

SESSION BRIEFING SHEET



PENARTH AND DINAS
RUNNERS

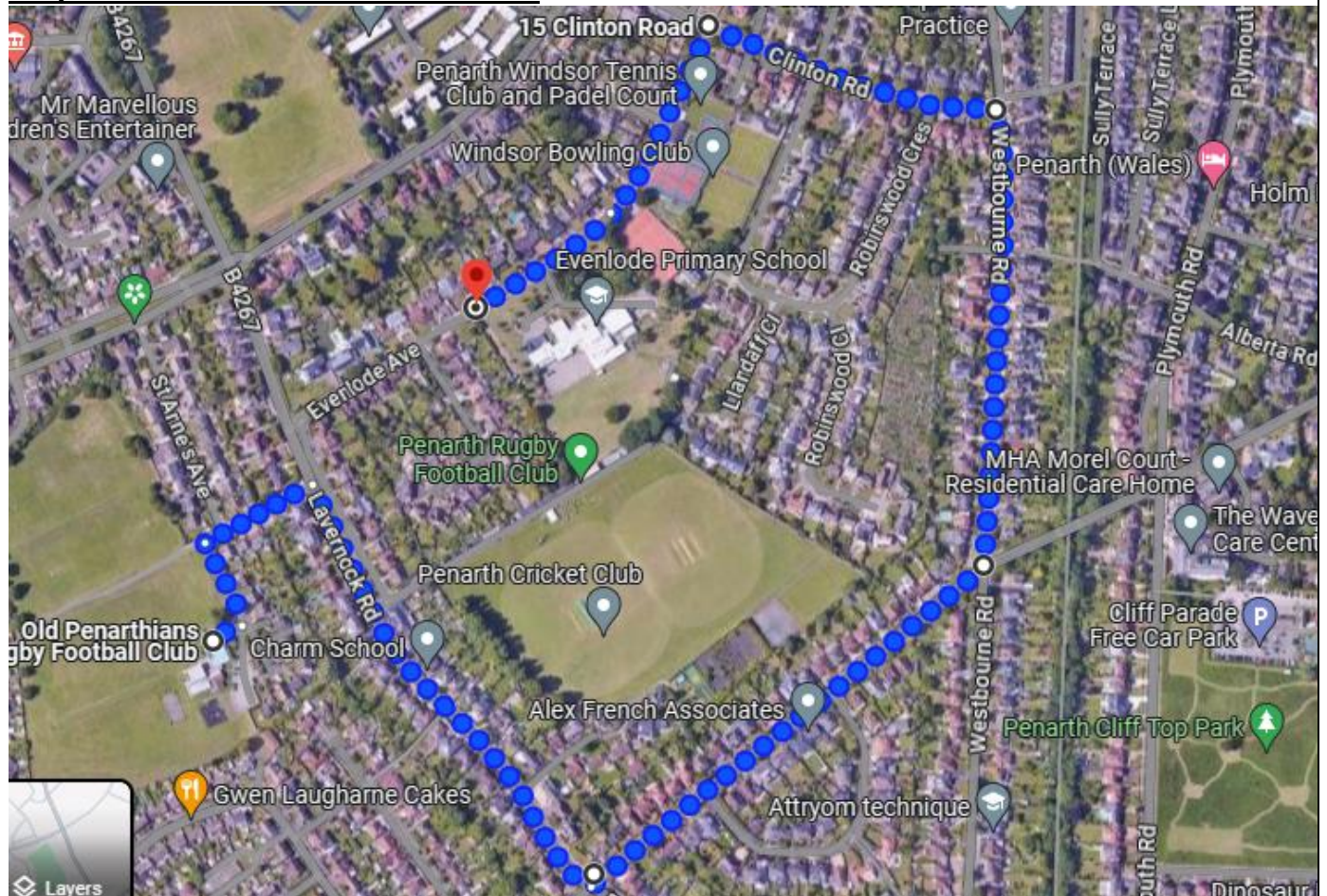
Session Name: Evenlode Sprints
(From the Top)

Objective: Build Speed on top of Stamina and increase aerobic activity

Meeting Point: Old Pens Rugby Club

Location: Cliff Top Path, just below the pitch and put.

Map of Session location with Track :



Description:

The warm up run goes down Lavernock Road, turns left onto Augusta Road, then left onto Westbourne Road, left again onto Clinton Road and stops at the top of Evenlode Avenue.

The session is a sprint of pyramid or random reps down Evenlode Avenue towards the lay by at the school, or slightly beyond.

The maximum any one sprint should be 60 seconds.

This equates roughly to 260m for the fastest runner and 160m for the slowest.

	<p>The effort session should last at least 30 mins, with the run leader allowing a short break in the middle, if the group are tiring.</p> <p>Can also consider splitting it so the second half is from the other end, slightly uphill towards the end.</p> <p>The run leader brings the runners back to the 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. Particular care to be taken crossing Lavernock Road 3. Make sure someone remains at the start point to look out for cars turning into Evenlode Avenue and is able to alert runners, who will have their backs to the cars. 4. At the end of the session runners can disperse to find their own way home or return to Old Pens 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 not required as all areas near roads and cars should be reasonably well lit.</p>
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<p><u>Additional Comments:</u></p>	<p>Run leader should be last off regardless of pace so he/she can see the whole group and is somewhere in the middle when the whistle is blown.</p> <p>Everyone recovers back to the start point between sprints.</p>
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