

## SESSION BRIEFING SHEET

**Session Name:** Double Sprints near “The Paddocks”



# PENARTH AND DINAS RUNNERS

<b><u>Objective:</u></b>	Build Speed and increase aerobic activity
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**Meeting Point:** Penarth Athletic (Rugby/Cricket Club)

**Location:** Channel View and Lower Forrest Road



<b><u>Description:</u></b>	<p>The warmup run goes directly to the venue, stopping at the junction of Lower Forrest Road and Plymouth Road and the entrance to the Paddocks.</p> <p>Conduct a recce run, if necessary, point out cliff top path to dark in winter.</p> <p>The effort comprises two sprints on Lower Forrest Road and Channell View. The sprint is in both directions up and down, arriving back at Plymouth Road. A short recovery is made between the two on Plymouth Road.</p> <p>The Run Leader brings the runners back to Penarth Athletic on a warm down run and directs static stretches at the end.</p>
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<b><u>Safety Points:</u></b>	<p>Make sure there is a Tail Runner for safety on way out.</p> <p>Care to be taken crossing Lavernock &amp; Westbourne Road</p>

<b><u>Summer and Winter Variations</u></b>	<p>Light reflective clothing required in winter</p> <p>Head torches not required as all areas near roads should be reasonably well lit.</p> <p>In the summer it is possible to use the clifftop path to join the two sprints at the top, but not in winter as it is far too dark between them.</p>
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<b><u>Additional Comments:</u></b>	<p>Maximum effort on the sprint up and back both roads.</p> <p>Cover off sprint technique before effort session start.</p>
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