

# SESSION BRIEFING SHEET



## PENARTH AND DINAS RUNNERS

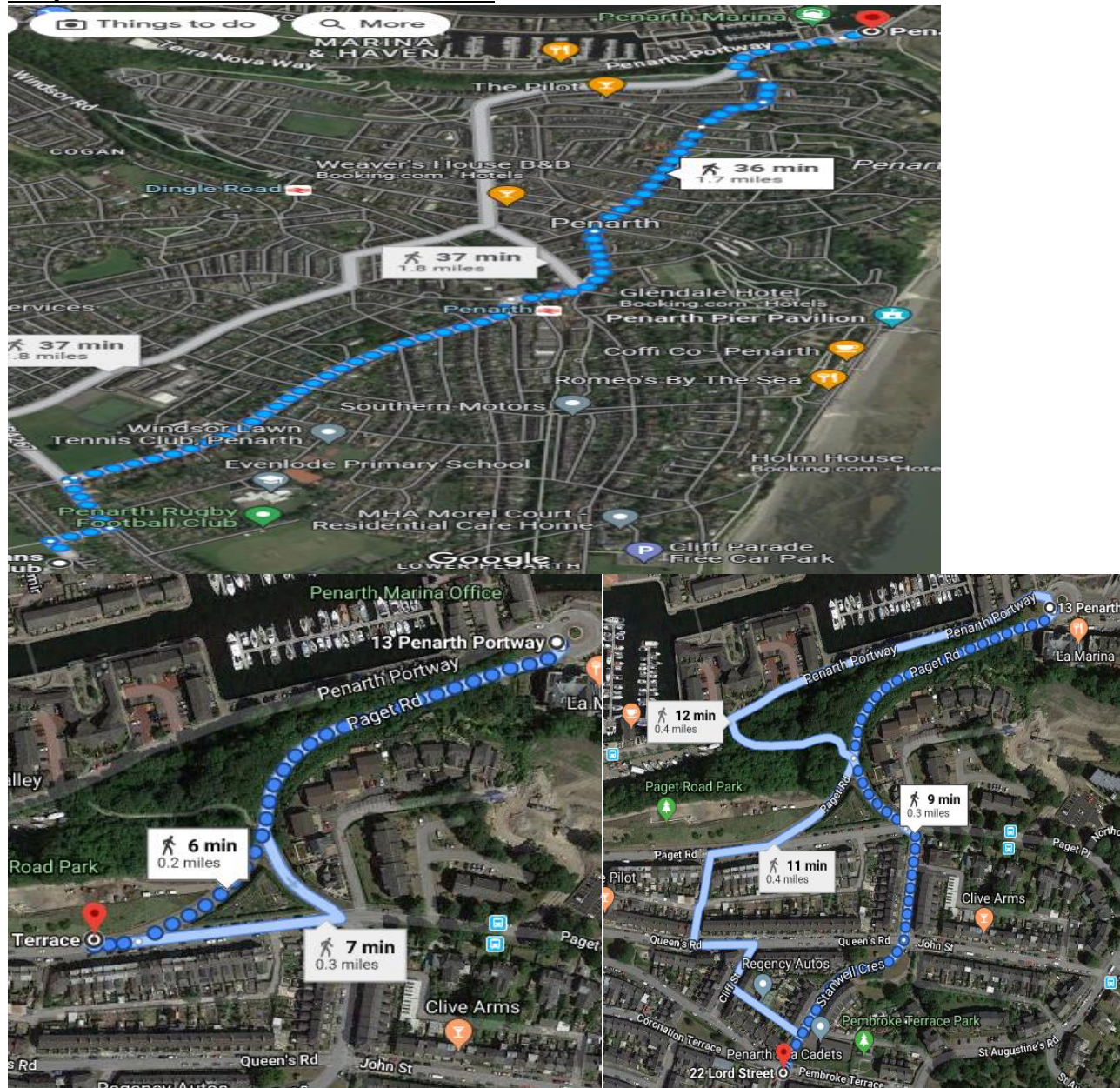
**Session Name:** Custom House Hill

**Objective:** Build stamina and endurance

**Meeting Point:** Old Pens Rugby Club

**Location:** Custom House Hill, Maughan Terrace and Stanwell Crescent

### Map of Session location with Track :



<p><b><u>Description:</u></b></p>	<p>The warm up run proceeds from Cogan through the marina to the roundabout at the bottom of Custom House Hill. Runners assemble at the bottom of the hill, on the right hand side where the path goes up the hill. Try to keep runners off the road.</p> <p>The session consists of 7 reps up the hill. Six “effort” reps up the hill and to the right as far as the bench overlooking the bay. First to make it starts back down the hill on recovery run, picking up everyone else on the way back down.</p> <p>The final 7<sup>th</sup> leg goes left at the top of Custom House Hill, then across the road to Maughan terrace and then ascends the steep hill that is Stanwell Crescent, stopping at the top, just past the Sea Scouts hut, where the session ends.</p> <p>Individual runners are at liberty to make their own way home to various locations in Penarth, whilst the Run Leader brings everyone else back to Old Pens on a warm down run and directs static stretches at the end.</p>
<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. Great care to be taken crossing junctions on the way out and care crossing side roads by individual runners.</li> <li>2. Care to be taken crossing the road to Maughan Terrace on the final hill rep and crossing to the bottom of Stanwell Crescent.</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 most sections are well lit.</p>
<p><b><u>Additional Comments:</u></b></p>	<p>Run Leader can run last but move through the field making sure he/she is aware of everyone as they move up and down the hill.</p> <p>Add a small pack if you want to enhance to stamina element by carrying some weight / full ultra pack.</p>