

## SESSION BRIEFING SHEET

Session Name: Dan Donovan Sprints

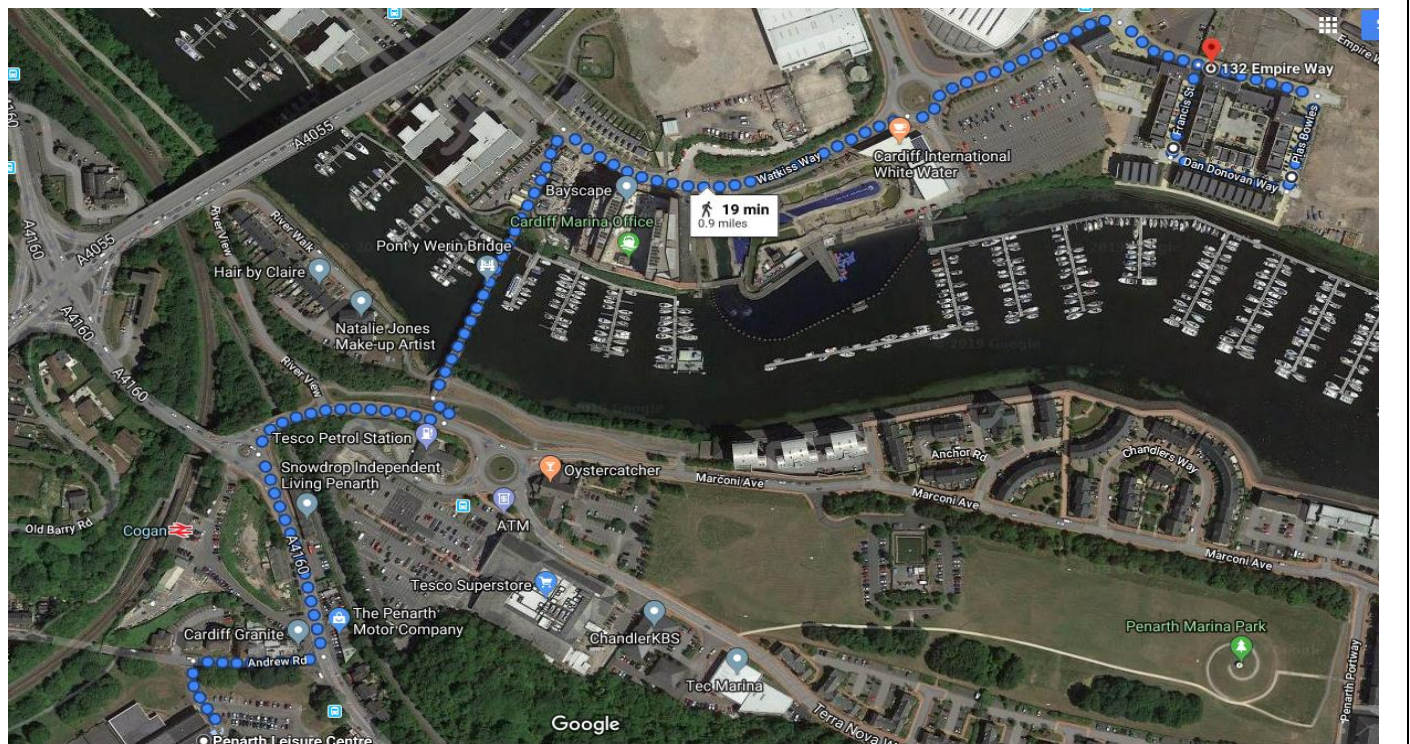


Objective: Increase speed performance

Meeting Point: Cogan Leisure Centre

Location: Sports Village and housing next to the pool

### Map of Session location with Track :



### Description:

The warm up run proceeds from Cogan towards Tescos and then over the bridge towards the white water centre and then around to the back of swimming pool.

The session consists of two sprints and two recovery runs in the square that includes Dan Donovan Way. The sprints are down Francis Street and up Plas Bowles. Recovery legs are along Empire Way and Dan Donovan Way.

Half way through quick break and reverse. This will reform the group which will have got mixed up because of different abilities.

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

<b><u>Safety Points:</u></b>	<ol style="list-style-type: none"><li>1. Make sure there is a tail runner for safety on way out.</li><li>2. Run leader should run easily around the course opposite direction to the runners so that he/she can be aware of cars coming up behind runners and make them aware and keep them safe.</li></ol>
<b><u>Summer and Winter Variations</u></b>	Light reflective clothing required in winter  Head torches advisable for the dark sections across the barrage
<b><u>Additional Comments:</u></b>	Count everyone out and back in to make sure the recovery run does not proceed until everyone is back at the start.