

SESSION BRIEFING SHEET

Session Name: Four Hills

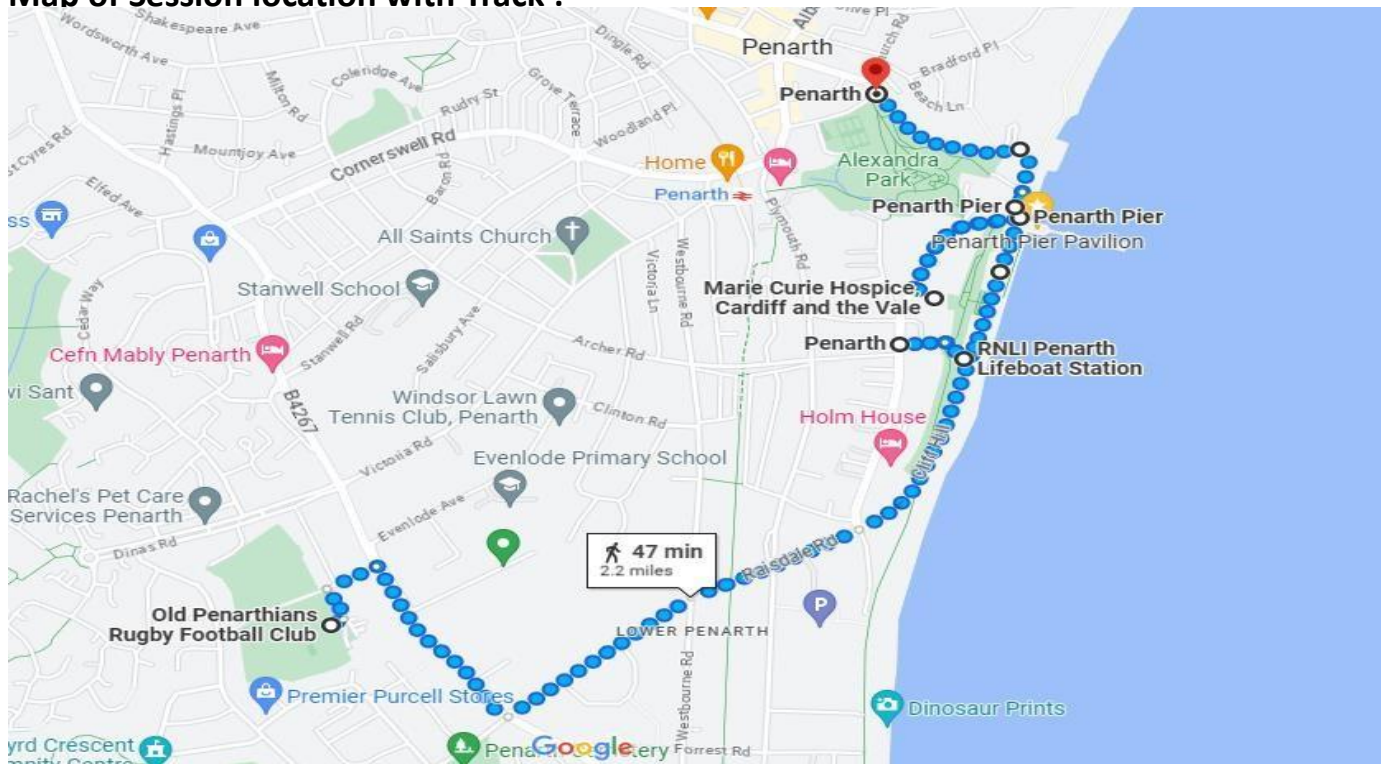


Objective: Build stamina and increase aerobic activity

Meeting Point: Old Penarthians RFC

Location: Penarth Esplanade and associated hills.

Map of Session location with Track :



<p><u>Description:</u></p>	<p>The warmup run proceeds across Lavernock Road and Westbourne Road, towards the top of Cliff Hill, and along the Esplanade.</p> <p>The effort session covers Beach Hill, Bridgeman Road, Yacht Club Climb and Cliff Hill in that order, up and recover back down each hill, proceeding to the next hill along the esplanade.</p> <p>Once all runners come back to the start, halfway along the Esplanade, the effort session is repeated including all four hills.</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>	<p>Make sure there is a Tail Runner for safety on way out.</p> <p>Particular care to be taken crossing the junction of Lavernock and Westbourne Road on the way out</p> <p>Try to keep runners on the paths and pavements as they recover down, they tend to go out into the road.</p>
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<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable as not all areas near roads and cars are well lit.</p>
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<p><u>Additional Comments:</u></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.</p> <p>Add a small pack if you want to enhance to stamina element by carrying some weight / full ultra-pack.</p>
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