SESSION BRIEFING SHEET

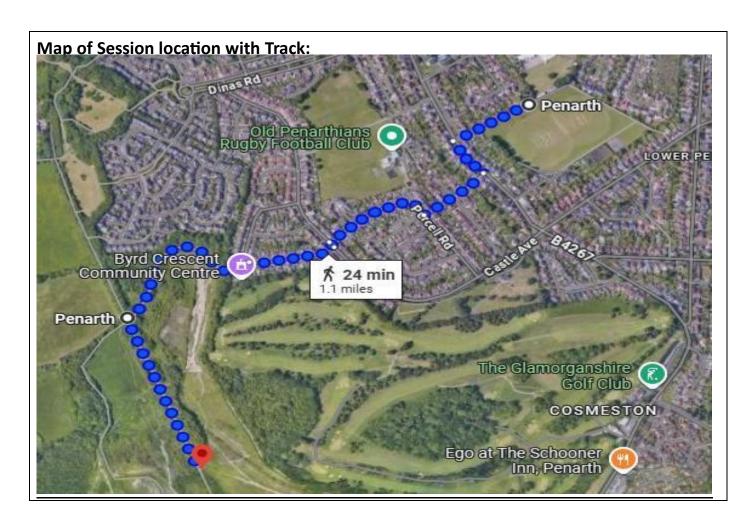
Session Name: 45 / 15 Sprints



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



Description:

The Warmup run proceeds to the start of the effort session location on Mile Lane.

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.

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.

Safety Points:

- 1. Make sure there is a Tail Runner for safety on way out.
- 2. Care to be taken crossing all roads.

Summer and Winter Variations

Light reflective clothing required in winter

Head torches not required as all areas near roads and cars should be reasonably well lit.

Additional Comments:

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.

Everyone recovers back to the start point between sprints.