

## SESSION BRIEFING SHEET

Session Name:      **Cliff Top Sprints**

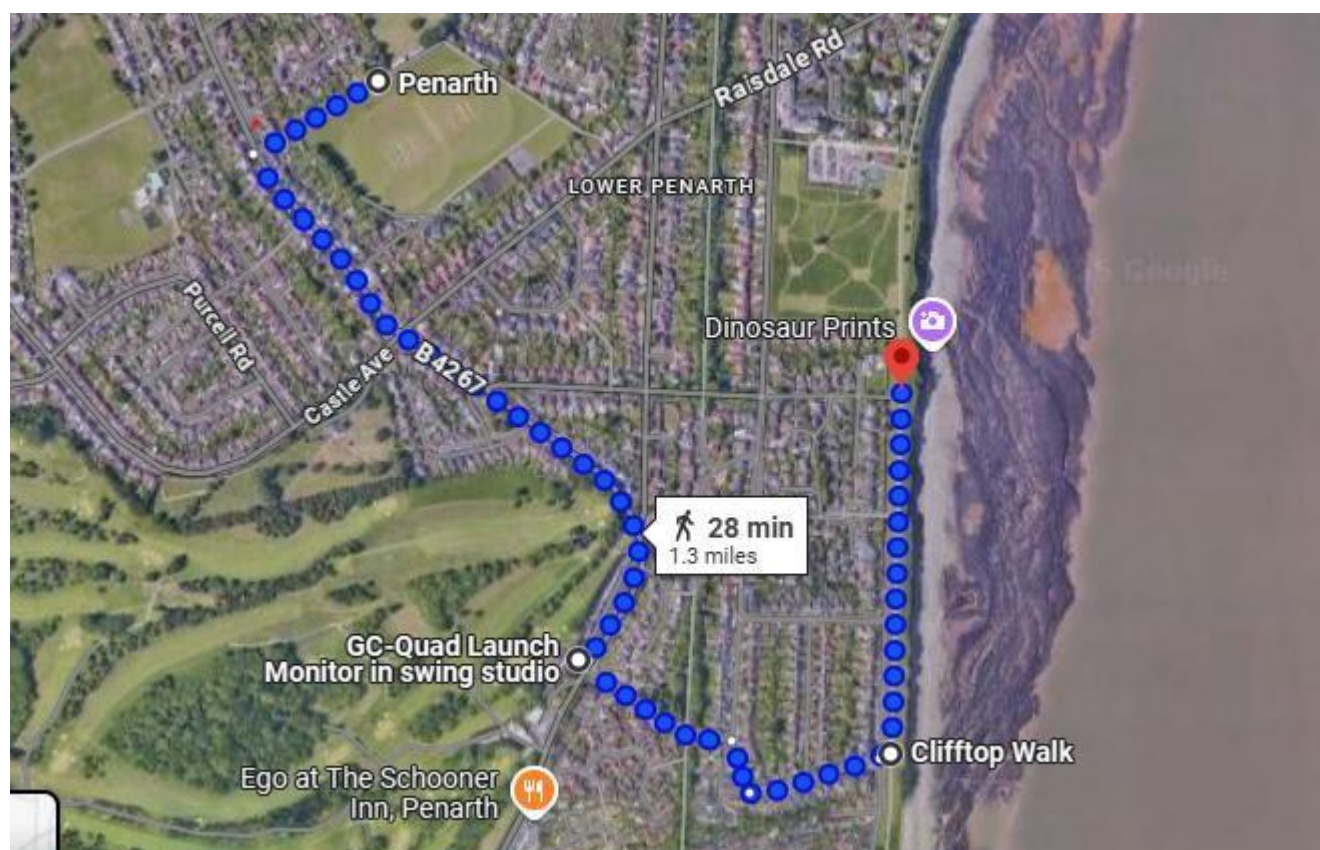


Objective:      Build Speed and increase aerobic activity

Meeting Point:      Penarth Athletic / Rugby Club (PAC)

Location:      Cliff Top Path, past the Café and Pitch and Putt.

### Map of Session location with Track:



<b><u>Description:</u></b>	<p>The Warmup run proceeds to the start of the effort session, goes down Lavernock Road, to Brockhill Rise, then up to the cliff top path through the housing estate.</p> <p>A pyramid of times from 20 to 60 seconds are completed and then repeated backwards from 60 to 20 seconds.</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>
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<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. Care to be taken crossing Lavernock Road</li> </ol>
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<b><u>Summer and Winter Variations</u></b>	<p>Light reflective clothing required in winter</p> <p>Head torches not required as all areas near roads and the cliff top path should be reasonably well lit.</p>
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<b><u>Additional Comments:</u></b>	<p>Maximum effort on the sprint out, recovery back to the start</p> <p>Cover off sprint technique before effort session start.</p>
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