

## SESSION BRIEFING SHEET

**Session Name:** Stanton Way Loops in Indian File (2 abreast sprint to front)



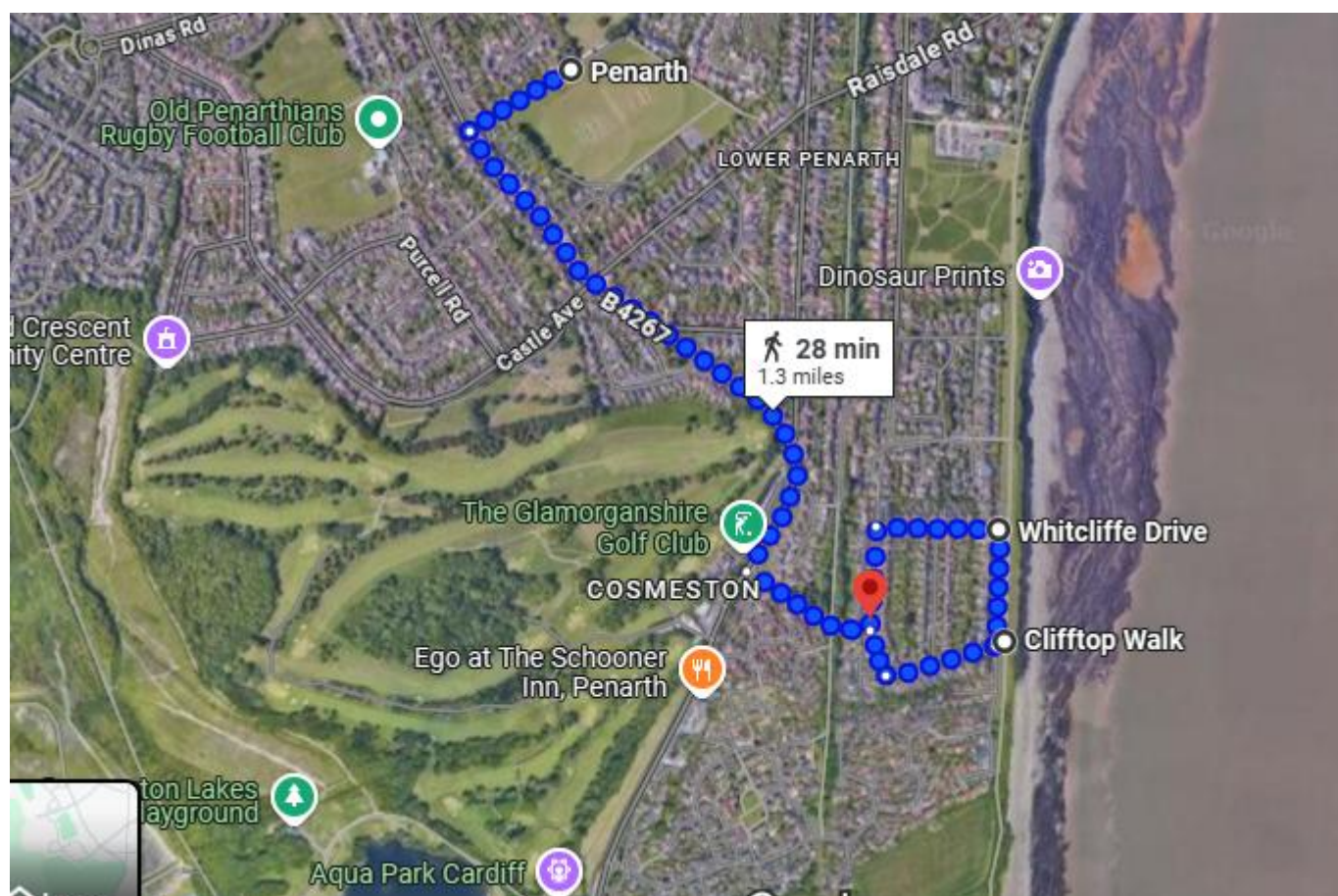
PENARTH AND DINAS  
**RUNNERS**

**Objective:** Build Stamina and explosive speed

**Meeting Point:** Penarth Athletic / Rugby Club (PAC)

**Location:** Stanton Way Road Loop

### Map of Session location with Track :



### Description:

Warm up run goes down Lavernock Road and up Brockhill Rise to get to Stanton Way.

The runners then form up in pairs of equal ability. The run leader runs to the side controlling the easy pace of the whole group.

At the direction of the run leader, on whistle blast, pairs sprint up either side of the group, from the back to the front, aiming to beat their partner, whilst the main body continues at recovery pace.

|                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|--------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                            | <p>Once the allotted time has expired, the effort session is terminated.</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>                                                                                                                                                                                                                                                          |
| <b><u>Safety Points:</u></b>               | <ol style="list-style-type: none"> <li>1. Make sure there is a tail runner for safety.</li> <li>2. Particular attention to be given to narrow pavements, alleyways, poor lighting and other pedestrians.</li> <li>3. Care to be taken crossing Lavernock Road to get over to the SPAR on Brockhill Rise</li> <li>4. All runners to take particular care where it is dark and there is a need to cross side junctions.</li> <li>5. Cars can arrive from the front and rear on this session.</li> </ol> |
| <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>                                                                                                                                                                                                                                                                                                                                                                            |
| <b><u>Additional Comments:</u></b>         | <p>This is a continuous session.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |