

# SESSION BRIEFING SHEET

**Session Name:** Stanwell Crescent Loops

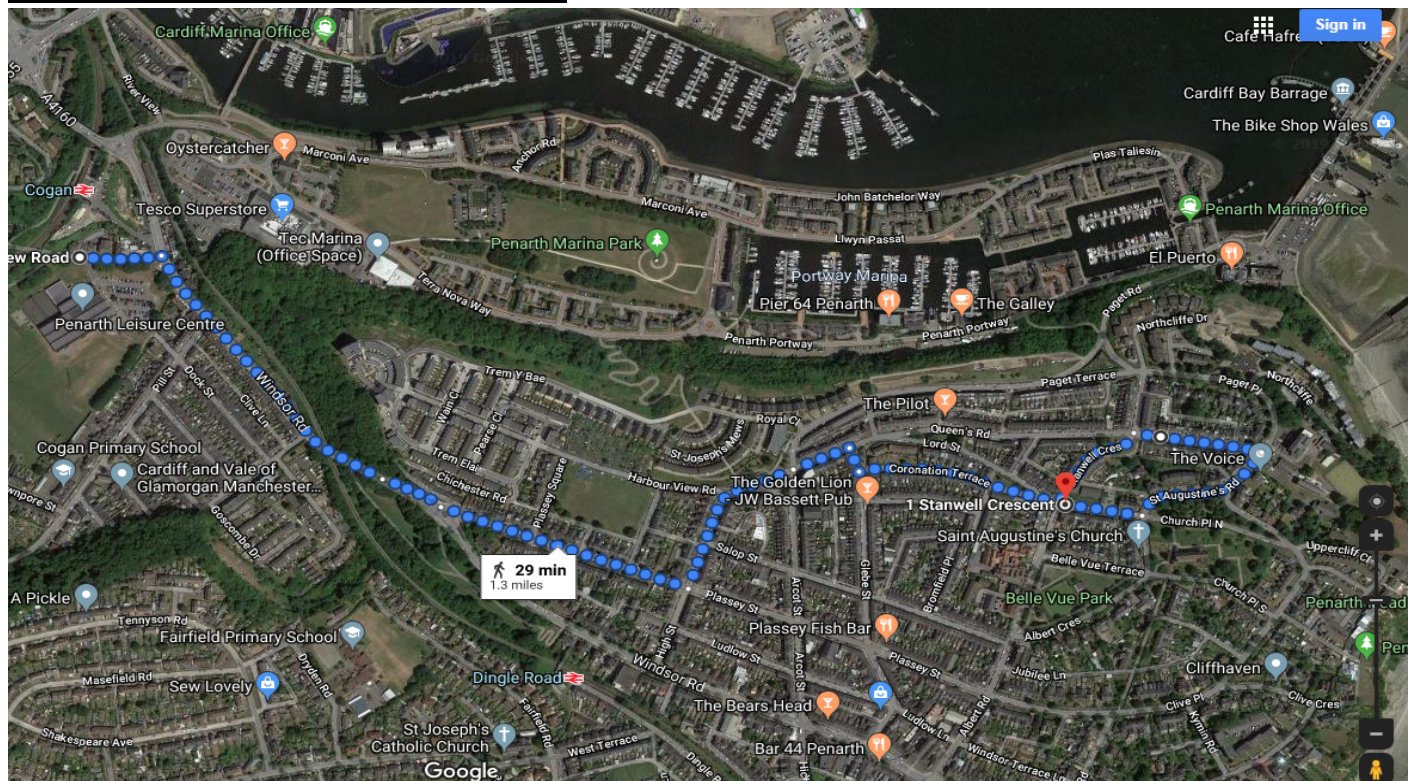


**Objective:** Build Stamina and Strength

**Meeting Point:** Cogan Leisure Centre

**Location:** Stanwell Crescent (Hill)

## Map of Session location with Track :



## Description:

Run from Cogan Leisure Centre, up Windsor Road, then take the left fork up Plassey Street, then turn left on High Street towards Coronation Terrace and end up at top of Stanwell Crescent, by the Sea Scout Hut.

Carry out one circuit as a group, down St Augustine Road and back along John Street, to the foot of Stanwell Crescent and climb back to the start. Effort is UP Stanwell Crescent recovery loop down and around. Repeat approximately 8 times or until run leader calls an end. Finish at the top and stop continuation to allow everyone to close in on the finish.

The run leader brings the runners back to the Leisure Centre on a warm down run and directs static stretches at the end.

<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. Take care to watch all runners across the junction of the small roundabout on Windsor Road. Also take care crossing Plassey Street on way out and way back.</li><li>3. Try and get everyone to stick to the pavements as far as possible.</li><li>4. Be particularly aware of traffic when running the circuit as runners will automatically go into the road, especially on the way down and along the flat on John Street.</li></ol>
<b><u>Summer and Winter Variations</u></b>	Light reflective clothing required in winter  Head torches not required as all areas near roads and cars should be reasonably well lit.
<b><u>Additional Comments:</u></b>	Run leader can work with the group but may decide to run opposite direction at end to advise everyone it's their last circuit and meet back at top of Stanwell Crescent.  Be aware of excess surface water on St Augustine's Road (Downhill) and John Street (Bottom Flat) as it can be quite treacherous if raining.