

## SESSION BRIEFING SHEET

**Session Name:** Barrage Tempo Session  
Individual Effort

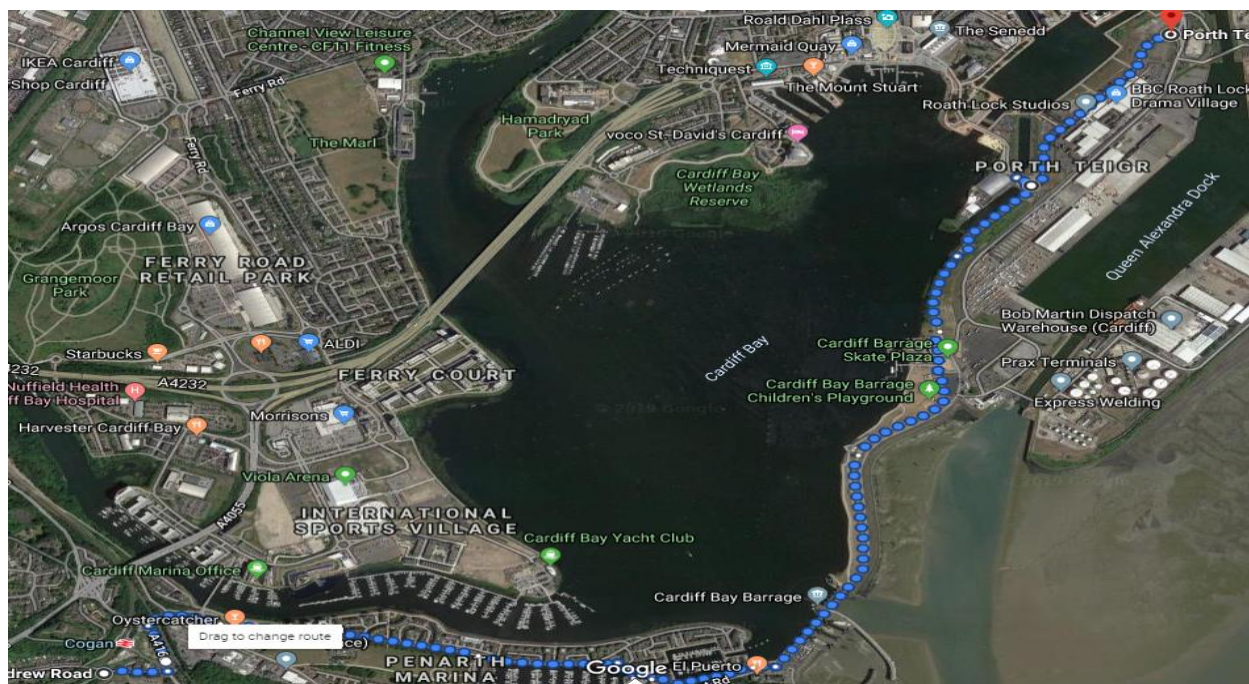


**Objective:** Work on speed for overall performance level

**Meeting Point:** Cogan Leisure Centre

**Location:** Barrage to Tyneside Road

### Map of Session location with Track :



### Description:

The warmup run proceeds from Cogan through the marina to the start of the barrage, where the group is split into 6,7,8,9,10 minute milers. All aim to run at 90% race tempo for upcoming event or recovery.

Fastest at the front in line across, to the slowest in the back. On command of the run leader everyone sets off together, in this way the group gradually parts as the fastest move away from the slowest.

Everyone runs at tempo for a full 10 minutes and then turns and runs back maintaining the same tempo across the full 20 mins. Everyone should arrive back together. Fastest will have gone furthest 3.2 miles, slowest about 2.5 miles at tempo pace.

The run leader brings everyone back to the Leisure Centre on a warm down run and directs static stretches at the end.

<b><u>Safety Points:</u></b>	<ol style="list-style-type: none"><li>1. Make sure there is a tail runner for safety on way out.</li><li>2. Great care to be taken crossing junctions on Tesco Hill, top and bottom and on Portway marina.</li><li>3. Care to be taken when exiting the footpath at the far side of the barrage, crossing the road and proceeding up the side of Pinewood studios.</li></ol>
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<b><u>Summer and Winter Variations</u></b>	Light reflective clothing required in winter  Head torches advisable for the dark sections across the barrage
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<b><u>Additional Comments:</u></b>	Leader is last off but runs at his / her own tempo pace, as everyone comes back to the start point and he/she will be moving through the entire group during the session.  Count everyone out and back in to make sure the recovery run does not proceed until everyone is back at the start.
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