

SESSION BRIEFING SHEET

Session Name:

Railway Walk Sprints from the Bottom



**PENARTH AND DINAS
RUNNERS**

Objective:

Increase speed and stamina

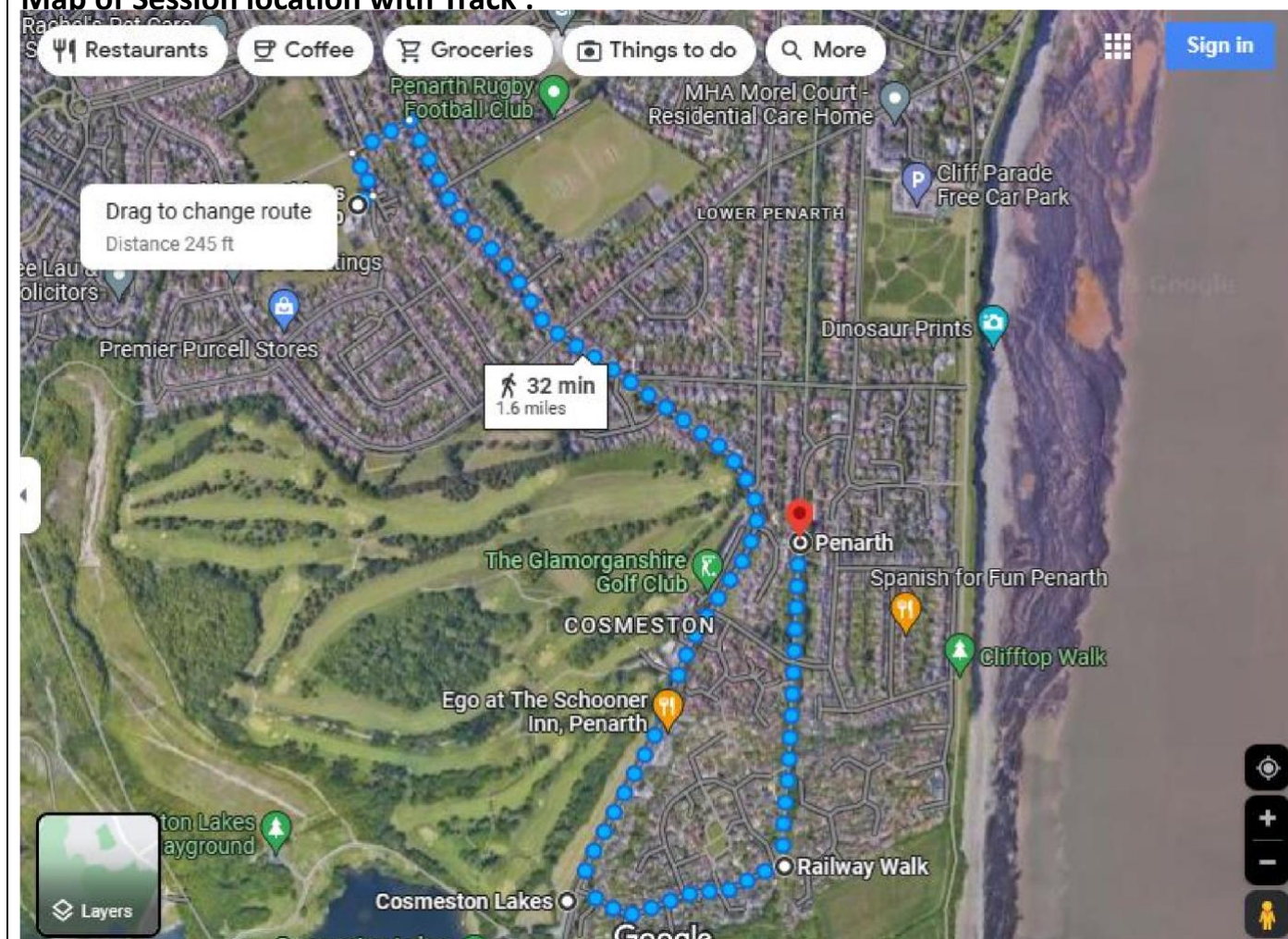
Meeting Point:

Penarth Athletic (Cricket Club)

Location:

Bottom of Railway Walk, off Cosmeston Drive.

Map of Session location with Track :



<u>Description:</u>	<p>The Run Leader conducts a warmup run down towards Cosmeston Lakes then turning up Cosmeston Drive, to the end of Railway Walk by the bollards.</p> <p>Sprints are done up Railway Walk, towards the roundabout at the bottom of Birch Lane. Reps are random lengths or pyramid from 20 seconds to 90 seconds.</p>
	<p>When the whistle blows at the end of the rep, all runners turn and recover back to the starting point.</p> <p>The session is continuous. Once enough reps have been conducted the session is terminated, allowing enough time to recover to Penarth Athletic.</p> <p>The Run Leader allows the group to disperse and leads runners back to Penarth Athletic, where static stretches are directed.</p>

<u>Safety Points:</u>	<ol style="list-style-type: none"> 1. Make sure there is a Tail Runner for safety. 2. All runners to be extra careful when crossing main roads and crossing junctions. 3. Particular attention to be given to narrow pavements, poor lighting and other pedestrians.
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<u>Summer and Winter Variations</u>	<p>Light reflective clothing required in winter</p> <p>Head torches may be required on Railway Walk.</p>
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<u>Additional Comments:</u>	<p>Right of way to be given to pedestrians and dog walkers on Railway Walk.</p> <p>Run Leader to make sure they are in middle of runners on each effort, so everyone hears the whistle.</p>
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