

SESSION BRIEFING SHEET

Session Name: Fartlek Cardiff Bay Circuit

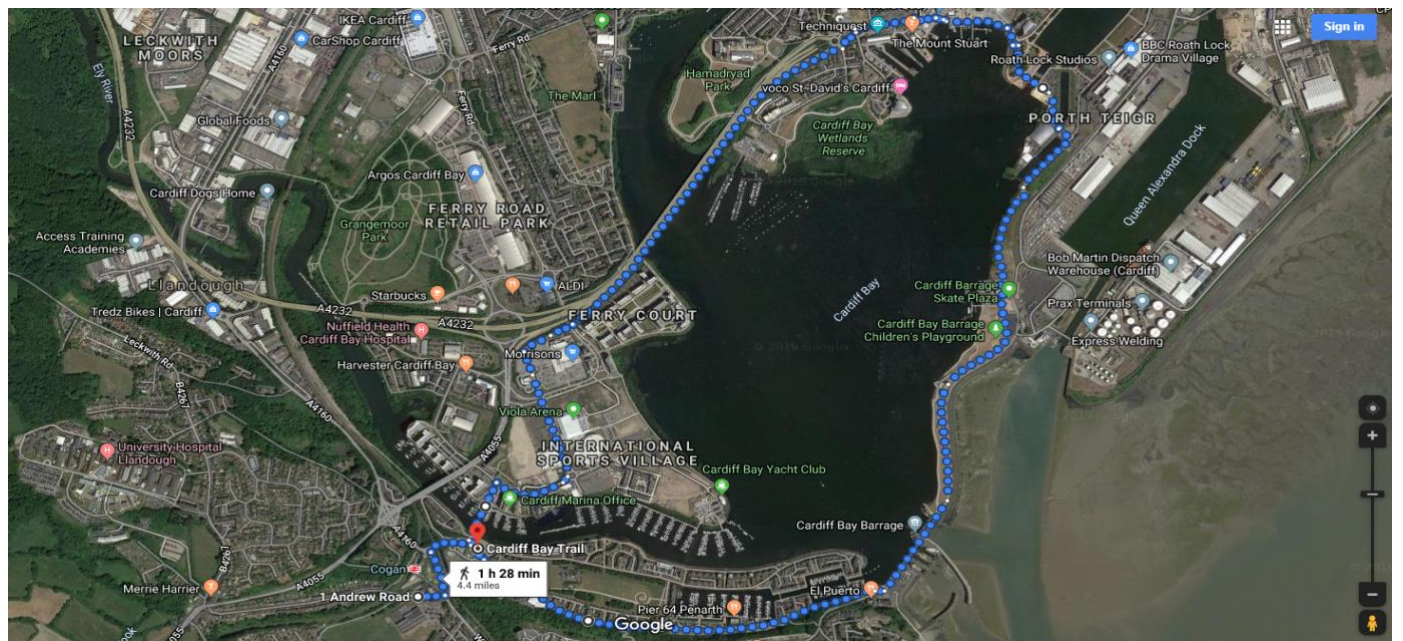


Objective: Build speed on top of endurance

Meeting Point: Cogan Leisure Centre

Location: Cardiff Bay Loop

Map of Session location with Track :



Description:

The group is split into ability groups at the start 7,8,9,10 minute milers. The slowest group sets off from Cogan leisure centre first followed at 3 minute intervals up to fastest runners.

The warm up run proceeds from Cogan through the marina to the start of the barrage, where the speed play begins. Each group chooses a leader and runs 30 second sprint at about 70% of optimum then 2 mins recovery.

This is repeated over the whole course and all groups should meet at the bottom of the slip road path coming off the bay link, behind Morrisons, where the "F" of Ferry Court is on the map. Suspend fartlek between the Senedd and the elevated bay link road.

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

<p><u>Safety Points:</u></p>	<ol style="list-style-type: none"> 1. Make sure there is a tail runner for safety on way out. 2. Great care to be taken crossing junctions on Tesco Hill, top and bottom and on Portway marina. 3. Keep together and avoid pedestrians in Mermaid Quay Area, and cars running towards Techniquet. 4. Care to be taken on the roads from the off ramp of the elevated road, back towards the white water centre and at Tesco hill junction.
<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable for the dark sections across the barrage</p>
<p><u>Additional Comments:</u></p>	<p>Run leader sees all groups off and then moves directly to the fartlek finish point to call all groups in and make sure everyone is present.</p> <p>If the run leader is confident he/she can leave with the last and fastest group to arrive at the end with everyone else.</p>