

## SESSION BRIEFING SHEET

Session Name: Barrage Pyramid Sprints

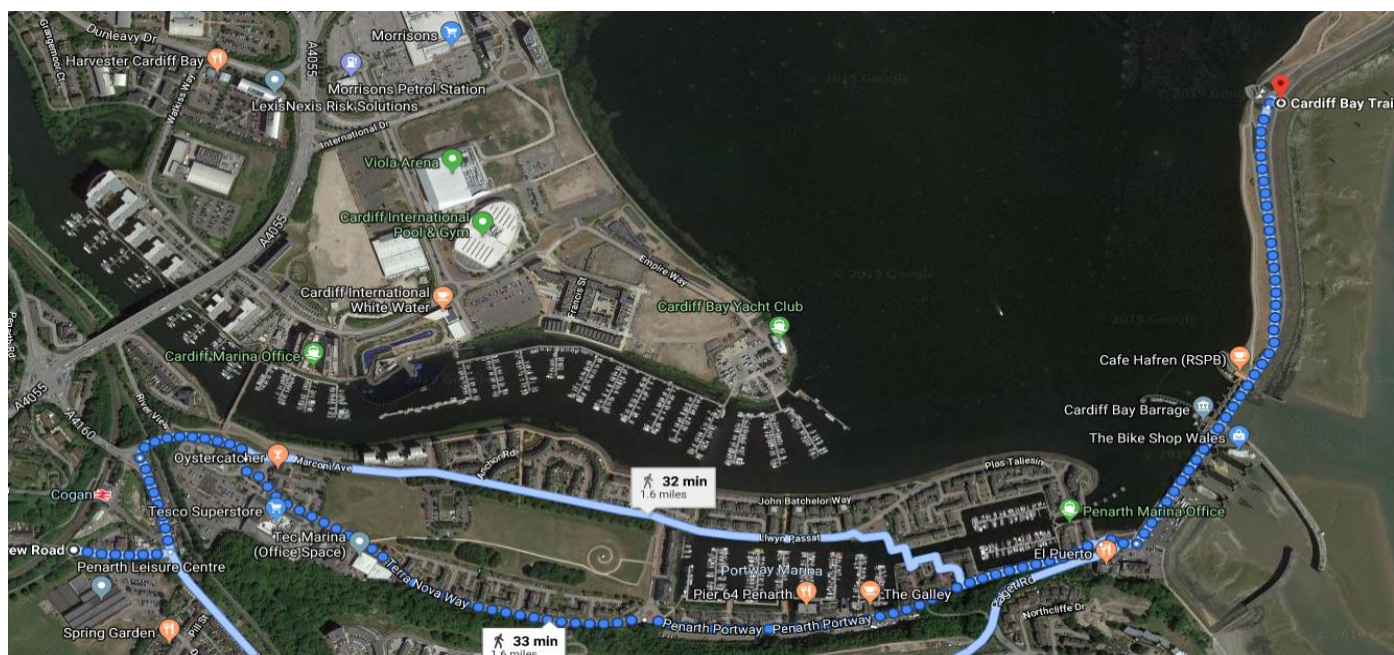


Objective: Work on speed for overall performance level

Meeting Point: Cogan Leisure Centre

Location: Cardiff Bay Barrage

### Map of Session location with Track :



### Description:

The warm up run proceeds from Cogan through the marina to the start of the barrage.

At the start of the session the run leader sets the group off on a 20 second sprint and then allows recovery back to the start point. All runners should aim to run at 90% performance level, effort out, recovery back.

The run leader moves on to 30 seconds, 40 seconds, 50 seconds, 60 seconds, 70 seconds, 80 seconds and 90 seconds. Then as runners tire the leader reverses time and distance, coming back down from 80 to 20 seconds.

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. Great care to be taken crossing junctions on Tesco Hill, top and bottom and on Portway marina.</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>	Leader runs at his / her own pace and uses the whistle to communicate the end of each sprint and the start of each recovery back to the start point.  Count everyone out and back in to make sure the recovery run does not proceed until everyone is back at the start.