

SESSION BRIEFING SHEET



PENARTH AND DINAS
RUNNERS

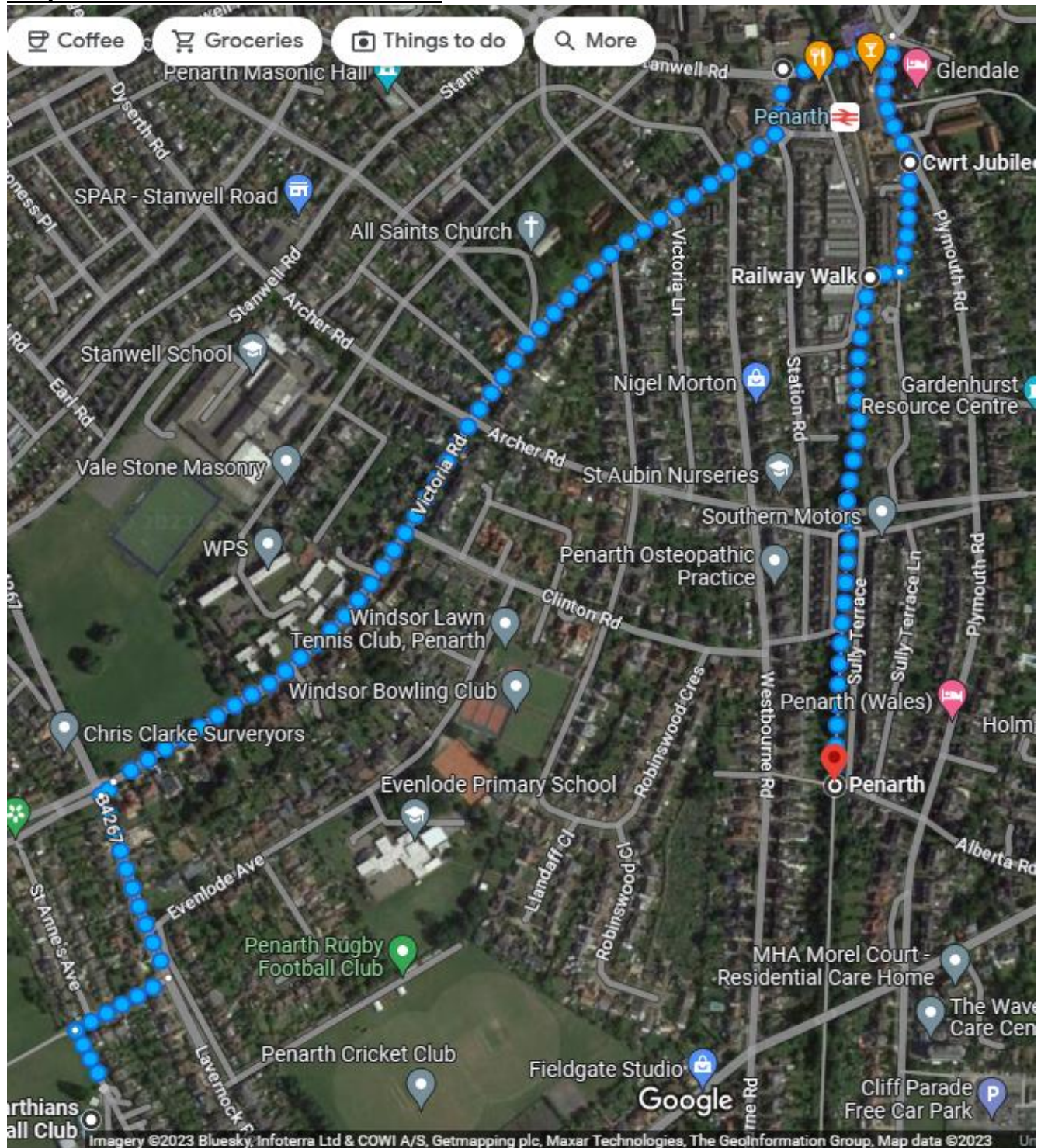
Session Name: Railway Walk Sprints
from the Top

Objective: Increase speed and stamina

Meeting Point: Old Pens Rugby Club

Location: Top of the Railway line below the Railway Public House.

Map of Session location with Track :



<p><u>Description:</u></p>	<p>The Run Leader conducts a warm up run to the centre of town, up Victoria Road, going over the bridge and turning right down Plymouth Road to the top of Railway Walk.</p> <p>Sprints are done down Railway Walk. Reps are random lengths or pyramid from 20 seconds to 90 seconds.</p> <p>When the whistle blows at the end of the rep, all runners turn and recover back to the starting point.</p> <p>The session is continuous. Once enough reps have been conducted the session is terminated, allowing enough time to recover to Old Pens.</p> <p>The Run Leader allows the group to disperse and leads runners back to Old Pens, where static stretches are directed.</p>
<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 main roads and at junctions with lights. 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.
<p><u>Summer and Winter Variations</u></p>	<p>Light reflective clothing required in winter</p> <p>Head torches may be required on Railway Walk.</p>
<p><u>Additional Comments:</u></p>	<p>Right of way to be given to pedestrians and dog walkers on Railway Walk.</p>