

SESSION BRIEFING SHEET

Session Name: Bay Loop Tempo
Staggered Start

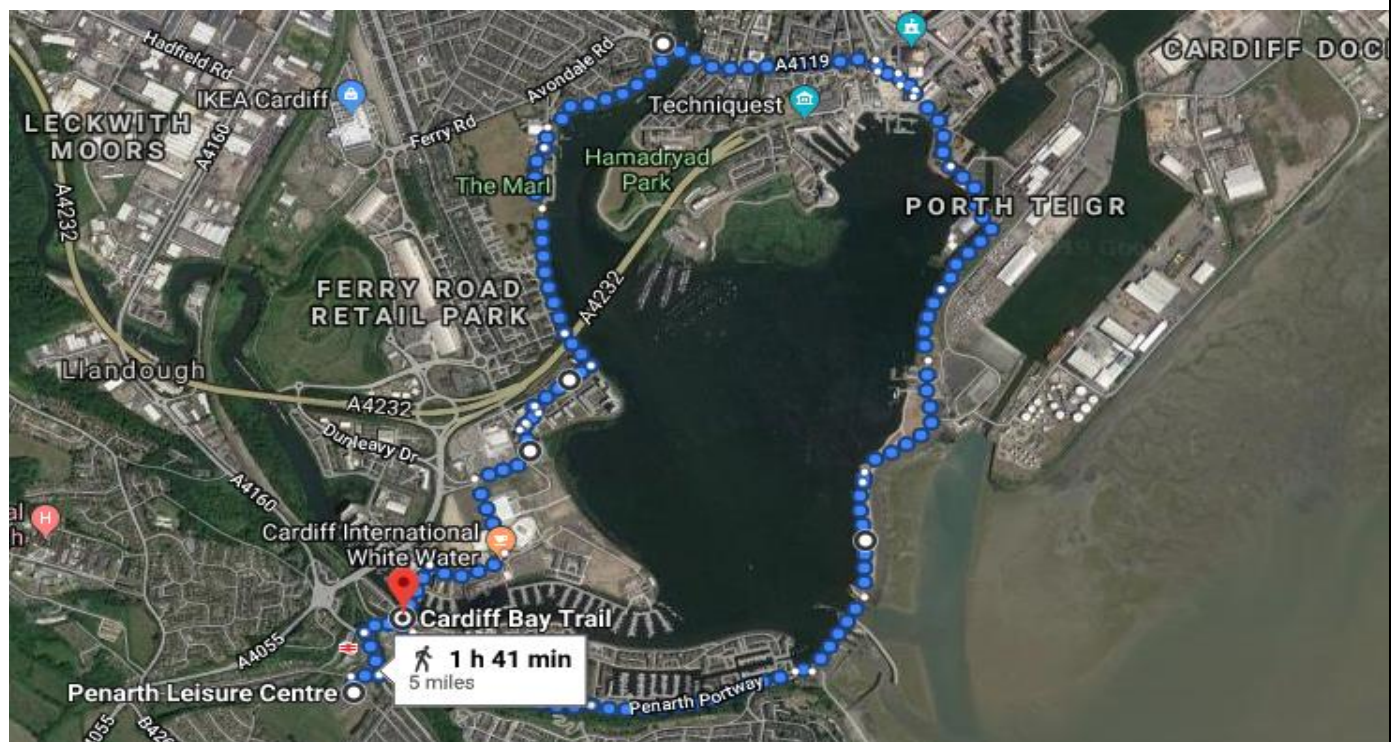


Objective: Practice even tempo run over 5 miles

Meeting Point: Cogan Leisure Centre

Location: Cardiff Bay Loop

Map of Session location with Track :



Description:

Runners are set off from Cogan Leisure Centre, slowest first, fastest last to complete a 5-mile circuit of Cardiff Bay.

The loop goes along Terra Nova Way, over the barrage to Roald Dahl Plass, then up James Street to cross Clarence Road Bridge. Once over the bridge cross and follow the riverside footpath back to the Sports Village.

Once under the link road turn right down through the gardens of Ferry Court Park to come out at the back of Morrison's. Follow the road to the international swimming pool, past the white water rafting centre and then back across the footbridge towards Tesco.

The 5 mile tempo circuit finishes at the end of the bridge, Tesco side.

<u>Safety Points:</u>	<ol style="list-style-type: none">1. Care to be taken crossing junctions on Tesco Hill, top and bottom and on Portway marina.2. Tempo groups stay together and avoid pedestrians in Roald Dahl Plass and cars when running up James Street towards Clarence Road bridge.3. Take care back towards the white water centre and at Tesco hill junction.
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches advisable for the dark sections across the barrage
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<u>Additional Comments:</u>	Run Leader can run with last group if he/she is quick enough. Alternate plan run shorter loop coming back over bay link road or conduct individual run in Marina to be at end of the bridge at the right time. Check off all runners as they cross the bridge and direct them back to Cogan on warm down run, returning with the last group.
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