

## SESSION BRIEFING SHEET

Session Name: Caravan Park Sprints



PENARTH AND DINAS  
**RUNNERS**

Objective:

Build stamina and exercise the aerobic energy system

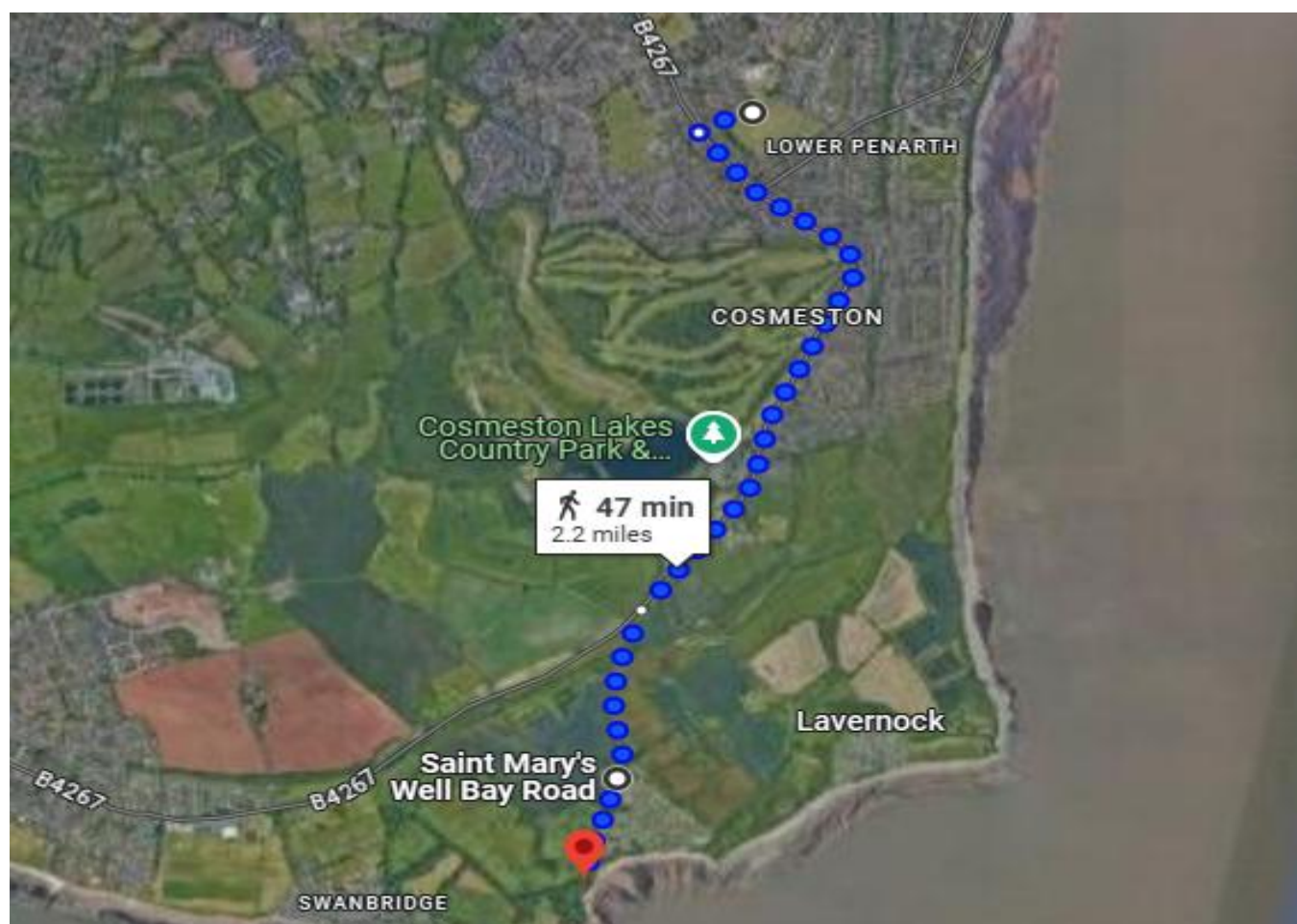
Meeting Point:

Penarth Athletic / Rugby Club (PAC)

Location:

Swanbridge Road, Caravan Park.

### Map of Session location with Track :



Description:

The Warm up run proceeds to the start of the effort session at the entrance to the caravan park on St Marys Well Road.

The effort of the session is a pyramid of sprints down St Marys Well Road.

	<p>20 / 30 / 40 / 50 / 60 / 50 / 40 / 30 / 20 recovering each time to the bottom of the hill before the next hill sprint.</p> <p>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.</p>
<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. Particular care to be taken crossing from Lavernock Road and all the way down St Marys Well Bay Road.</li> <li>3. Keep keen lookout for cars coming from behind runners</li> </ol>
<b><u>Summer and Winter Variations</u></b>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable in Winter</p> <p>Road shoes for this session</p>
<b><u>Additional Comments:</u></b>	<p><u>Correct form required:</u> Arms driving backwards, knee up, toe up and triple extension with back foot pushing off hard. Maximum effort.</p>