

SESSION BRIEFING SHEET

Session Name:

Cogan Plantation Tug of War in 3s



PENARTH AND DINAS
RUNNERS

Objective:

Build Stamina

Meeting Point:

Penarth Athletic / Rugby Club (PAC)

Location:

Cogan Plantation

Map of Session location with Track:



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| <u>Description:</u> | <p>The Warmup run proceeds to the start of the effort session at the junction with the back lake track, and Cogan Woods.</p> <p>The group is split into 3's. No1's Stays at top, as do No2's. No3's run to bottom of the plantation where they stay until tagged.</p> |
| | <p>Run Leader stays at the top and after an appropriate interval starts No1's off down the hill to tag the No3's, who then come back up and tag No2's. This continues until run leader decides to end the session at the bottom, bringing everyone to the bottom.</p> <p>The warm down run carries on out of the plantation in the opposite direction, back to mile lane and out at the Byrd Road entrance.</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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| <u>Safety Points:</u> | <ol style="list-style-type: none"> 1. Make sure there is a Tail Runner for safety on way out. 2. Care to be taken crossing all roads |
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| <u>Summer and Winter Variations</u> | <p>Light reflective clothing required in winter</p> <p>Head torches may be required in woods in dark nights and in winter.</p> |
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| <u>Additional Comments:</u> | <p>Count everyone out and back in to make sure the recovery run does not proceed until everyone is at the bottom of the plantation.</p> <p>Run Leader can join in, but must eventually run down, collecting upcoming runners, so they can collect everyone at the bottom to end the session.</p> |
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