

SESSION BRIEFING SHEET

Session Name:

Cogan Plantation Tug of War in 3s



Objective:

Build Stamina

Meeting Point:

Old Pens Rugby Club

Location:

Cogan Plantation

Map of Session location with Track :

Not available

Description:

A warmup run is conducted into Cosmeston Park via the Byrd Road entrance and down mile lane to the top junction with the back lake, turning right then up to the entrance to the Cogan Plantation.

The group is split into 3's. No1 stays at top, as does No2. No3 runs to bottom of the plantation where they stay until tagged.

Run Leader stays at the top and after an appropriate interval starts No1 off down the hill to tag No3, who then come back up and tags No2. This continues until Run Leader decides to end the session at the bottom, bringing everyone to the bottom.

The warm down run carries on out of the plantation in the opposite direction, back to Mile Lane and out at the Byrd Road entrance.

The Run Leader brings everyone back to Old Pens on a warm down run and directs static stretches at the end.

<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches may be required in woods in dark nights and in winter.</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. At the end of the session runners can disperse to find their own way home or return to Old Pens with the Run Leader but must advise Run Leaders.

<p><u>Additional Comments:</u></p>	<p>Count everyone out and back in to make sure the recovery run does not proceed until everyone is at the bottom of the plantation.</p> <p>Run Leader can join in, but must eventually run down, collecting upcoming runners, so they can collect everyone at the bottom to end the session.</p>
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