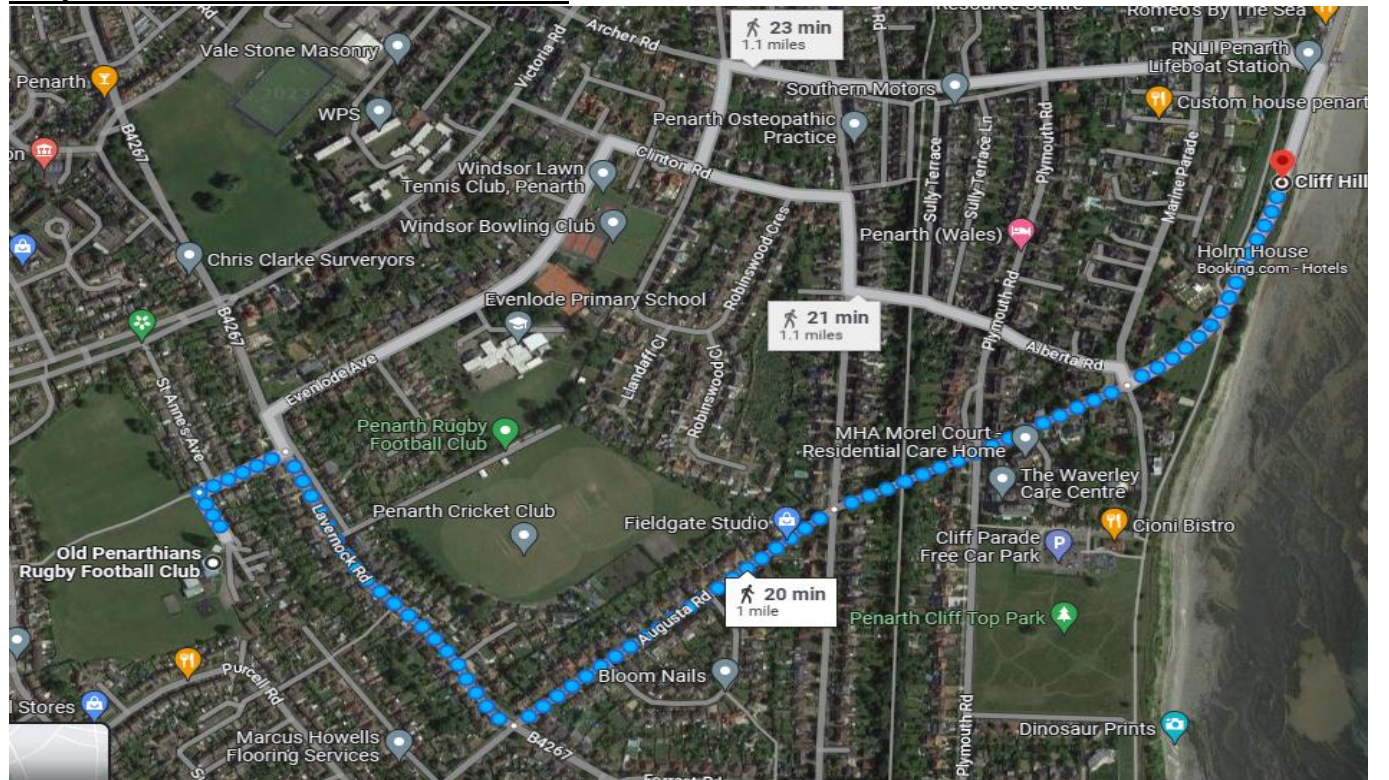
Session Name: Cliff Hill Relay in Pairs

Objective: Build stamina and increase aerobic activity

Meeting Point: Old Pens Rugby Club

Location: Cliff Hill above Penarth Esplanade

Map of Session location with Track :



Description:

A relatively short warm up run is conducted from Old Pens across to Cliff Hill, stopping at Lamppost 7.

Runners form up in pairs of equal ability with one remaining in the middle whilst the other runs down the hill and back to the middle, at which point the other runner runs up the hill and back down to the middle. This continues throughout the session, each runner getting a break in the middle alternately.

The Run Leader allows a short break in the middle of the session and then reverse the direction for runners until the end of the session.

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

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<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 tom be taken crossing main roads and side roads on the warm up run and the recovery to Old Pens.3. Try to keep runners on the path as they recover down the hill, they have a tendency to go out into the road.
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as all areas near roads and cars should be reasonably well lit.
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<u>Additional Comments:</u>	Run Leader can work with the group, but should always be mindful of the weaker runners who may find this session quite testing. Add a small pack if you want to enhance the stamina element by carrying some weight / full ultra pack.
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