

SESSION BRIEFING SHEET

Session Name: Cliff Hill Pyramid

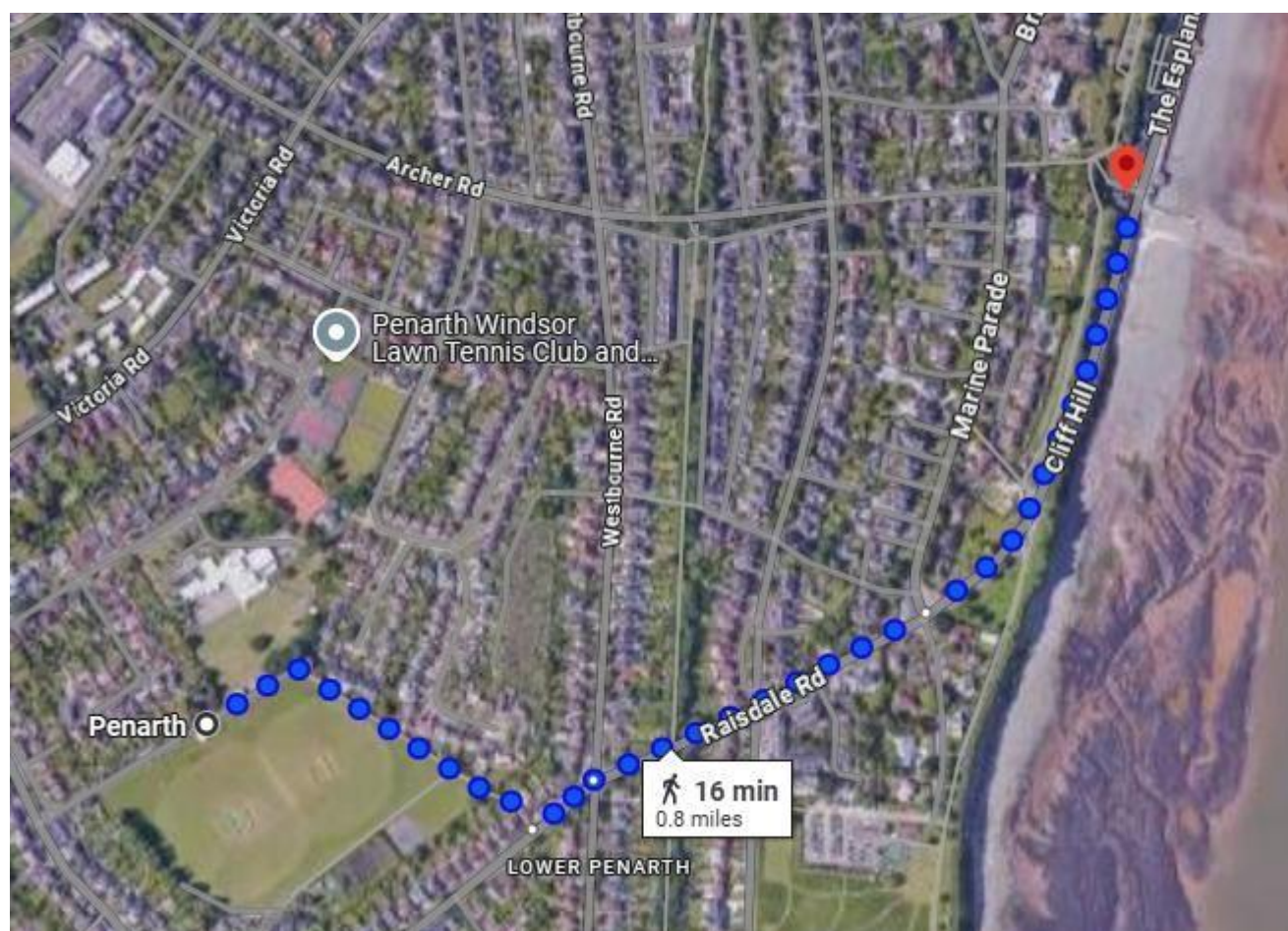


Objective: Build stamina and increase aerobic activity

Meeting Point: Penarth Athletic / Rugby Club (PAC)

Location: Cliff Hill at near end of Penarth Esplanade

Map of Session location with Track :



<u>Description:</u>	<p>The Warmup run proceeds to the start of the effort session at the bottom of Cliff Hill.</p> <p>Runners run up the hill on effort and recover back down. Each time they go to a further lamppost 4, then 5, then 6..... recovering to the bottom each time, until they eventually get to lamp post 12 where the session ends.</p> <p>The Run Leader may at his/her discretion decide to do a few more reps if time allows.</p>
	<p>The Run Leader brings the runners back to the PAC on a warm down run, allowing members to peel off as desired, then 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 for safety on way out. 2. Care to be taken crossing all roads 3. All runners to take particular care where it is dark, and pavements are often narrow and cars frequent 4. Try to keep runners on the path as they recover down the hill, they tend to go out into the road.
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<u>Summer and Winter Variations</u>	<p>Light reflective clothing required in winter</p> <p>Head torches not required as all areas are relatively well lit.</p>
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<u>Additional Comments:</u>	<p>Conserve energy on the initial efforts as this is a long and very demanding session</p>
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