

SESSION BRIEFING SHEET

Session Name: Tesco Hill Loop Continuous

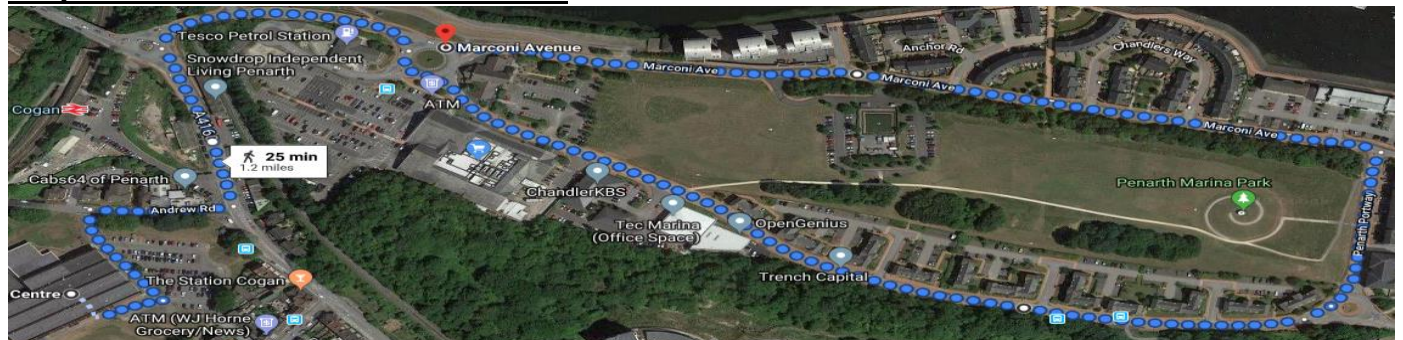


Objective: Build Strength and Stamina

Meeting Point: Cogan Leisure Centre

Location: Tesco Hill down to Oystercatcher Loop and Reverse using Paths

Map of Session location with Track :



Description:

The warm up run proceeds from Cogan Leisure Centre, over Tesco Hill and then completes a loop of Penarth Marina Park, returning to the foot of the hill by the Oystercatcher.

Complete one circuit of the loop for familiarisation, then set the group of to complete continuous loops.

Google maps was uncooperative. The path at the side of the road is utilised, NOT THE ROAD!

Stop half way through session and reverse direction. Finish session at the top of Tesco Hill.

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

<u>Safety Points:</u>	<ol style="list-style-type: none">1. Make sure there is a tail runner for safety on way out.2. Take care to watch all runners across the junction of the small roundabout on Windsor Road.3. Be particularly aware of traffic when running out as the road can be busy around Tesco Hill, Tescos and Terra Nova Way.4. Make sure everyone sticks to the pavement and path.
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches advisable as some of the steps and roads are not well lit.
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<u>Additional Comments:</u>	Keep tight control of runners on paths and make sure they take care as the path along the road can be slippery. Make sure care is taken where the inside path meets the bridge as there is a bike chicane which narrows the path for runners.
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