SESSION BRIEFING SHEET

Session Name: **Sprint Session**
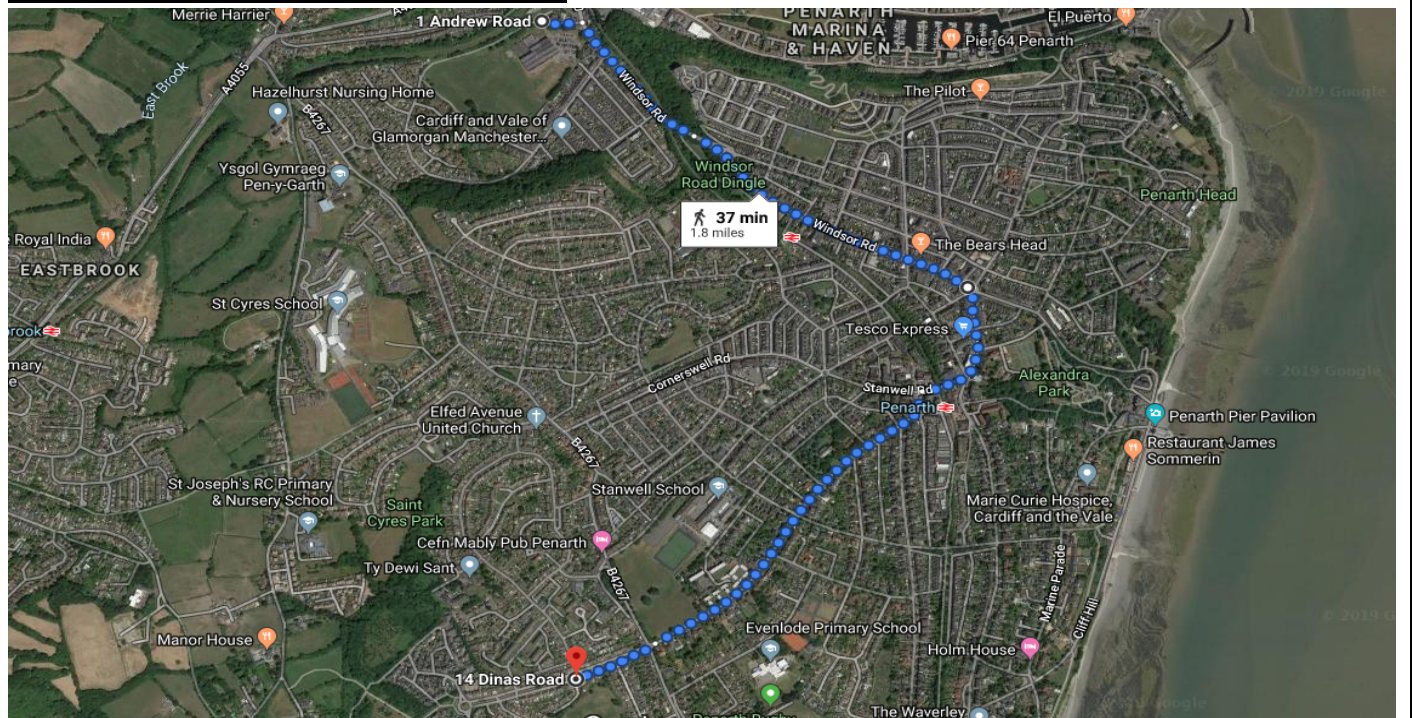**Dinas Road**

PENARTH AND DINAS
RUNNERS

Objective:	Build Speed Endurance with 90% effort sprints

Meeting Point:	Cogan Leisure Centre

Location:	Dinas Road, Opposite Stanwell School Playing Fields.

Map of Session location with Track :

Description:	A relatively long warm up run is conducted from the Leisure Centre up through town, then turn right along Hickman Road to the lights, across to Station Approach and then down Victoria Road to the lights on Lavernock Road at the top of Dinas Road. Cross Over.
	This is a sprint session in same ability pairs working off each other. Slowest go first and are given 20 seconds head start to 2nd lamppost, then second group and so on.
	Pairs sprint to the second junction on left (St Martins Close) then slow, turn right across the green and recover at a slow pace back to the lights. Repeat approximately 6 times and finish.
	The run leader brings the runners back to the Leisure Centre on a warm down run and directs static stretches at the end.

Safety Points:	1. Make sure there is a tail runner for safety on way out.
	2. Particular care to be taken at the lights at the end of Hickman Road and crossing over towards Victoria Road.
	3. Control crossing to Dinas Road at traffic Lights
	4. Make sure everyone is aware of traffic on Dinas Road, especially when turning right to cross to the other side.
	5. Also runners must not cross back early, but only at the designated crossing point at the lights.

Summer and Winter Variations	Light reflective clothing required in winter Head torches not required as all areas are relatively well lit.

Additional Comments:	When arriving at Dinas Road, make sure everyone has paired with someone of similar ability. Put slowest at front, fastest at back. Divide by speed – 6 Min Miles, 7 Min Miles, 8 Min Miles etc… Coach will need to stay at traffic lights to control runners coming back over from the far side and then setting them off on their next sprint. Gaps must be maintained as bunching will destroy the effectiveness of the space required to sprint and work in pairs.