

SESSION BRIEFING SHEET

Session Name: Tesco Hill 2's & 3's

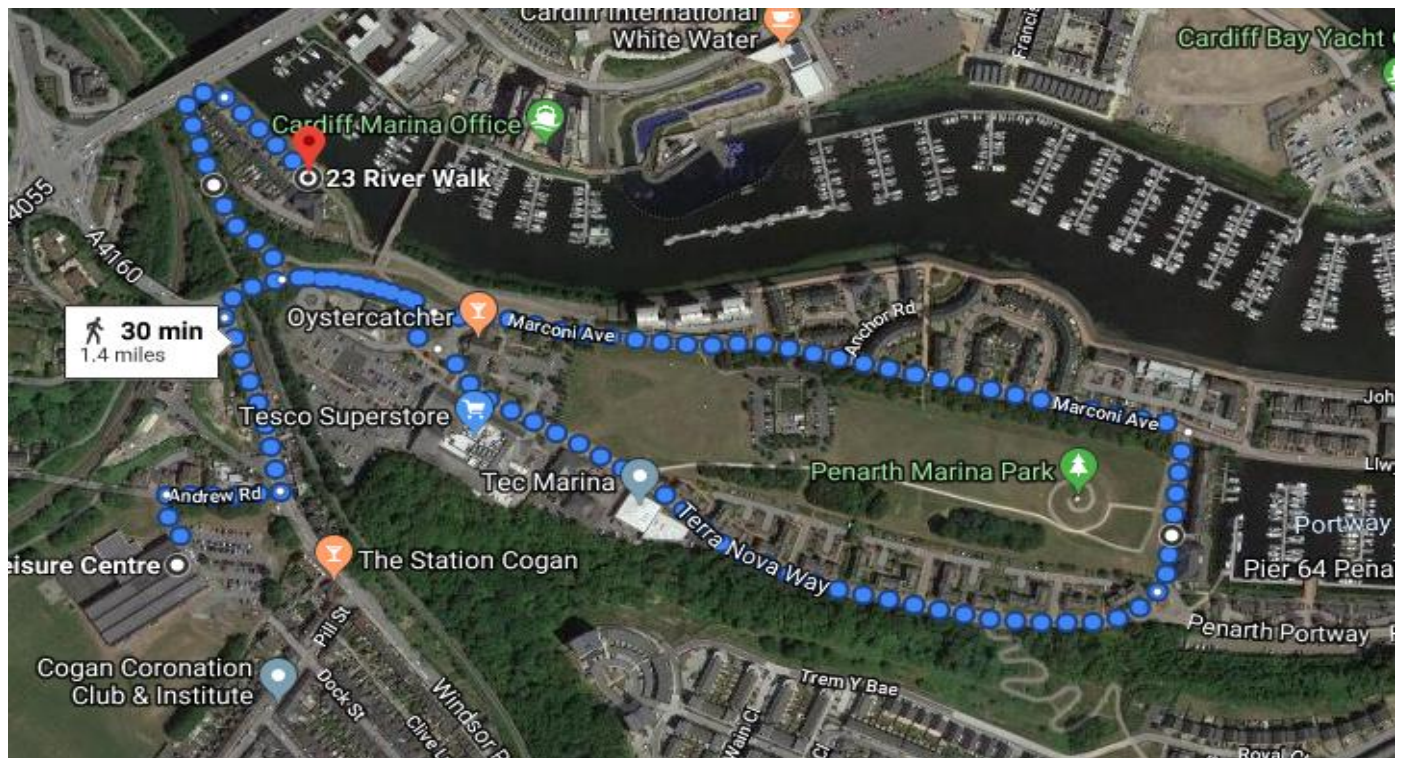


Objective: Build stamina and strength

Meeting Point: Cogan Leisure Centre

Location: Tesco Hill, River View and River Walk

Map of Session location with Track :



Description:

The warm up run proceeds from Cogan towards Tescos and then along Terra Nova way and back in a circuit along Marconi Avenue. Once everyone is back at the top of Tesco Hill they form into 3's

No1's run down the hill to the far end of River Walk and wait for the next runner in their three to arrive. The session starts with the No2 running from the top down and then "tagging" the No1 at the bottom who runs up to meet the No3, who then runs down.

This continues as a relay, two runners waiting top and bottom whilst one either runs up or down between them in continuous fashion.

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. Be careful when crossing the roundabout by Tesco at bottom of hill and crossing terra Nova Way.3. Be aware of cars going up or down River View
<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as most areas are well lit.
<u>Additional Comments:</u>	Count everyone out and back in to make sure the recovery run does not proceed until everyone is back at the start. Keep noise to a minimum as householders here have complained in the past.