

SESSION BRIEFING SHEET



PENARTH AND DINAS
RUNNERS

Session Name: Double Sprints near
"The Paddocks"

Objective: Build Speed and increase aerobic activity

Meeting Point: Old Pens Rugby Club

Location: Channell View and Lower Forrest Road

Map of Session location with Track :



Description:

The warm up run goes down Lavernock Road, then turns left along Forrest Road, over Westbourne Road and the bridge, then stopping at the junction of Lower Forrest Road and Plymouth Road and the entrance to the Paddocks.

Conduct a recce run if necessary, point out cliff top path to dark in winter.

The effort comprises two sprints on Lower Forrest Road and Channell View. The sprint is in both directions up and down, arriving back at Plymouth road. A short recovery is made between the two on Plymouth Road.

The run leader brings the runners back to Old Pens Rugby Club on a warm down run and directs static stretches at the end.

<u>Safety Points:</u>	<p>Make sure there is a tail runner for safety on way out.</p> <p>Particular care to be taken crossing Lavernock & Westbourne Road</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 near roads should be reasonably well lit.</p> <p>In the summer it is possible to use the clifftop path to join the two sprints at the top, but not in winter as it is far too dark between them.</p>
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<u>Additional Comments:</u>	<p>Maximum effort on the sprint up and back both roads.</p> <p>Cover off sprint technique before effort session start.</p>
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