

SESSION BRIEFING SHEET

Session Name: Stanwell Crescent Loops

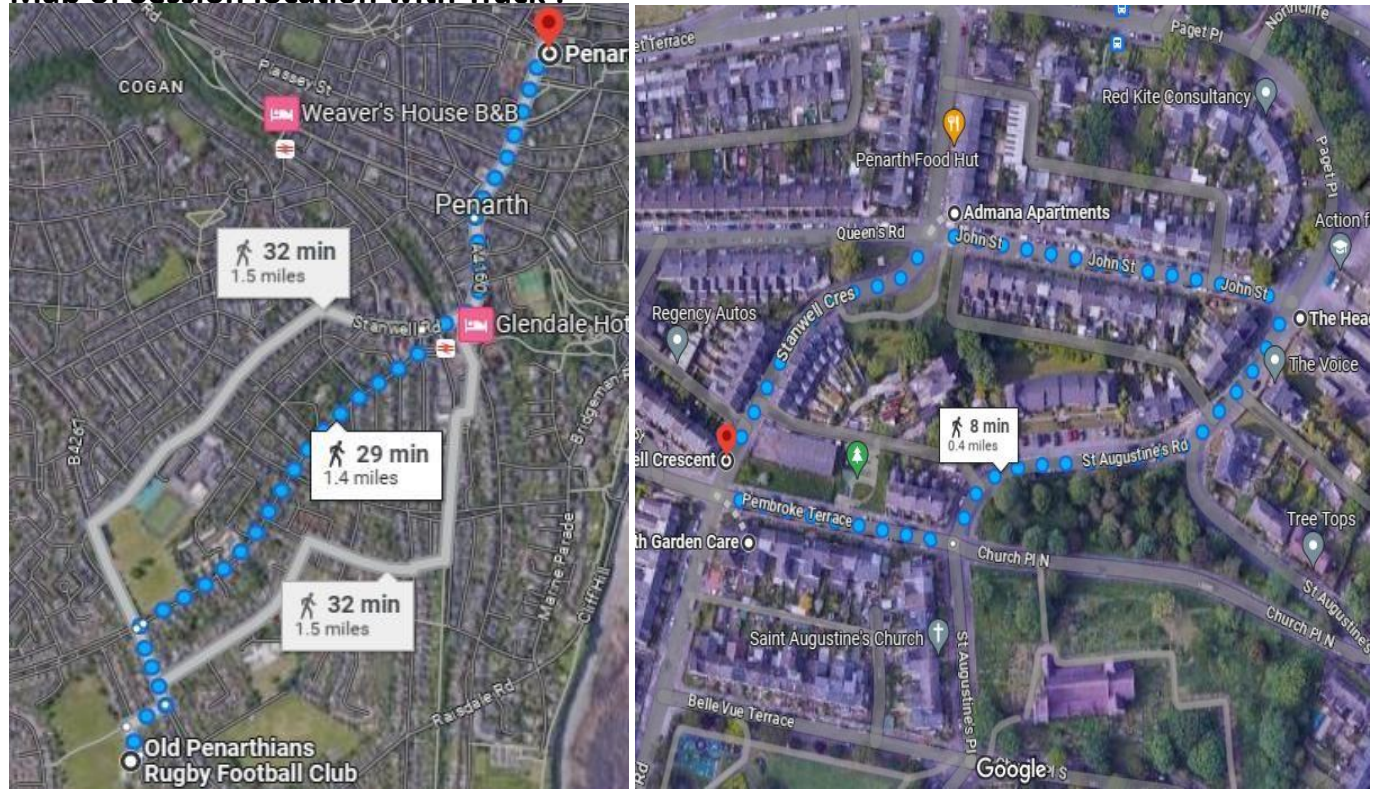


Objective: Build Strength & Stamina

Meeting Point: Old Penarthians RFC

Location: Stanwell Crescent

Map of Session location with Track :



<u>Description:</u>	<p>The Run Leader takes the session through town to the top of Stanwell Crescent, directly above the Sea Scout hut.</p> <p>The session proceeds on a single loop recce run arriving back at the start point.</p> <p>The effort session is continuous loops of Pembroke Terrace, St. Augustine's Road, John Street and Stanwell Crescent hill.</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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<u>Safety Points:</u>	<p>Care to be taken crossing all roads on way out to the effort session location.</p> <p>Care to be taken on all uneven pavements, stay off roads wherever possible.</p> <p>Take special care on the effort session and look out for cars coming in both directions.</p>
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<u>Summer and Winter Variations</u>	<p>Light reflective clothing required in winter</p> <p>Head torches not required as all areas are relatively well lit.</p>
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<u>Additional Comments:</u>	
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