

SESSION BRIEFING SHEET



PENARTH AND DINAS
RUNNERS

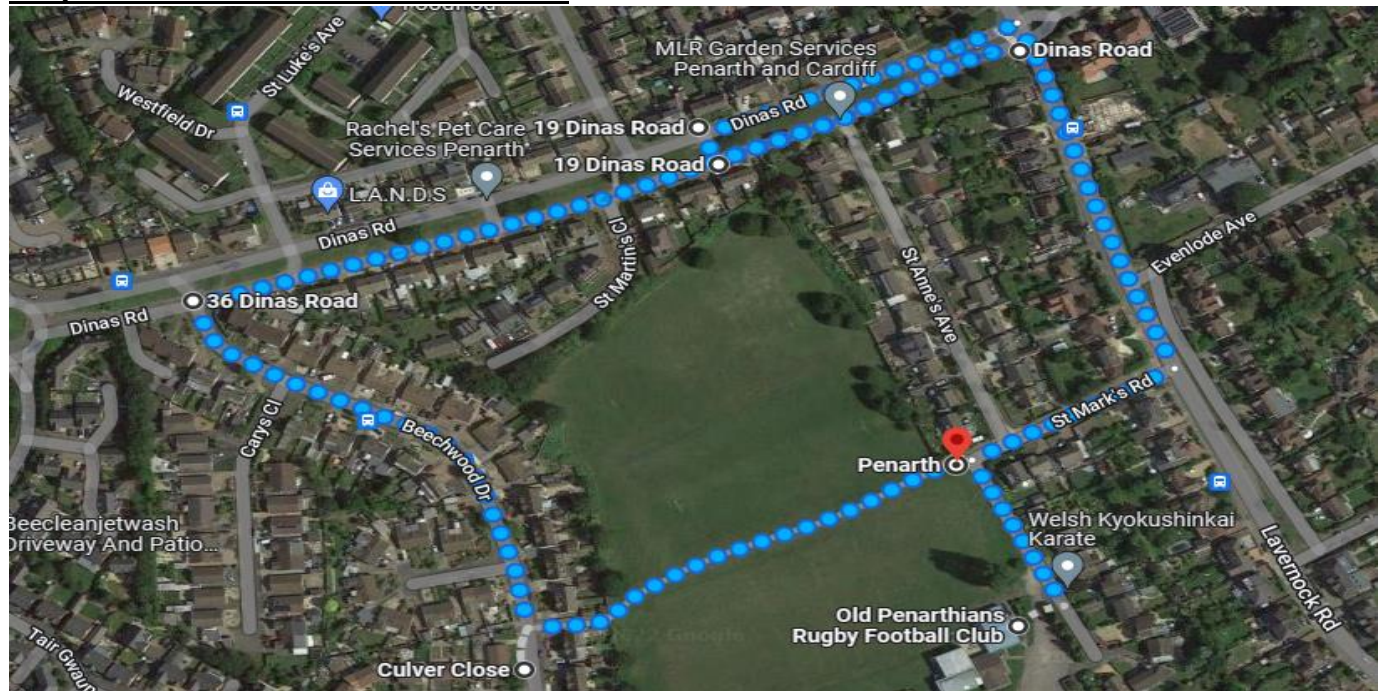
Session Name: Dinas Road Sprints

Objective: Increase speed and stamina

Meeting Point: Old Pens Rugby Club

Location: Top of Dinas Road at the lights

Map of Session location with Track :



Description:

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

The Run Leader conducts one warm up loop terminating at the top of Dinas Road at the lights., length to be determined by the Run Leader it could be the complete Dinas Miles loop.

Sprints are done down Dinas Road to the first cross over point, turning left then back up Dinas Road to recover.

The Run Leader should judge when enough efforts have been conducted after say 15 mins then allow a short 5 min break before recommencing efforts, in reverse direction if desirable.

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

<p><u>Safety Points:</u></p>	<ol style="list-style-type: none"> 1. Make sure there is a Tail Runner for safety. 2. All runners to be extra careful when crossing <u>Dinas Road at the lights and at the crossing point, as cars could be coming from both directions.</u> 3. Particular attention to be given to narrow pavements, poor lighting and other pedestrians. 4. All runners to take particular care where it is dark and there is a need to cross side junctions. 5. Cars frequently arrive from the front and rear on this session.
<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches not required as all areas are relatively well lit.</p>
<p><u>Additional Comments:</u></p>	<p><u>Extra care to be taken by all runners crossing Dinas Road at the lights and at the crossing point.</u></p>