

SESSION BRIEFING SHEET

Session Name: **Cliff Hill Continuous
Lamp posts 3 - 12**

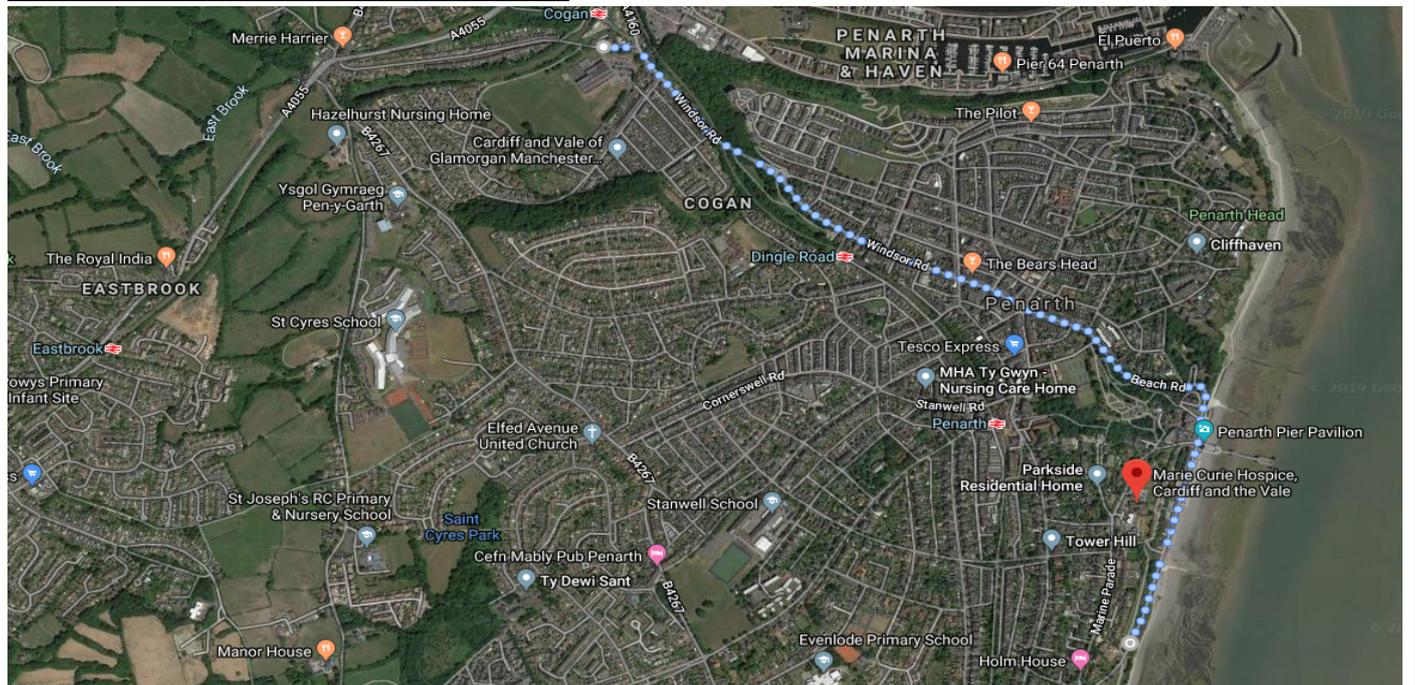


Objective: Build stamina and increase aerobic capacity

Meeting Point: Cogan Leisure Centre

Location: Cliff Hill at far end of Penarth Esplanade

Map of Session location with Track :



Description:

A relatively long warm up run is conducted from the Leisure Centre up through town, down Beach Hill, along the Esplanade to the foot of Cliff Hill.

Runners operate independently and run from the foot of the hill to lamp post 12 at the top. Runners are expected to work to maximum effort up the hill and recover back down. It's imperative that individual runners do not go off too quick as this is a continuous session and pace themselves for the 20 minutes of the exercise.

The run leader may at his/her discretion allow a short break in the middle of the session to allow runners to gather some strength for the second half.

The run leader brings the 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. Particular care to be taken crossing junction of Hickman Road and Windsor Road.2. Also at the roundabout at the far end of town and at the top of Alexandra Park.3. Also whilst crossing the road on the Esplanade by the Pier.4. Try to keep runners on the path as they recover down, they have a tendency to go out into the road.
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as all areas near roads and cars should be reasonably well lit.
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<u>Additional Comments:</u>	Run leader can work with the group, but should always be mindful of the weaker runners who may find this session quite testing. Often good to run reverse direction so you see faces as they run.
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