SESSION BRIEFING SHEET

Session Name: **Paget Road Loops**
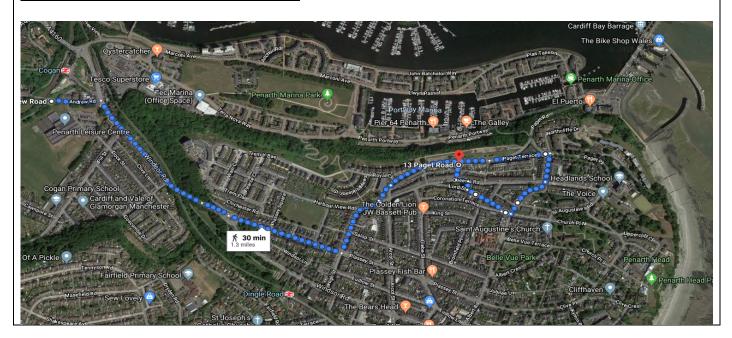
PENARTH AND DINAS **RUNNERS**

Objective:	Build Strength and Stamina

Meeting Point:	Cogan Leisure Centre

Location:	Paget Terrace, Stanwell Crescent & Maughan Terrace

Map of Session location with Track :

Description:	The warm up run proceeds from Cogan Leisure Centre, up Windsor Road, then take the left fork up Plassey Street, then turn left on High Street towards Paget Road and stop at the bottom of the steps half way along. Complete one circuit of the loop for familiarisation, then set the group of to complete continuous loops. If time permits stop half way through session and reverse direction coming back up Maughan Terrace and Stanwell Crescent. Finish session back at the original steps. This a simple loop session but requires good pacing as the second half is much harder than the first half, given the incline on Stanwell Crescent. 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. Take care to watch all runners across the junction of the small roundabout on Windsor Road. Also take care crossing Plassey Street on way out and way back.
	3. Try and get everyone to stick to the pavements as far as possible.
	4. Be particularly aware of traffic when running the circuit as runners will automatically go into the road, especially on the way down and along the flat on Paget Road.
	5. Again, particular care must be taken in transition between the steps on Paget Road, across Queens Road and again from Stanwell Crescent across Queens Road to Maughan Terrace.

Summer and Winter Variations	Light reflective clothing required in winter Head torches advisable as some of the steps and roads are not well lit.

Additional Comments:	Advisable for the run leader to run contra direction to runners at all times to give encouragement, control where they are running and let them know when mid-point stop is to happen and when session is finishing.