

SESSION BRIEFING SHEET

Session Name: Trem Y Bae Sprints



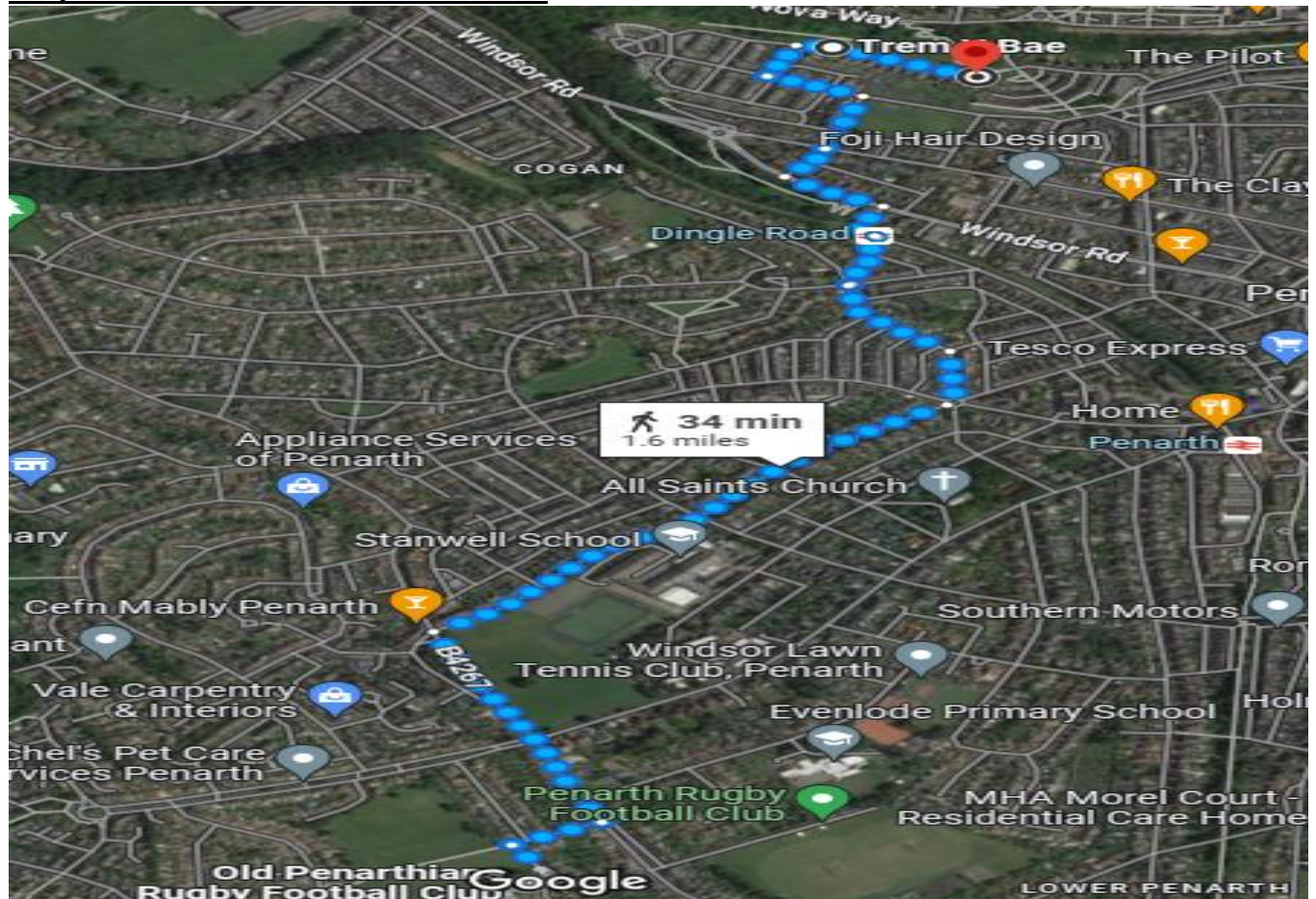
**PENARTH AND DINAS
RUNNERS**

Objective: Build Strength and Stamina

Meeting Point: Old Pens Rugby Club

Location: Trem Y Bae, Harbour View

Map of Session location with Track :



<p><u>Description:</u></p>	<p>The warm up run proceeds from Old Pens Rugby club, up the lights by the Cefn Mably and then through town and across to Windsor road, then looping up and around to the top of Trem Y Bae.</p> <p>Once at the top of Trem Y Bae, the sprints start down the left-hand side, with recovery back up the right-hand side. Fastest first, slowest last, the group naturally spaces out.</p> <p>The group should aim to ensure they have good sprinting form, leaning forward to start, high knees and critically for speed arms pumping front to rear, coming back behind the torso mid-line.</p> <p>Aim to complete at least 5 sprints then stop for 5 mins whilst you discuss proper form and demonstrate if necessary. Perform a further 5 sprints and complete the session.</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. Take care to watch all runners across all main roads. Particular care to be taken by individual runners crossing side roads. 3. Try and get everyone to stick to the pavements as far as possible. 4. Be particularly aware of traffic when running the circuit as runners will automatically go into the road. 5. Again, care must be taken on Trem Y Bae as cars do occasionally come down and may reverse out of parking spaces, but generally very quiet.
<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable as some of the steps and roads are not well lit.</p>

**Additional
Comments:**

Advisable for the run leader to run contra direction to runners at all times to give encouragement, control where they are running and let them know when mid-point stop is to happen and when session is finishing.

Add a small pack if you want to enhance to stamina element by carrying some weight / full ultra pack.