

## SESSION BRIEFING SHEET

Session Name: St Joseph's Mews Steps  
(Top of Snakey Climb)

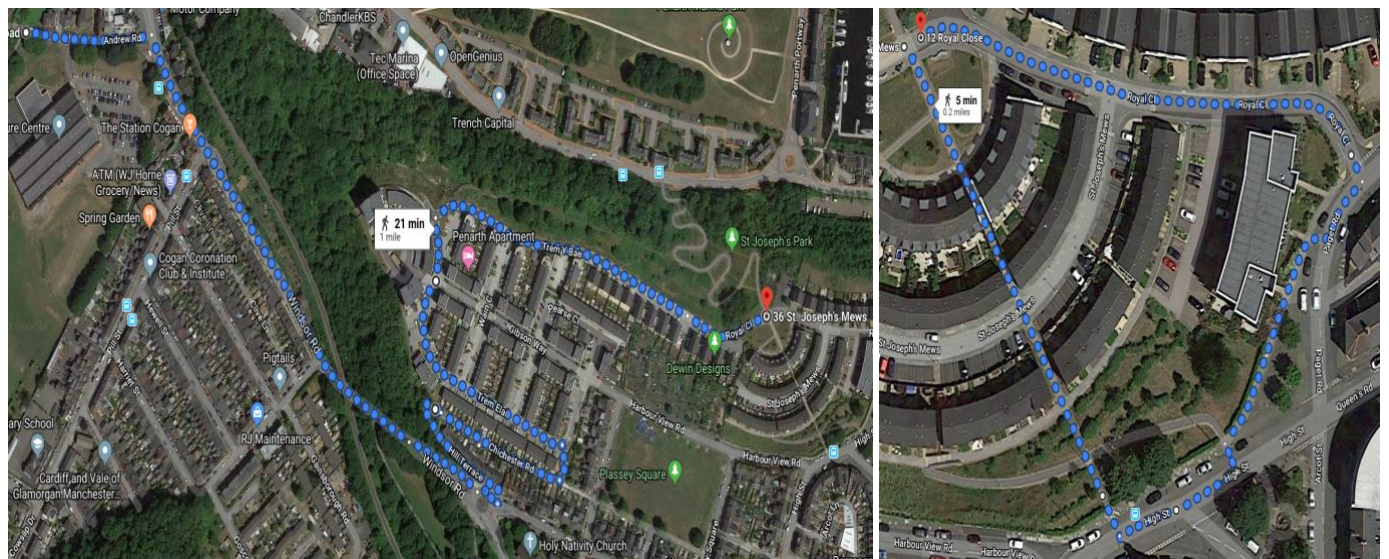


Objective: Build Strength and Stamina

Meeting Point: Cogan Leisure Centre

Location:

### Map of Session location with Track :



### Description:

The warm up run proceeds from Cogan Leisure Centre, up Windsor Road. There are several different ways to get to the top of St Joseph's Mews. Hill Terrace and Trem-y-Bae are challenging, but Plassey Street or High Street work equally well.

Complete one circuit of the loop for familiarisation, then set the group off to complete continuous loops. Stop half way through the session and reverse direction. Finish session back at the top of the steps

This a simple loop session but requires good pacing as the second half is probably harder than the first.

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

<p><b><u>Safety Points:</u></b></p>	<ol style="list-style-type: none"> <li>1. Make sure there is a tail runner for safety on way out.</li> <li>2. Take care to watch all runners across the junction of the small roundabout on Windsor Road. The Trem-Y- Bae route out crosses fewer roads and is probably safer in the dark.</li> <li>3. Try and get everyone to stick to the pavements as far as possible.</li> <li>4. Be particularly aware of traffic when running the circuit as runners will automatically go into the road, especially on the way down Royal Close.</li> <li>5. Again particular care must be taken in transition between the steps on St Joseph's Mews as the road bends and cars do come around the bend occasionally.</li> </ol>
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<p><b><u>Summer and Winter Variations</u></b></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable as some of the steps and roads are not well lit.</p>
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<p><b><u>Additional Comments:</u></b></p>	<p>Advisable for the run leader to run contra direction to runners at all times to give encouragement, control where they are running and let them know when mid-point stop is to happen and when session is finishing.</p>
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