

SESSION BRIEFING SHEET

Session Name: Llandough Hill Repeats



**PENARTH AND DINAS
RUNNERS**

Objective: Build Strength and Stamina

Meeting Point: Old Pens Rugby Club

Location: Llandough Hospital Hill

Map of Session location with Track :



Description:

A static warm up is conducted at the start of the run

The Run Leader takes the group on a relatively long warm up run to the bottom of Llandough Hospital.

Effort commences up Llandough Hill with recovery down. 10-15 Mins effort should be conducted and then a 5 min break. A second effort session is conducted for a further 10-15 mins. The final effort should end at the bottom of Llandough Hill, at the Run Leader's direction.

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

<u>Safety Points:</u>	<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 at the Cefn Mably Lights and all junctions to The Merrie Harriers junction.3. Particular care to be taken crossing to the far side of the Merrie Harrier Junction.4. All runners to take care where it is dark, and pavements are often narrow and cars frequent
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches not required as all areas are relatively well lit.
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<u>Additional Comments:</u>	Stay on the pavement when recovering down and look out for considerable leaf mould on the path, which may be slippery. Conservation of effort required early on as the session is lengthy and demanding.
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