

## SESSION BRIEFING SHEET

**Session Name:** Group Tempo Circuit

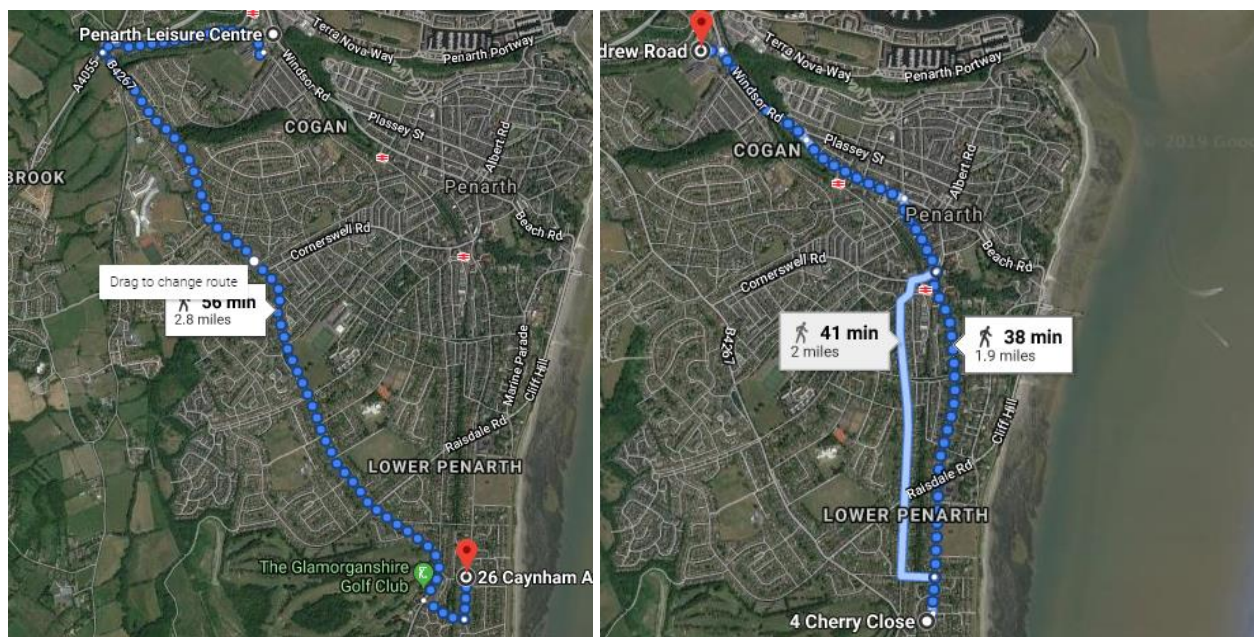


**Objective:** Build speed on top of endurance

**Meeting Point:** Cogan Leisure Centre

**Location:** 5 Mile Handicap Course modified to exclude the Esplanade and Beach Hill. Finishing up Plymouth Road and to the Glenbrook Hotel.

### Map of Session location with Track :



### Description:

The warm up run proceeds up Andrew Road to the top of Redlands road hill. The group is split into ability groups at the start 7,8,9,10 minute milers. All groups set off together.

Once at the top of Redlands Road Hill, where the tempo session begins, groups set off at 3 min intervals, slowest first. Faster groups may loop to stay warm along Wordsworth Avenue whilst waiting.

Each group proceeds at their tempo pace for approximately 3 miles of the handicap course, excluding the Esplanade, Cliff and Beach Hill continuing straight up Plymouth Road, ending at the Glenbrook Hotel.

Once everyone has finished their tempo run, the leader brings everyone 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 all groups understand the control functions and keep together for safety.</li><li>2. Group leader must be able to operate watch and control the split ability groups from the tempo start point at the top of Redlands Hill and get to the finish line in time.</li><li>3. Great care to be taken crossing all junctions around the full course.</li><li>4. Be very aware of cars on the roads on which you are running, especially from behind.</li><li>5. Look out for each other at all times.</li></ol>
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<b><u>Summer and Winter Variations</u></b>	Light reflective clothing required in winter Head torches advisable for the dark sections
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<b><u>Additional Comments:</u></b>	Run leader sees all groups off and then moves directly to the finish point at Glendale Hotel to call all groups in and make sure everyone is present.  If the run leader is confident he/she can leave with the last and fastest group to arrive at the end with everyone else.
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