

SESSION BRIEFING SHEET

Session Name:

Group Jog Solo Speed – Stanton Way Loop



**PENARTH AND DINAS
RUNNERS**

Objective:

Fartlek session in limited space, alternating sprints with recovery.

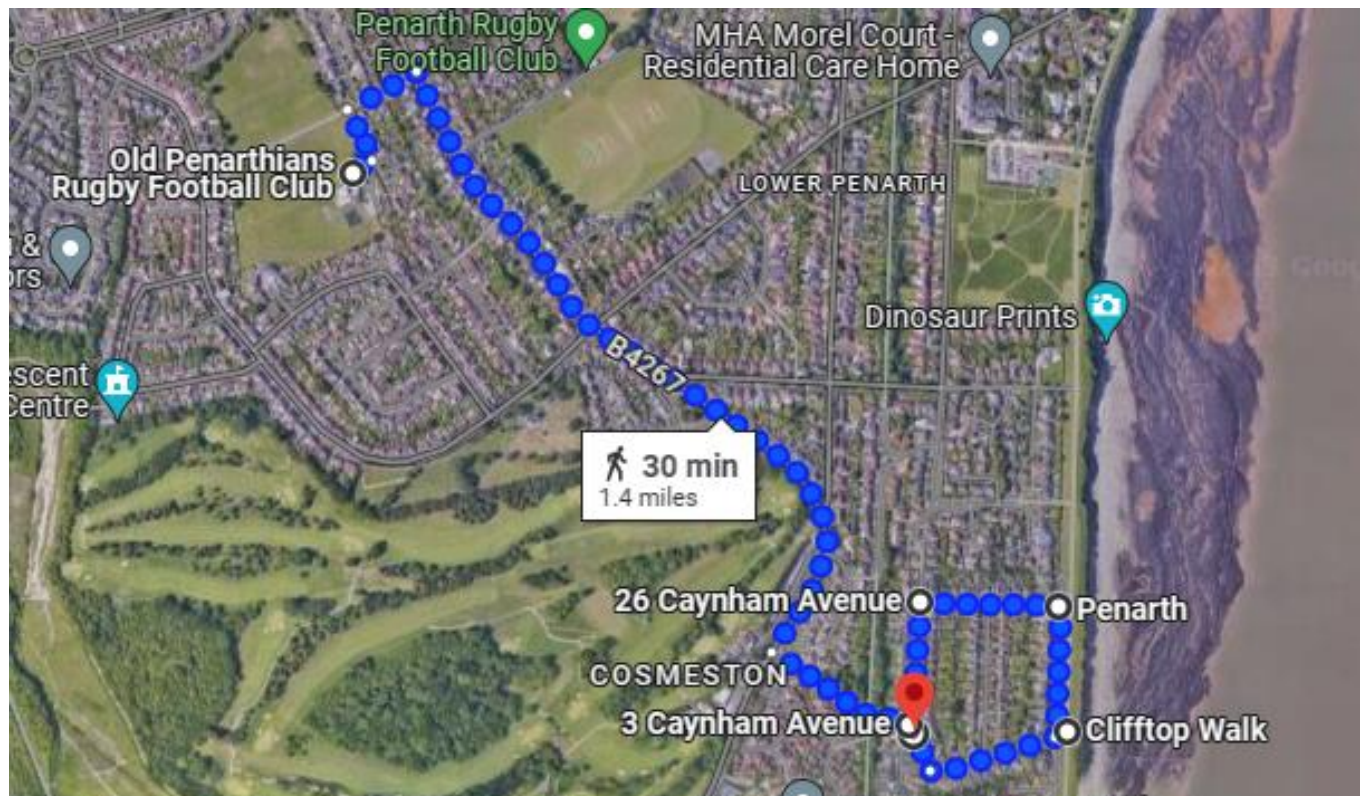
Meeting Point:

Old Pens Rugby Club

Location:

Stanton Way, Caynam Avenue, Craven Walk & Whitcliffe Drive.

Map of Session location with Track :



Description:

A static warm up is conducted at the start of the run, the group is split into pairs of equal ability.

The sessions starts with an easy warm up run out and down Lavernock Road towards the SPAR opposite the funeral home. Turn left over the bridge, bear right and continue on towards Stanton Way.

If necessary or thought advisable dependent on the group, conduct a recce circuit before starting the main session.

	<p>In each pair, one runner goes around the loop with the run leader at a steady slow pace, approx. 12 min miles. The second runner sprints at 90% effort in the opposite direction until he meets back up with the recovery group, which he/she then joins to recover, whilst the other runner takes off in the opposite direction at 90% sprint pace. In this way each pair alternates between sprint and recovery.</p> <p>The session is continuous until the run leader determines that recovery group members remain within the group when their opposite number (sprinting) returns. Once all sprinters are recovered the session ends.</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>	<ol style="list-style-type: none"> 1. Make sure there is a tail runner for safety. 2. Particular attention to be given to narrow pavements, alleyways, poor lighting and other pedestrians. 3. Care to be taken crossing Lavernock Road to get over to the SPAR on Brockhill Rise 4. All runners to take particular care where it is dark and there is a need to cross side junctions. 5. Cars can arrive from the front and rear on this session.
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<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches not required as all areas are reasonable well lit.</p>
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<p><u>Additional Comments:</u></p>	<p>Run Leader is to control the pace from the front of the recovery group and not allow sprint recoverees to stretch the pace or go ahead.</p>
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