SESSION BRIEFING SHEET

Session Name: **Dinas Miles**
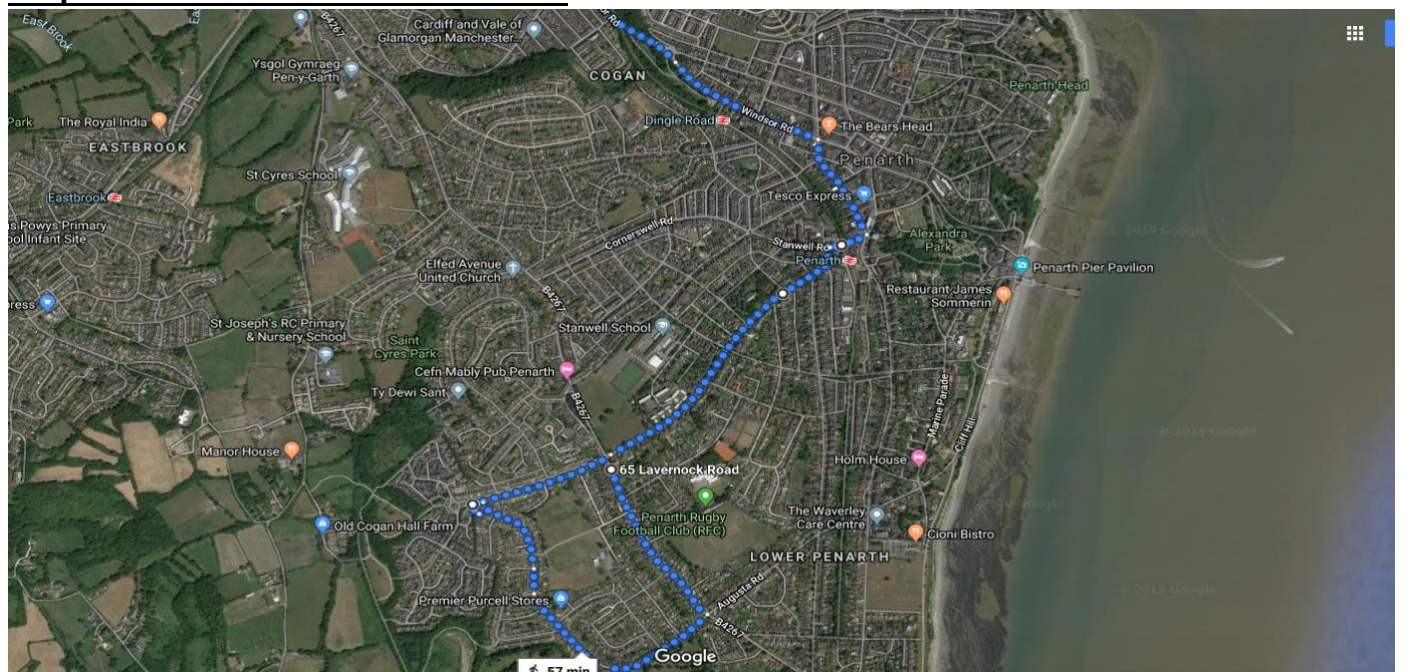
PENARTH AND DINAS RUNNERS

Objective:	Almost continuous Tempo Session

Meeting Point:	Cogan Leisure Centre

Location:	Dinas Road, Opposite Stanwell School Playing Fields. Mile loops along Beechwood Drive, Culver Close and Castle Avenue.

Map of Session location with Track :

| **Description:** | A relatively long warm up run is conducted from the Leisure Centre up through town, then turn right along Hickman road to the lights, across to Station Approach and then down Victoria Road to the lights on Lavernock Road at the top of Dinas Road. Cross Over.

This is the standard Dinas Miles course, approximately 0.9 mile loop, turning left at the bottom of Dinas Road and following the road all the way back around to Lavernock Road and the junction of Augusta Road.

Group is split into slow pace, intermediate and fast. Slowest go off first with 2 minute intervals. Everyone should end up at Lavernock Road junction together. 2 min break after last runner. Repeat back and then once more around to Lavernock Road.

The run leader brings the runners back to the Leisure Centre on a warm down run and directs static stretches at the end. |
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Safety Points:	1. Make sure there is a tail runner for safety on way out. 2. Particular care to be taken at the lights at the end of Hickman Road and crossing over towards Victoria Road. 3. Control crossing to Dinas Road at traffic Lights 4. Make sure everyone is aware of traffic on Dinas Road, especially when turning right to cross to the other side. 5. All runners to take particular care on the loop where it is dark and pavements are often narrow and cars frequent.

Summer and Winter Variations	Light reflective clothing required in winter Head torches are advisable although most areas are relatively well lit.

Additional Comments:	When arriving at Dinas Road, make sure all are in same-ability groups, then put slowest at front, fastest at back. Divide by speed – 6 Min Miles, 7 Min Miles, 8 Min Miles Run leader sees all groups off and then moves directly to the loop finishing point to count everyone in and time break after last runner arrives. If the run leader is confident he/she can leave with the last and fastest group to arrive at the end with everyone else.