

SESSION BRIEFING SHEET

Session Name: Handicap Fartlek
Excluding Beach Hill

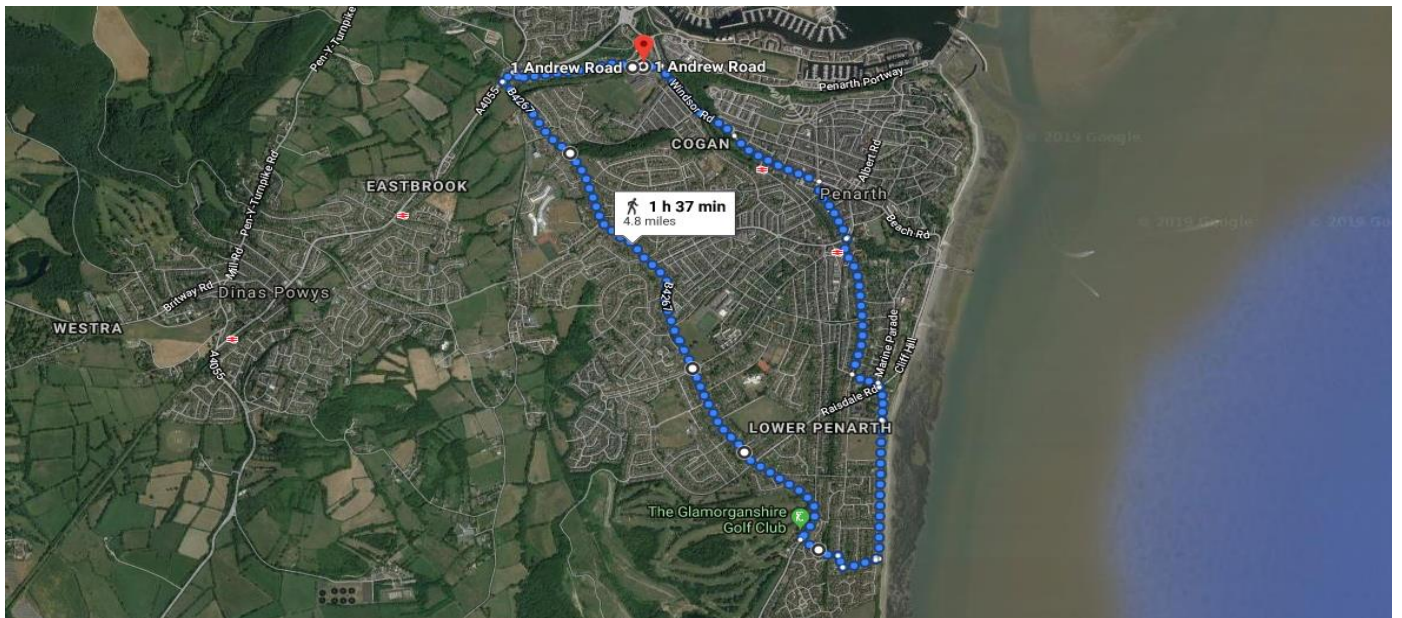


Objective: Build Speed on top of Stamina

Meeting Point: Cogan Leisure Centre

Location: 5 Mile Handicap Course modified to get onto the clifftop path and then exclude the Esplanade and Beach Hill. Finishing up Plymouth Road.

Map of Session location with Track :



Description:

The group is split into ability groups at the start 7,8,9,10 minute milers. The slowest group sets off from Cogan Leisure Centre first followed at 3 minute intervals up to fastest runners.

The warm up run proceeds up Andrew Road to the top of Redlands Road hill where the speed play begins. Each group chooses a leader and runs 30 second sprint at about 70% of optimum then 2 mins recovery.

This is repeated over the whole course and all groups should meet outside the Glendale Hotel opposite the Railway Public House.

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

<u>Safety Points:</u>	<ol style="list-style-type: none">1. Make sure all groups understand the control functions and keep together for safety.2. Group leader must be able to operate watch and control the group by voice alone.3. Great care to be taken crossing all junctions around the full course.4. Be very aware of cars on the roads on which you are running, especially from behind.5. Look out for each other at all times.
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches advisable for the dark sections
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<u>Additional Comments:</u>	<p>Run leader sees all groups off and then moves directly to the fartlek finish point at Glendale Hotel to call all groups in and make sure everyone is present.</p> <p>If the run leader is confident he/she can leave with the last and fastest group to arrive at the end with everyone else.</p>
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