

SESSION BRIEFING SHEET

Session Name: Sully Terrace Loops

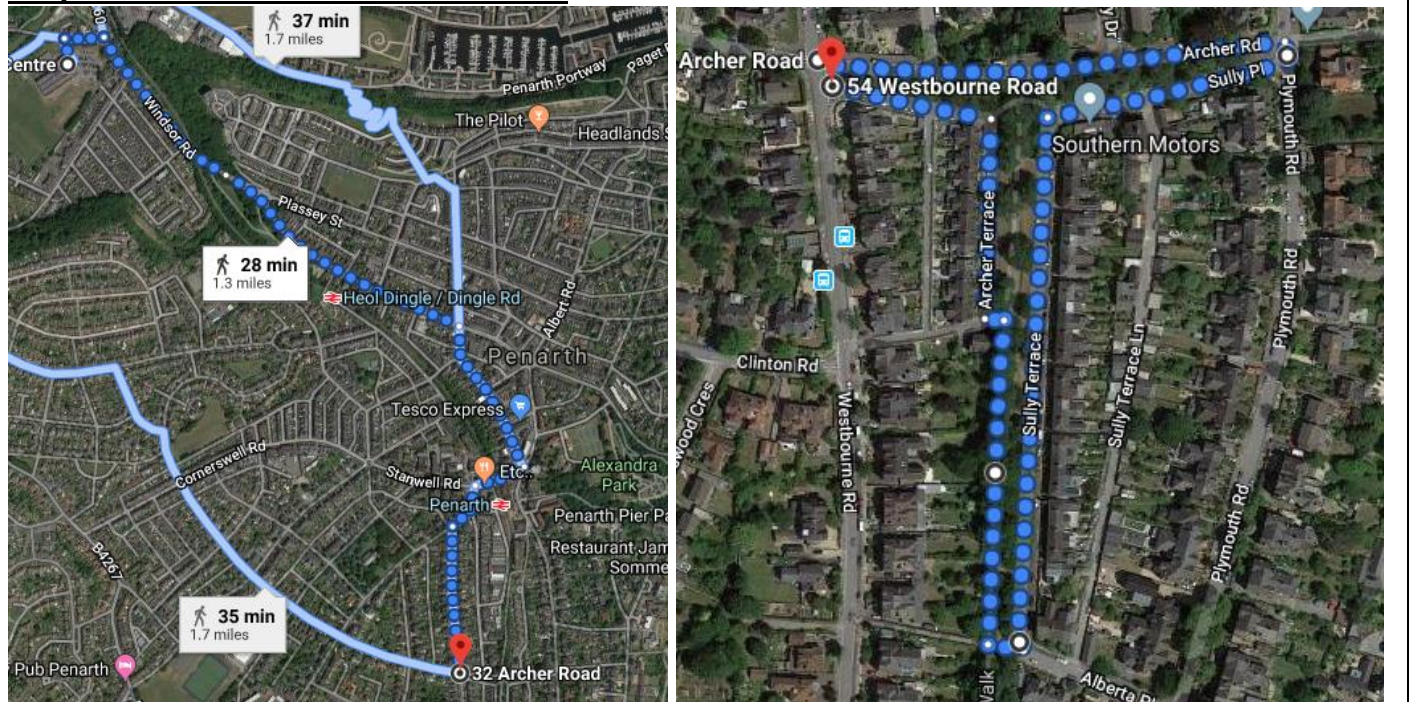


Objective: Build speed and endurance stamina

Meeting Point: Cogan Leisure Centre

Location: Sully Terrace, Penarth.

Map of Session location with Track :



Description:

A relatively long warm up run is conducted from the Leisure Centre up through town, then turn right along Hickman road to the lights, across to Station Approach and then down Westbourne Road, turning right at Clinton Road.

This is a continuous effort session, using the bridge on Archer Road, as well as Sully Terrace and the path up the middle of the railway line adjacent. The run leader may at his / her discretion allow a mid-session break or reverse direction at the half way point.

Once sufficient time has expired to allow for the long run back, the effort part of the session can be terminated. Runners may make their own way home from Sully Terrace.

The run leader brings the remaining runners 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. Particular care to be taken at the lights at the end of Hickman Road and crossing over towards Victoria Road.3. Make sure everyone is aware of traffic on Westbourne Road
<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as all areas are relatively well lit.
<u>Additional Comments:</u>	Coach may choose to run in reverse direction to encourage all runners on the effort section.