

SESSION BRIEFING SHEET

Session Name: St Marys Well Bay Hills



PENARTH AND DINAS
RUNNERS

Objective:

Build stamina and exercise the aerobic energy system

Meeting Point:

Cosmeston Lakes Car Park

Location:

Swanbridge Bay opposite Sully Island.

Map of Session location with Track :



<p><u>Description:</u></p>	<p>The run out leaves the visitor centre and runs out the back of the park towards Lavernock Road, crossing over and running down past the caravan park on St Marys Well Bay Road down to Swanbridge Bay.</p> <p>The effort of the session is a pyramid of hill sprints back up the hill.</p> <p>20 / 30 / 40 / 50 / 60 / 50 / 40 / 30 / 20 recovering each time to the bottom of the hill before the next hill sprint.</p> <p><u>Correct form required:</u> Arms driving backwards, knee up, toe up and triple extension with back foot pushing off hard. Maximum effort.</p> <p>The run leader brings the runners back to Cosmeston on a warm down run and directs static stretches at the end.</p>
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<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. Particular care to be taken crossing from Lavernock Road and all the way down St Marys Well Bay Road. 3. Alternative route back or out for that matter along the main road towards Sully and down/up Beach Road to the Captains Wife. 4. At the end of the session runners can disperse to find their own way home or return to Cosmeston with the run leader.
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<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable in Winter</p> <p>Road shoes for this session</p>
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<p><u>Additional Comments:</u></p>	<p><u>Correct form required:</u> Arms driving backwards, knee up, toe up and triple extension with back foot pushing off hard. Maximum effort.</p>
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