

SESSION BRIEFING SHEET

Session Name: Group Jog Solo Speed
In Penarth Marina



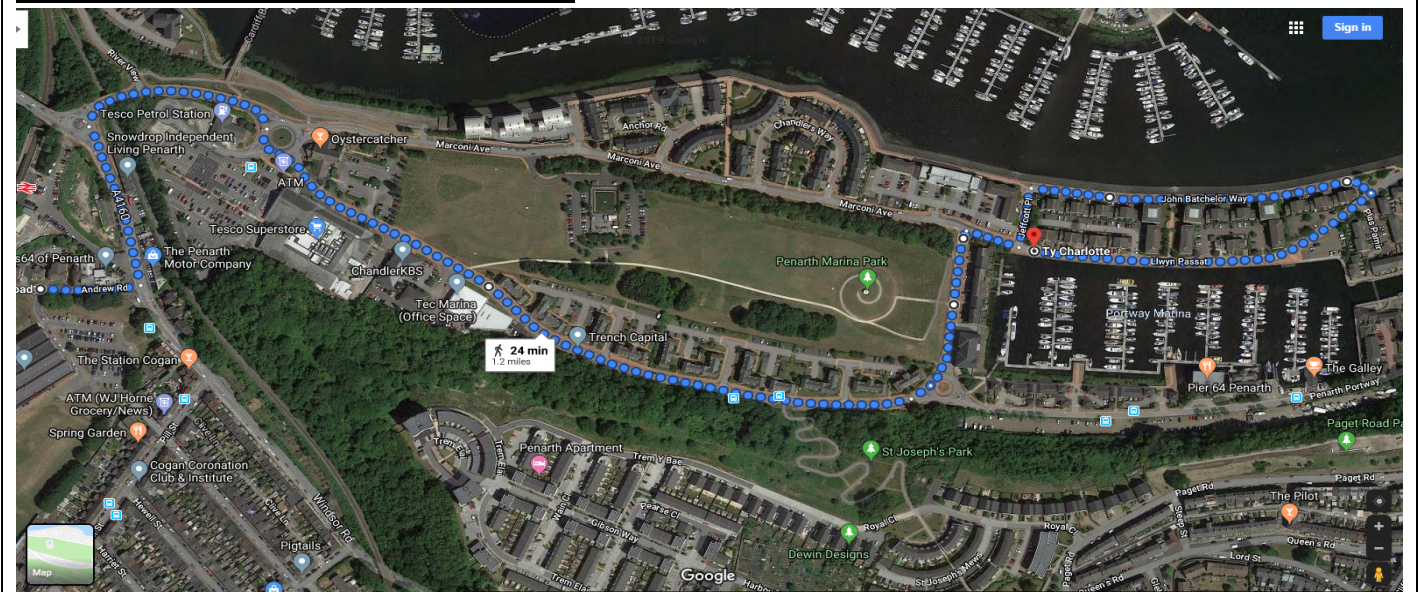
**PENARTH AND DINAS
RUNNERS**

Objective: Fartlek session in limited space, alternating sprints with recovery.

Meeting Point: Cogan Leisure Centre

Location: John Batchelor Way and Llwyn Passat in Penarth Marina.

Map of Session location with Track :



Description:

Once the warm up run to John Batchelor way is complete, the group is split into pairs of equal ability.

In each pair, one runner goes around the loop with the run leader at a steady slow pace, approx. 12 min miles. The second runner sprints at 90% effort in the opposite direction until he meets back up with the recovery group, which he/she then joins to recover, whilst the first runner takes off in the opposite direction to the recovery group at 90% sprint pace. In this way each pair alternates between sprint and recovery.

The session is continuous until the run leader determines it is time to wind it up, at which point recovery group members are directed to remain within the group when their opposite number (sprinting) returns to the group. Once all sprinters are recovered the session ends.

The run leader brings the runners 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. Great care to be taken crossing junctions on Tesco Hill, top and bottom and on Portway marina. 2. On Llwyn Passat be particularly careful of parked cars on pavement, narrow areas and cars on the road.
<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable as Llwyn Passat is actually darker than the road along the Ely riverfront in winter.</p>
<p><u>Additional Comments:</u></p>	<p>Control recovery group speed by leading it and not allowing anyone to go in front of run leader.</p> <p>Be careful that recovery group does not speed up, which is natural as runners warm up.</p>