

SESSION BRIEFING SHEET

Session Name: 45 / 15 Sprints



Objective:

Build Speed on top of Stamina and increase aerobic activity

Meeting Point:

Penarth Athletic / Rugby Club (PAC)

Location:

Mile Lane in Cosmeston Country Park

Map of Session location with Track:



<u>Description:</u>	<p>The Warmup run proceeds to the start of the effort session location on Mile Lane.</p> <p>The session is a succession of paired sprints of 45 seconds and 15 seconds, with 75 and 45 second recoveries to the starting point between each respectively. The paired sprints are repeated 6 times.</p> <p>The Run Leader brings the runners back to the PAC on a warm down run, allowing members to peel off as desired, then directs static stretches at the end.</p>
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<u>Safety Points:</u>	<ol style="list-style-type: none"> 1. Make sure there is a Tail Runner for safety on way out. 2. Care to be taken crossing all roads.
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<u>Summer and Winter Variations</u>	<p>Light reflective clothing required in winter</p> <p>Head torches not required as all areas near roads and cars should be reasonably well lit.</p>
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<u>Additional Comments:</u>	<p>On sprints, Run Leader should be last off regardless of pace so he/she can see the whole group and is somewhere in the middle when the whistle is blown.</p> <p>Everyone recovers back to the start point between sprints.</p>
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