

## SESSION BRIEFING SHEET

**Session Name:** Cliff Hill Pyramid



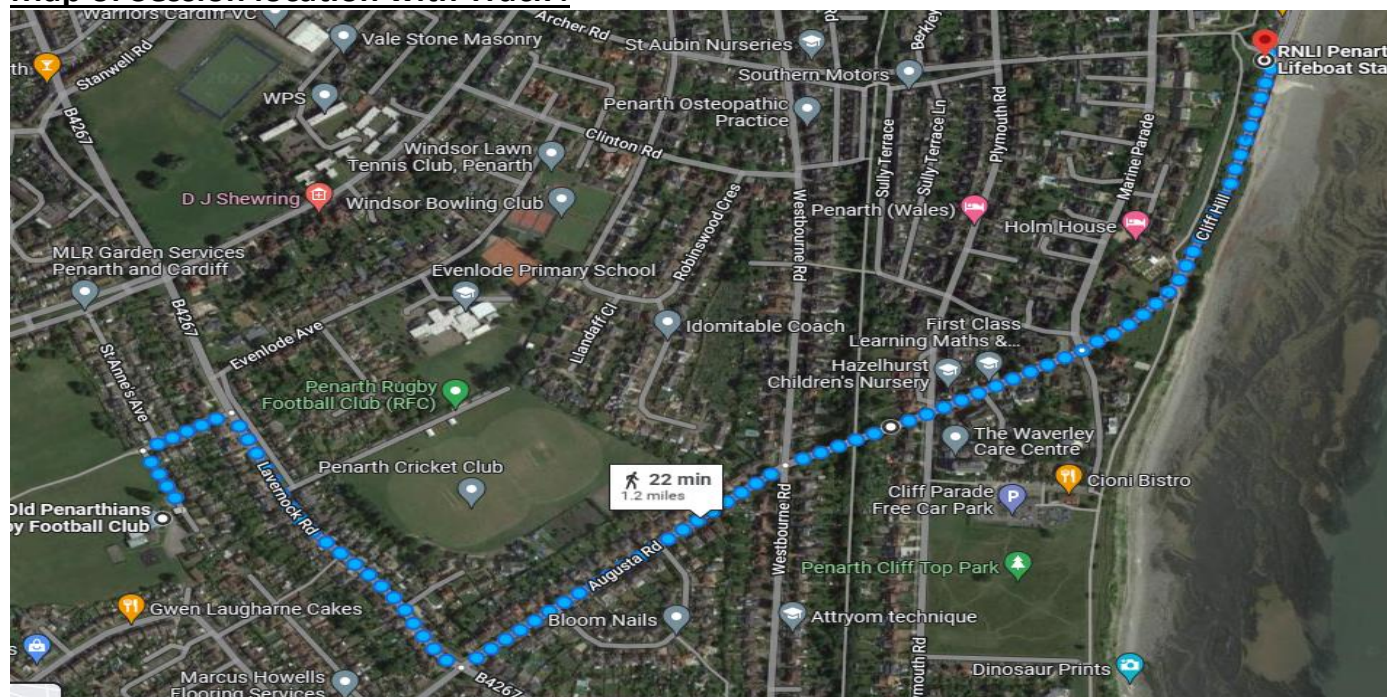
**PENARTH AND DINAS  
RUNNERS**

**Objective:** Build stamina and increase aerobic activity

**Meeting Point:** Penarth Athletic (Rugby/Cricket Club)

**Location:** Cliff Hill at near end of Penarth Esplanade

### Map of Session location with Track :



### Description:

A static warm up is conducted at the start of the run

A relatively short warm up run is conducted along Augusta and Raisdale Road to the bottom of Cliff Hill.

Runners run up the hill on effort and recover back down. Each time they go to a further lamppost 4, then 5, then 6..... recovering to the bottom each time, until they eventually get to lamp post 12 where the session ends.

The Run Leader may at his/her discretion decide to do a few more reps if time allows.

The Run Leader brings the runners back to Penarth Athletic 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. Particular care to be taken crossing Lavernock Road and Westbourne Road.</li> <li>3. All runners to take particular care where it is dark, and pavements are often narrow and cars frequent</li> <li>4. Try to keep runners on the path as they recover down the hill, they tend to go out into the road.</li> </ol>
<b><u>Summer and Winter Variations</u></b>	<p>Light reflective clothing required in winter</p> <p>Head torches not required as all areas are relatively well lit.</p>
<b><u>Additional Comments:</u></b>	<p>Conserve energy on the initial efforts as this is a long and very demanding session</p>