

## SESSION BRIEFING SHEET

Session Name: Blethyn Loops



Objective:

Build Stamina and Increase Aerobic Activity

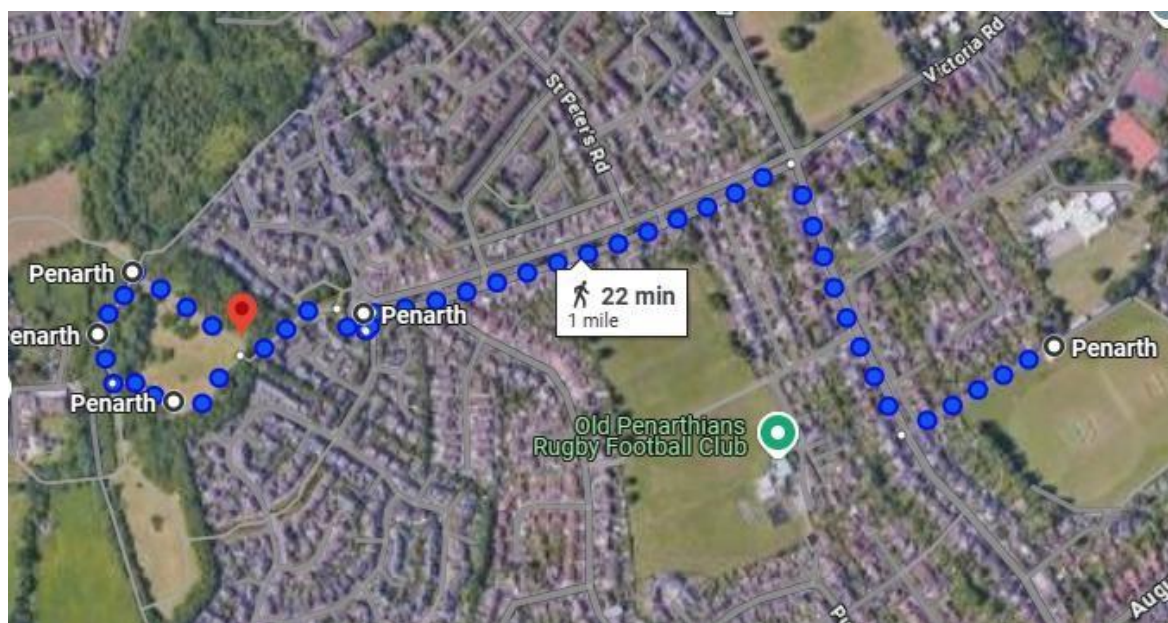
Meeting Point:

Penarth Athletic (Rugby/Cricket Club)

Location:

First Field at top of Cosmeston Park. Off Dinas Road.

### Map of Session location with Track:



<b><u>Description:</u></b>	<p>The Warmup run proceeds to the start of the effort session at the top of the field at the entrance to Cosmeston, at the bottom of Dinas Road.</p> <p>A single loop orientation is completed, clockwise, before runners are set of on individual effort 4 reps. A short rest is allowed before a further 4 reps are completed.</p> <p>Reverse direction is a possibility if felt useful. Although the hill is then not as steep, but slightly longer.</p> <p>Runners may disperse in any direction at the end of 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>
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<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. Particular care to be taken running and crossing Beechwood Crescent, Dinas Rd and Heol Tre Forys.</li> <li>3. At the end of the session runners can disperse to find their own way home or return to Penarth Athletic with the Run Leader but must advise Run Leaders.</li> </ol>
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<b><u>Summer and Winter Variations</u></b>	<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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<b><u>Additional Comments:</u></b>	<p>Run Leader should run opposite direction to group to encourage and assess whole group. He or she may stand off at hill to assess form and bring out coaching points at the break.</p>
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