

SESSION BRIEFING SHEET

Session Name: Bay Circuit
Indian File in 2's



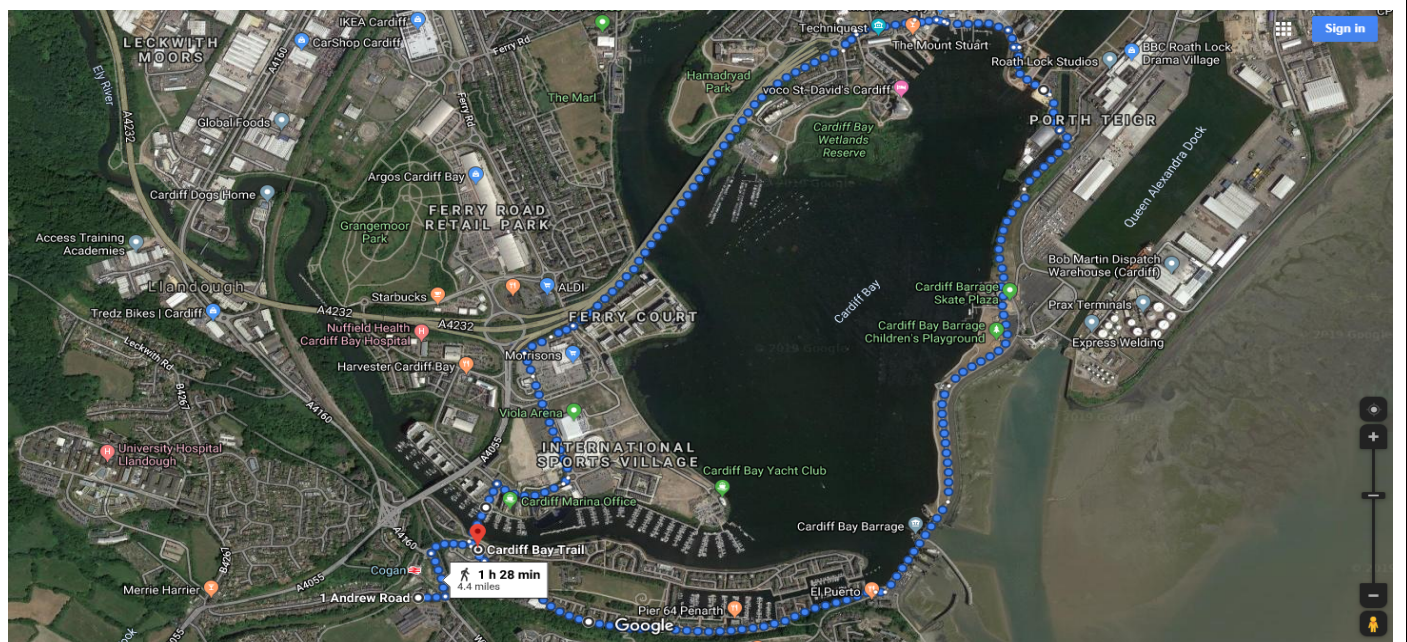
PENARTH AND DINAS
RUNNERS

Objective: Build Speed on top of Stamina

Meeting Point: Cogan Leisure Centre

Location: Cardiff Bay Loop

Map of Session location with Track :



Description:

The warm up run proceeds from Cogan through the Marina to the start of the Barrage, where the run is formed up in file of 2's, run leader runs off to one side. Group proceeds at recovery pace.

On command of the run leader two from the back sprint up either side to the front and form back in. When they join the front the next two sprint from back to front and this carries on until we reach Pinewood studios.

The group breaks down to run through Mermaid Quay towards the elevated link road, where it forms back into file of 2's and the sprint session resumes, until it reaches the bottom of the off ramp.

The file breaks down again, finally coming back past the White Water Centre and over the footbridge. The run leader brings everyone back to the Leisure Centre on a warm down run and directs static stretches at the end.

<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. Great care to be taken crossing junctions on Tesco Hill, top and bottom and on Portway marina. 3. Keep together and avoid pedestrians in Mermaid Quay Area, and cars running towards Techniquet. 4. Care to be taken on the roads from the off ramp of the elevated road. back towards the White Water Centre and at Tesco hill junction.
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<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable for the dark sections across the Barrage</p>
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<p><u>Additional Comments:</u></p>	<p>Leader stays level with the front of the group to control the recovery run speed.</p> <p>Watch out for space on the elevated road on way back, if necessary, go into single file to make enough space for the forward sprint.</p> <p>Keep everyone together through Mermaid Quay, back to elevated road.</p>
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