

SESSION BRIEFING SHEET

Session Name: Murch Crescent Loops



Objective: Build stamina and increase aerobic activity

Meeting Point: Penarth Athletic / Rugby Club (PAC)

Location: Murch Crescent, Dinas Powys.

Map of Session location with Track :



<p><u>Description:</u></p>	<p>The Warmup run proceeds to the start of the effort session at the top of Murch Crescent in Dinas Powys.</p> <p>Runners form up in pairs of equal ability with one running down Murch Road (The Lane) and the other running down Murch Crescent (The Road) Wherever they meet they turn and run back up the way they came down.</p> <p>The Run Leader may at his/her discretion allow a short break in the middle of the session and then swap the direction for runners until the end of the session. After approximately 20 mins the session ends.</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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<p><u>Safety Points:</u></p>	<ol style="list-style-type: none"> 1. Make sure there is a Tail Runner for safety on way out. 2. Care to be taken on Dinas Road, and going down Sully Road, before turning into Watery Lane. 3. Take care to watch out for cars coming from the new housing estate as well as up the hill. 4. Try to keep runners on the path as they recover up the hill, on the road as they tend to go out into the road.
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<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches not required in Summer as all areas near roads and cars should be reasonably well lit.</p>
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<p><u>Additional Comments:</u></p>	<p>Run Leader can work with the group but should always be mindful that some runners may find this session quite testing. Often good to run reverse direction so you see faces as they run.</p> <p>Add a small pack if you want to enhance to stamina element by carrying some weight / full ultra pack.</p>
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