

SESSION BRIEFING SHEET

Session Name:

Group Jog Solo Speed – Old Pens Loop



**PENARTH AND DINAS
RUNNERS**

Objective:

Fartlek session in limited space, alternating sprints with recovery.

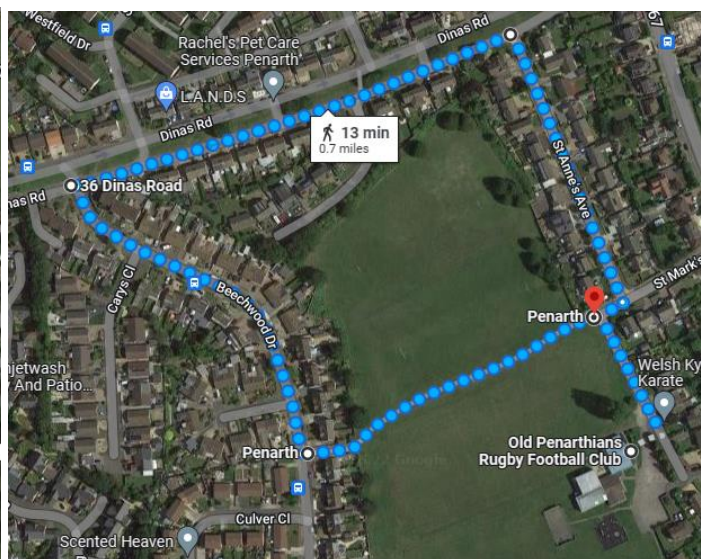
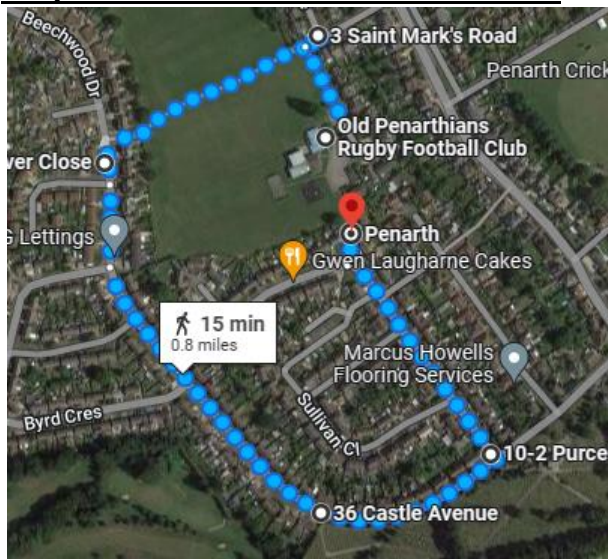
Meeting Point:

Old Pens Rugby Club

Location:

Old Pens Rugby Club and surrounding roads

Map of Session location with Track :



Description:

A static warm up is conducted at the start of the run, the group is split into pairs of equal ability.

In each pair, one runner goes around the loop with the Run Leader at a steady slow pace, approx. 12 min miles. The second runner sprints at 90% effort in the opposite direction until he meets back up with the recovery group, which he/she then joins to recover, whilst the first runner takes off in the opposite direction at 90% sprint pace. In this way each pair alternates between sprint and recovery.

The session is continuous until the Run Leader determines that recovery group members remain within the group when their opposite number (sprinting) returns. Once all sprinters are recovered the session ends.

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

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<u>Safety Points:</u>	<ol style="list-style-type: none">1. Make sure there is a Tail Runner for safety.2. Particular attention to be given to narrow pavements, alleyways, poor lighting and other pedestrians.3. All runners to take particular care where it is dark and there is a need to cross side junctions.4. Cars frequently arrive from the front and rear on this session.
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<u>Summer and Winter Variations</u>	Light reflective clothing required in winter Head torches advisable for some areas
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<u>Additional Comments:</u>	There are two possible routes one towards Stanwell school (UP) and one down towards the bottom end of Lavernock Road (DOWN) The Run Leader is responsible for deciding on the day. In summer it may be possible to use the edge of rugby pitch for the loop if the ground is firm enough for sprinting.
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