

## SESSION BRIEFING SHEET

**Session Name:** Yacht Club Climbs

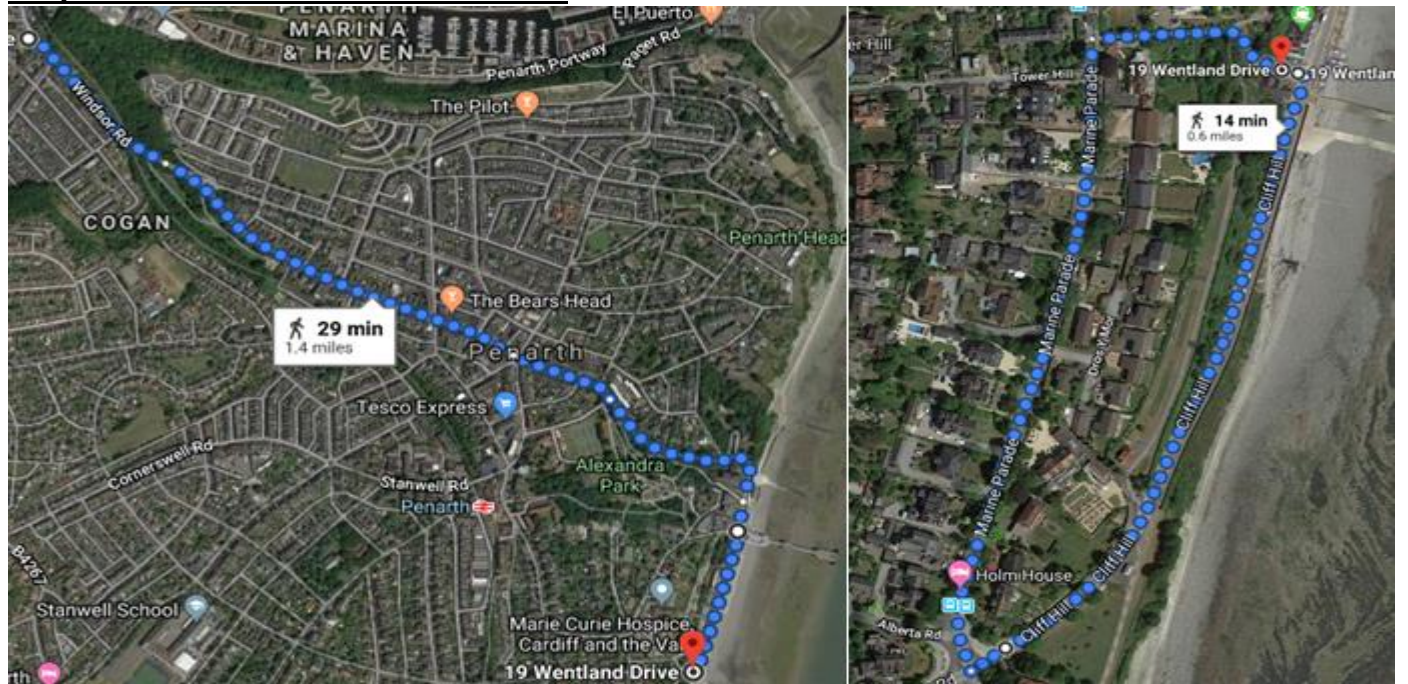


**Objective:** Build stamina and increase aerobic capacity

**Meeting Point:** Cogan Leisure Centre

**Location:** Yacht Club steps and recovery loop to top of Beach Hill and back down

### Map of Session location with Track :



### **Description:**

A relatively long warm up run is conducted from the Leisure Centre up through town, down Beach Hill, along the Esplanade to the Yacht Club.

Runners operate independently and run up the Yacht Club path and steps, turn left at the top, continue along Marine Parade to the top of Cliff Hill and recover back to the Yacht Club. Runners should not go off too quickly. It is a continuous session of approximately 20 minutes and quite demanding for everyone.

The run leader may at his/her discretion allow a short break in the middle of the session to allow runners to gather strength for the 2<sup>nd</sup> half.

**NOTE:** The lane can be used but only if well lit.

The run leader brings the runners back to the Leisure Centre on a warm down run and directs static stretches at the end.

<b><u>Safety Points:</u></b>	<ol style="list-style-type: none"><li>1. Make sure there is a tail runner for safety on way out.</li><li>2. Particular care to be taken crossing junction of Hickman Road and Windsor Road.</li><li>3. Also at the roundabout at the far end of town and at the top of Alexandra Park.</li><li>4. Also whilst crossing the road on the Esplanade by the pier.</li><li>5. Try to keep runners on the path as they recover down, they have a tendency to go out into the road.</li></ol>
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<b><u>Summer and Winter Variations</u></b>	Light reflective clothing required in winter Head torches are advisable although most areas near roads and cars should be reasonably well lit.
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<b><u>Additional Comments:</u></b>	Run leader can work with the group, but should always be mindful of the weaker runners who may find this session quite testing. Often good to run reverse direction so you see everyone as they run.
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