

SESSION BRIEFING SHEET



PENARTH AND DINAS
RUNNERS

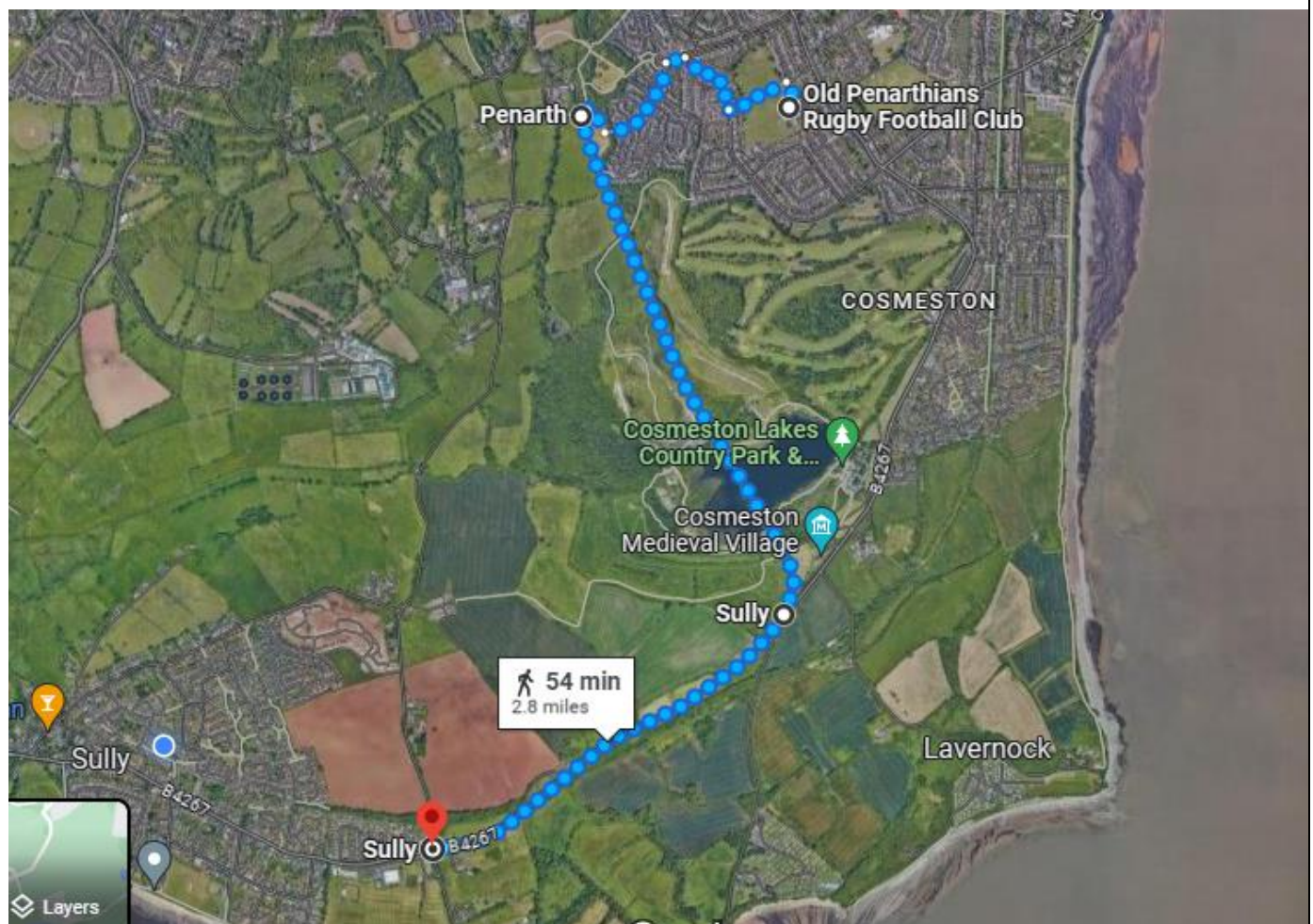
Session Name: Tempo Blast
Mile Lane and Beyond.

Objective: Work on Speed for Performance Level

Meeting Point: Old Pens Rugby Club

Location: Mile Lane and Beyond

Map of Session location with Track :



Description:

The warm up run proceeds from Old Pens to the top of Cosmeston Lakes Mile Lane. The group is split into 6,7,8,9 minute milers. All aim to run at 90% race tempo for next planned event.

Fastest at the front, slowest in the back. Everyone sets off together. The group gradually parts as the fastest move away from the slowest.

Everyone runs at tempo for a full 10 minutes and then turns and runs back maintaining the same tempo across the full 20 mins.

	<p>Everyone should arrive back together. Fastest will have completed 3.2 miles, slowest about 2.5 miles at tempo pace, there and back.</p> <p>The run leader brings everyone 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>	<ol style="list-style-type: none"> 1. Make sure there is a tail runner for safety on way out. 2. Care to be taken on Culver Close, Castle Avenue and Byrd Crescent, before entering the park. 3. Due respect to be given to other park users and dog walkers, especially when sprinting up the outside of the group.
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<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable for the dark sections across the barrage</p>
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<p><u>Additional Comments:</u></p>	<p>Leader is last off but runs at his / her own tempo pace, as everyone comes back to the start point and he/she will be moving through the entire group during the session.</p> <p>Count everyone out and back in to make sure the recovery run does not proceed until everyone is back at the start.</p>
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