

SESSION BRIEFING SHEET

Session Name: Sully Brook Loops



Objective:

Build Stamina and Exercise the Aerobic Energy System

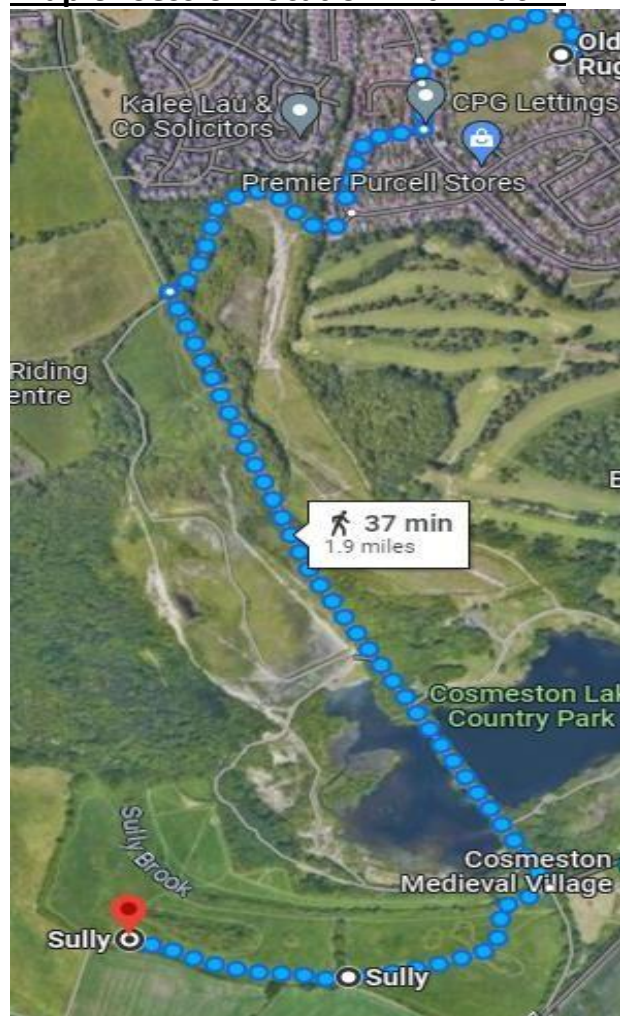
Meeting Point:

Penarth Athletic (Rugby/Cricket Club)

Location:

Bottom meadow along Sully Brook in Cosmeston Lakes Park

Map of Session location with Track :



<p><u>Description:</u></p>	<p>The warm-up run uses the Byrd Road entrance to Cosmeston Lakes and runs down Mile Lane, turning right opposite the Medieval Village, into the bottom meadow, with the large bank at the bottom off which runs the Sully Brook.</p> <p>The effort session is a continuous loop around the rough copse on the side of the bank.</p> <p>From the bottom along Sully Brook, runners go UP the left-hand side, ACROSS the top and DOWN the right-hand side in a clockwise direction. The Leader can allow a break half-way through, keep the same direction or reverse it, or make it a continuous session depending on the runners in the session.</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>
-----------------------------------	---

<p><u>Safety Points:</u></p>	<ol style="list-style-type: none"> 1. Make sure there is a Tail Runner for safety on way out. 2. Particular care to be taken crossing from Culver Close to Byrd Crescent. 3. Conduct a recce loop to check the condition of the route around the copse and to familiarise any runners unfamiliar with the session. 4. At the end of the session runners can disperse to find their own way home or return to Penarth Athletic with the Run Leader.
-------------------------------------	--

<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter.</p> <p>Head torches advisable in winter</p> <p>Possibly use alternate in route around back lake and down from top field and across Sully Brook on the small foot bridge.</p> <p>Advise use of hybrid trail shoes</p>
---	---