

SESSION BRIEFING SHEET

Session Name: Lake Loops in Indian File

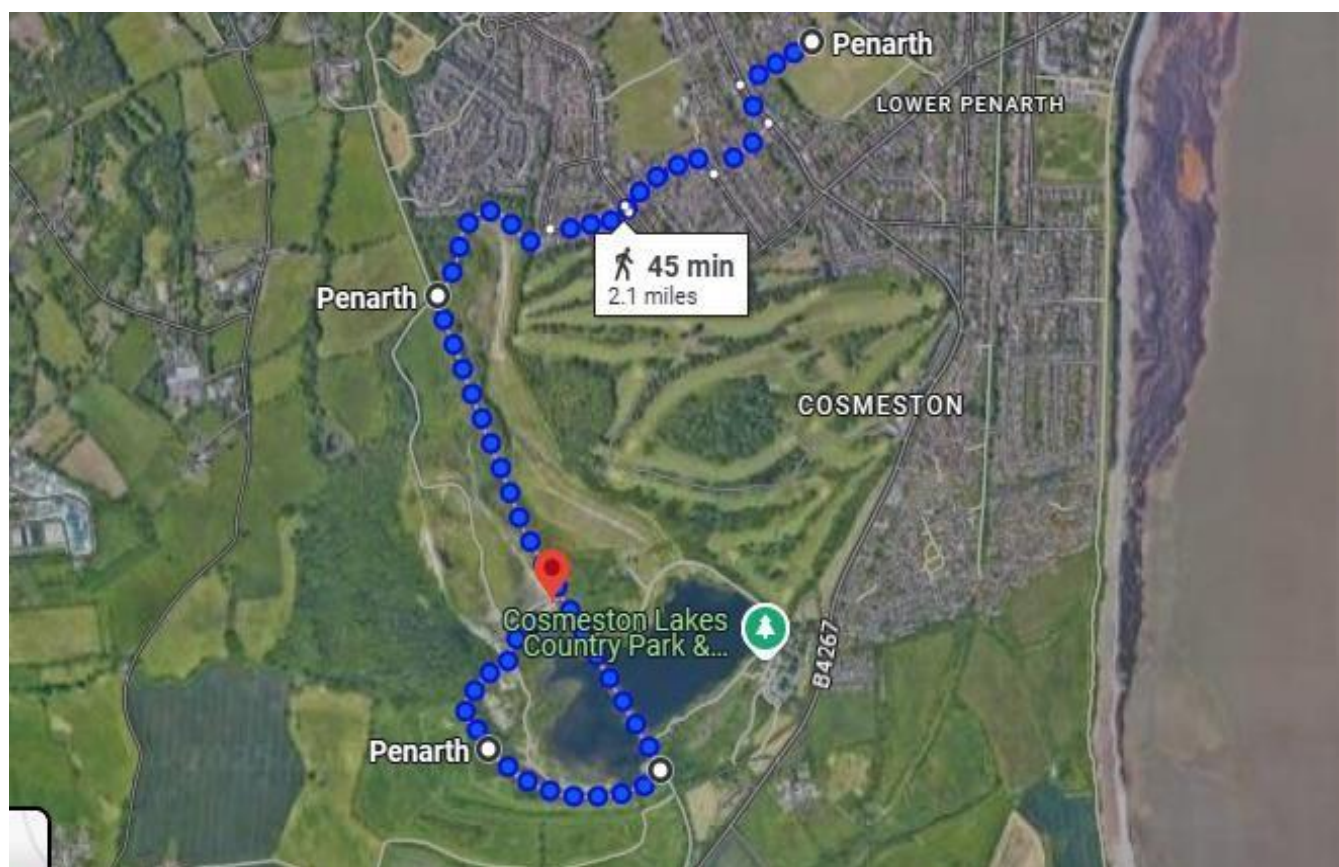


Objective: Build Stamina and explosive speed

Meeting Point: Penarth Athletic (Cricket Club)

Location: Back Lake of Cosmeston Lakes Country Park

Map of Session location with Track:



<u>Description:</u>	<p>Warm up run proceeds to the start of the effort session at the bridge over the two lakes in Cosmeston Park.</p> <p>The runners then form up in pairs of equal ability. The Run Leader runs to the side controlling the easy pace of the whole group.</p> <p>At the direction of the Run Leader, on whistle blast, pairs sprint up either side of the group, from the back to the front, aiming to beat their partner, whilst the main body continues at recovery pace.</p>
	<p>Once the allotted time has expired, the effort session is terminated, and the Run Leader brings the runners back to Penarth Athletic on a warm down run and directs static stretches at the end.</p>

<u>Safety Points:</u>	<ol style="list-style-type: none"> 1. Make sure there is a Tail Runner on the way to venue. 2. Due respect to be given to other park users and dog walkers, especially when sprinting up the outside of the group. 3. Consider halting sprints through woods and down the hill until returning to mile lane.
------------------------------	---

<u>Summer and Winter Variations</u>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable / Required</p> <p>Head torches not required as all areas are relatively well lit.</p>
--	---

<u>Additional Comments:</u>	
------------------------------------	--