

SESSION BRIEFING SHEET

Session Name: Alexandra Park Loops

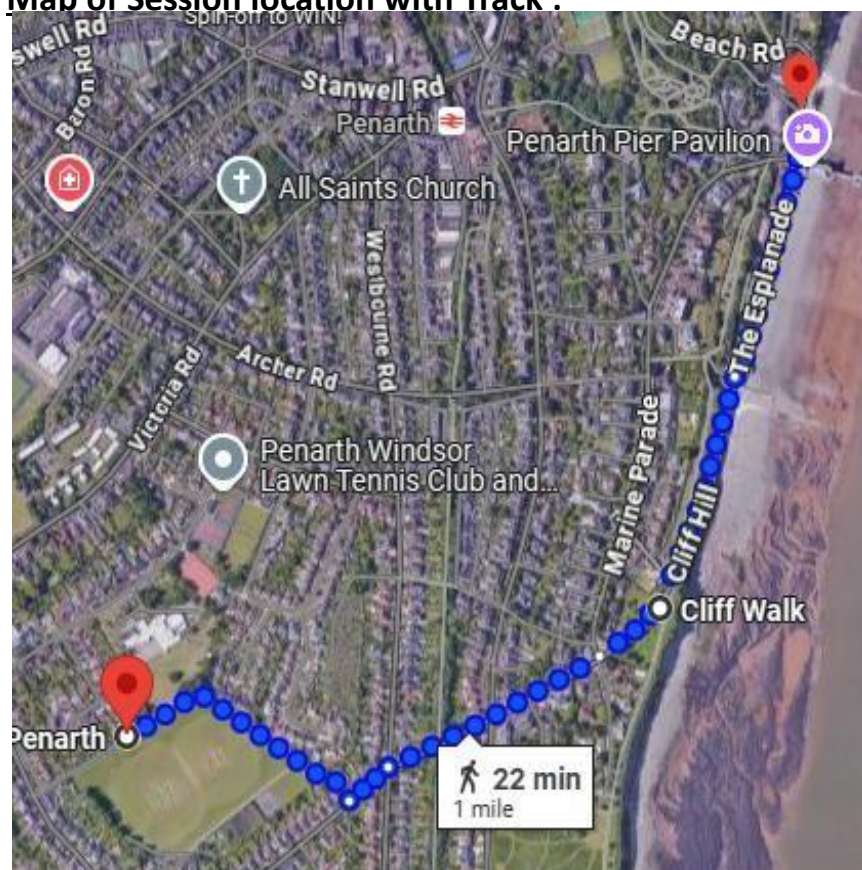


Objective: Build Strength and Stamina

Meeting Point: Penarth Athletic / Rugby Club (PAC)

Location: Beach Hill, Beach Road, Penarth.

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>Effort commences up through Alexandra Park, taking one of the three routes to the top. The recovery is down Beech Hill, back to the start point.</p> <p>The session is continuous.</p> <p>Runners should get between 5 – 8 repetitions.</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>	<p>Make sure there is a Tail Runner for safety on way out.</p> <p>Care to be taken crossing Lavernock Road and Westbourne Road.</p> <p>Also take care crossing Esplanade Road to bottom of Beach Hill</p> <p>All runners to take particular care where it is dark, and pavements are often narrow and cars frequent</p>
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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>Conservation of effort required early on as the session is lengthy and demanding.</p>
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