

SESSION BRIEFING SHEET

Session Name: Back Lake Hills



Objective: Increase stamina and exercise the aerobic energy system

Meeting Point: Old Pens Rugby Club

Location: Between Mile Lane and the southern entrance to Cogan Plantation

Map of Session location with Track :



Description:

The run out uses the Byrd Crescent entrance to the park, turns right towards Mile Lane.

At this point you can run down mile lane to the junction where you turn right towards the back lake. The leader should then explain that this is one end of the effort session and then lead the group up to the entrance to Cogan Plantation, which is the other end.

The effort session is a continuous tag between the junction at mile lane and the entrance to Cogan Woods.

	<p>The runners go down one side and back up the other, then turn and repeat in the opposite direction.</p> <p>This is a continuous session, although the run leader may allow a short pause half way through if felt desirable.</p> <p>The run leader brings the runners back to Old Pens on a warm down run and directs static stretches at the end.</p>
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<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 leg to check the condition of the route and path, particular attention to attrition of the surface at the bottom of the leg. 4. At the end of the session runners can disperse to find their own way home or return to Old Pens with the run leader.
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<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches advisable in winter</p> <p>Hybrid trail shoes recommended.</p>
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<p><u>Additional Comments:</u></p>	<p><u>Correct form required Hills:</u> Arms driving backwards, knee up, toe up and triple extension with back foot pushing off hard. Maximum effort.</p>
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