

SESSION BRIEFING SHEET

Session Name: **Tempo Blast**
Morrisons / IKEA

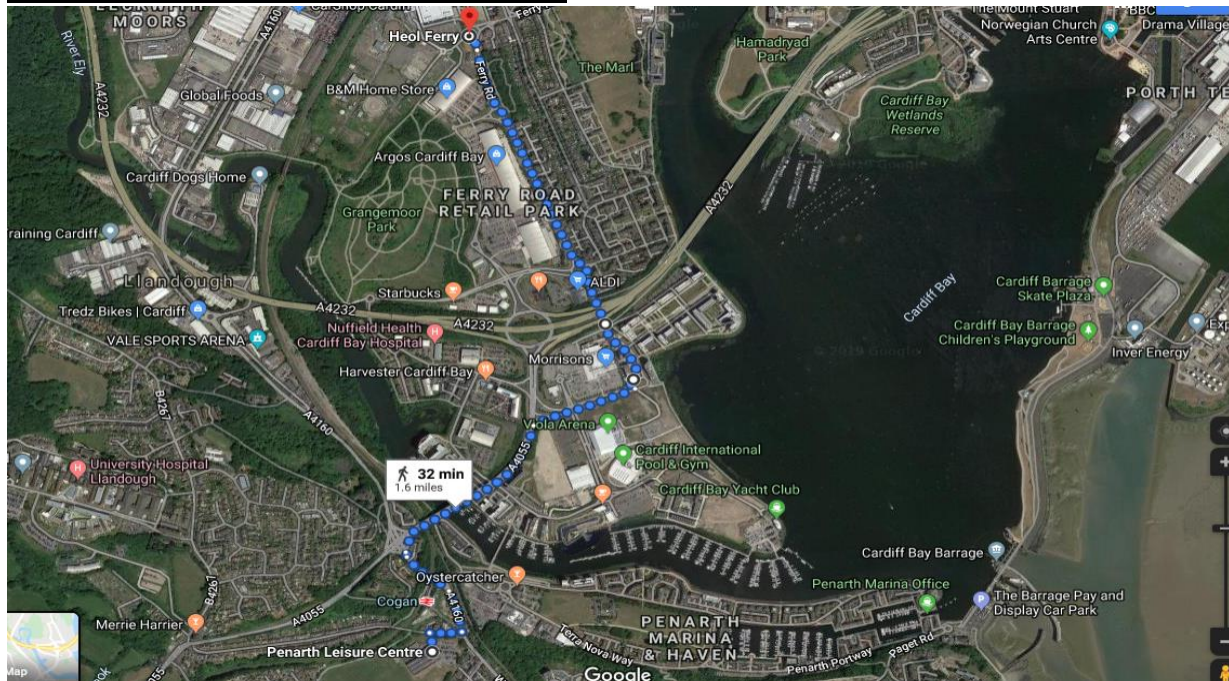


Objective: Work on speed for raising performance level

Meeting Point: Cogan Leisure Centre

Location: Sports Village towards IKEA

Map of Session location with Track :



Description:

The warm up run proceeds from Cogan towards Tesco and then over the bridge towards the White Water Centre and then around to the back of Morrisons.

The group is split into 6,7,8,9 minute milers. All aim to run at 90% race tempo. Fastest at the front, slowest in the back. Everyone sets off together. The group gradually spaces out as the fastest move away from the slowest.

When the fastest runner gets to IKEA he/she turns and runs back at same tempo, picking everyone up along the way. If time permits a second leg will be completed, before returning to Cogan.

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

<u>Safety Points:</u>	<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 running along the back of the retail park, especially at roundabouts.3. Stay on the right hand side at all times.
<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches advisable for the dark sections across the barrage
<u>Additional Comments:</u>	Leader is last off but runs at his / her own tempo pace, as everyone comes back to the start point and he/she will be moving through the entire group during the session. Count everyone out and back in to make sure the recovery run does not proceed until everyone is back at the start.